

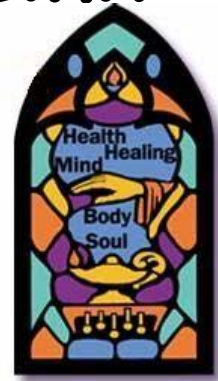
The Faith Health Link



Sowing Seeds of Wellness

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There is a Link Between Health and Faith

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. 3 John 1:2 (NIV)

God designed us in a marvelous way. Our nervous, endocrine and immune systems are interconnected such that our beliefs, emotions and thinking patterns have a direct impact on our physical health. Our emotions and thoughts related to life events and our relationships will be either health-enhancing or disease-enhancing.

Good health is something we take for granted—until we start to lose it. When our health takes a downturn, we quickly begin to question our habits and diet. God has designed the human body so that it is a finely tuned instrument that is the most resilient on earth. It can endure fractures, adhesions, or constant pain.

I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well. Psalm 139:14

We came to belong to God when we came to Him by faith in Jesus. That's why our bodies are not our own to do as we please. Let us not take our health for granted and be good stewards of God's temple.

DO YOU NOT KNOW THAT
YOUR BODIES ARE TEMPLES
OF THE HOLY SPIRIT, WHO IS
IN YOU, WHOM YOU HAVE
RECEIVED FROM GOD? YOU
ARE NOT YOUR OWN; YOU
WERE BOUGHT AT A PRICE.
THEREFORE **HONOR GOD**
WITH YOUR BODIES.
1 CORINTHIANS 6:19-20



CrossCards

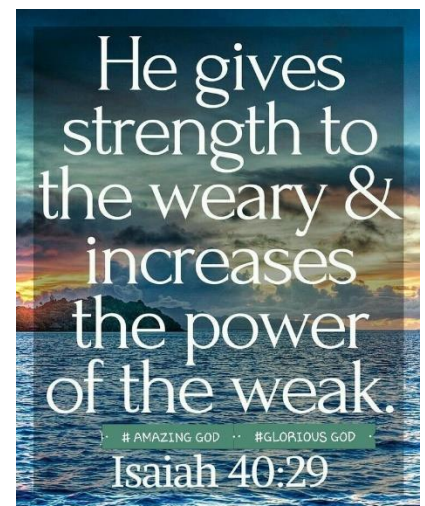
Faith Health Ministry

Mission

Our mission is to develop a culturally, competent, Biblically informed, wellness ministry to meet the physical, mental, social-emotional, and spiritual needs through education, outreach and counseling that is affordable, accessible, and available

Vision

The vision of Loudon Avenue Christian Church Faith Health Ministry is to address the needs of the congregation and community that promote wellness of the Body, Mind and Spirit, based upon the will of God in our lives.



The flu is More Dangerous Than You May Think



Flu-related complications can happen at any age and can put you at greater risk for hospitalization, pneumonia, or heart attack.

This year's annual flu shot will offer protection against four of the influenza viruses expected to be in circulation this flu season. High-dose flu vaccines will be available for adults aged 65 and older.

Influenza (Flu) is a respiratory infection that can cause serious complications, particularly in young children, older adults, and people with certain medical conditions. Getting an influenza vaccine — though not 100% effective — is the best way to prevent the misery of the flu and its complications. The Centers for Disease Control and Prevention (CDC) recommends annual flu vaccination for everyone age 6 months or older.

Why do I need to get vaccinated every year?

Because flu viruses evolve so quickly, last year's vaccine may not protect you from this year's viruses. New flu vaccines are released every year to keep up with rapidly adapting flu viruses.

When you get vaccinated, your immune system produces antibodies to protect you from the viruses included in the vaccine. But antibody levels may decline over time — another reason to get a flu shot every year.

What Else Can I Do?

The flu vaccine is your best defense against the flu, but there are additional steps you can take to help protect yourself from the flu and other viruses, including COVID-19. These steps include the following:

- Wash your hands often and thoroughly with soap and water for at least 20 seconds.

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- Use an alcohol-based sanitizer on your hands if soap and water aren't available.
- Avoid touching your eyes, nose or mouth.
- Avoid crowds when the flu is spreading in your area.
- Avoid being in close contact with others who are sick.
- Cover your mouth with a tissue or your elbow when you cough or sneeze, and then wash your hands.
- Regularly clean and disinfect commonly touched surfaces, such as counters, light switches, or doorknobs. This can help to prevent the spread of infection from touching a surface with the virus on it and then your face.
- Practice good health habits. Get regular exercise, get enough sleep, drink plenty of fluids, eat a healthy diet and manage your stress.

If you become sick with the flu, you can also help prevent the spread of the flu by staying home and away from others. Continue staying home until your fever has been gone for at least 24 hours.

Contact your primary provider, local health department or your neighborhood community health center (New Horizons Healthcare) for an appointment. Getting your flu vaccine can reduce your risk of the flu and its complications and following these precautions can help protect you from the flu or other respiratory illnesses. [Flu shot: Your best bet for avoiding influenza - Mayo Clinic](#)



Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of breast cancer.

What is Breast Cancer?

Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast.

Understanding Breast Cancer

Cancer is a broad term for a class of diseases characterized by abnormal cells that grow and invade healthy cells in the body. Breast cancer occurs when malignant tumors develop in the breast. These cells can spread by breaking away from the original tumor and entering blood vessels or lymph vessels, which branch into tissues throughout the body. When cancer cells travel to other parts of the body and begin damaging other tissues and organs, the process is called metastasis.

Early Detection

According to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams and scheduling regular clinical breast exams and mammograms.

Recommendations for all women:

- Women 40 and older should have mammograms every 1 or 2 years.
- Women who are younger than 40 and have risk factors for breast cancer should ask their healthcare professional whether mammograms are advisable and how often to have them.

Even women who have no symptoms and no known risks for breast cancer should have regularly scheduled mammograms to help detect potential breast cancer at the earliest possible time.

What Is A Mammogram?

A mammogram is an x-ray that allows a qualified specialist to examine the breast tissue for any suspicious areas. The breast is exposed to a small dose of ionizing radiation that produces an image of the breast tissue.

Why Do I Need A Mammogram?

Mammograms can often show a breast lump before it can be felt. They also can show tiny clusters of calcium called micro-calcifications. Lumps or specks can be caused by cancer, fatty cells, or other conditions like cysts. Further tests are needed to find out if abnormal cells are present.

What Happens If My Mammogram Results Are Abnormal?

If the mammogram shows an abnormal area of the breast, your doctor will order additional tests offering clearer, more detailed images of that area.

Although lumps are usually non-cancerous, the only way to be certain is to perform additional tests, such as an ultrasound or MRI. If further tests show that the mass is solid, your radiologist may recommend a biopsy, a procedure in which cells are removed from a suspicious area to check for the presence of cancer.

Male Breast Cancer

All people, whether male or female, are born with some breast cells and tissue. Even though males do not develop milk-producing breasts, a man's breast cells, and tissue can still develop cancer. Even so, male breast cancer is very rare. Less than one percent of all breast cancer cases develop in men, and only one in a thousand men will ever be diagnosed with breast cancer.

Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment. The majority of men diagnosed are over the age of 50.

Breast Cancer Myths

There is a lot of misinformation out there resulting in common breast cancer myths. Make sure you know the truth behind these common misconceptions.

Myth: Finding a lump in your breast means you have breast cancer. Here's The Truth

Only a small percentage of breast lumps turn out to be cancer.

Myth: Men do not get breast cancer; it affects women only Here's The Truth

Quite the contrary, each year it is estimated that approximately 2,190 men will be diagnosed with breast cancer and 410 will die.

Myth: A mammogram can cause breast cancer to spread Here's The Truth

A mammogram, or x-ray of the breast, currently remains the gold standard for the early detection of breast cancer.

Myth: If you have a family history of breast cancer, you are likely to develop breast cancer, too Here's The Truth

While women who have a family history of [breast cancer](#) are in a higher risk group, most women who have breast cancer have no family history.

Myth: Breast cancer is contagious Here's The Truth

You cannot catch [breast cancer](#) or transfer it to someone else's body.

Myth: If the gene mutation BRCA1 or BRCA2 is detected in your DNA, you will definitely develop breast cancer Here's The Truth

According to the [National Cancer Institute](#), regarding families who are known to carry [BRCA1 or BRCA2](#), not every woman in such families carries a harmful BRCA1 or BRCA2 mutation, and not every cancer in such families is linked to a harmful mutation in one of these genes.

Myth: Antiperspirants and deodorants cause breast cancer Here's The Truth

Researchers at the National Cancer Institute (NCI) are not aware of any conclusive evidence linking the use of underarm antiperspirants or deodorants and the subsequent [development of breast cancer](#).

[About Breast Cancer - National Breast Cancer Foundation](#)

Medicare and most private insurance covers mammograms once every 12 months for women 40 and older, so you pay nothing out-of-pocket. For women who believe that they are unable to get assistance because of being uninsured, underserved or underinsured there is a program called Every Woman's Life to assist you. Contact: Carilion Health System Danielle Henderson 540.985.8196

This is just a snapshot of information on Breast Cancer Awareness. There is additional information located on the resource table in the overflow area. If you cannot locate the information that you are looking for, please contact the Community Health Faith/Parish Nurse at laccparishnurse2022@gmail.com. Also attend Pampered in Pink, for additional information, Saturday, October 22nd sponsored by Women In Action. Sign up for the event is requested.



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What does it mean to have an Addiction?

The dictionary definition of addiction is “the fact or condition of being addicted to a particular substance or activity.” Addiction can be understood as a compulsive need for a substance or the inability to abstain from a behavior or substance.

How Drug Addiction Can Hurt Everyone In The Family

Oftentimes, people view addiction as a personal experience that only affects the individual struggling with substance abuse. Addiction does cause devastating effects to the user's health and overall quality of life; it also affects their family members. When a person is struggling with drug addiction, their behavior will change radically. This can create tension and division in a previously loving and healthy household.

Addiction is a Family Affair

1. The dependent person lets other down by failing to fulfill his or her responsibilities in the family.
2. The spouse of the partner is deprived of a normal and satisfying emotional relationship as the substance becomes the lover.
3. The dependent person cannot provide proper guidance or good examples.
4. The substance use affects how the community regards the family.
5. The cost of substance use affects the financial stability of the family.
6. Involvement with certain levels of the drug selling hierarchy may cause threats and harassment of family members.
7. Incarceration of the dependent person for drug use deprives the family of father, mother, partner, or child.
8. A substance dependent person is much more likely to make sexual advances towards his or her children than a non-dependent person.

The family's response to the dependency parallels the pattern of the dependent person,

1. **Covering up.**
(Denial) (Calling the boss, “My Daddy's sick.” Parents hiding a teenagers arrest from neighbors, etc.) They are embarrassed.
2. **Blaming.**
(The job, his parents, financial pressures, etc. are all to blame for the substance use.)

3. Taking over the jobs of the dependent person.

Mom works two jobs, keeps the accounts and often does the driving. Junior, age 10, watches Sis, age 7 and Baby, age 2, etc.) This shields the dependent person from reality and reinforces the delusion that nothing is wrong.

4. Tolerance to dependent behavior

Increases as dependency increases. Spouses who were raised in a home with a dependent person bring to their marriage a higher tolerance to dependency and an abnormal view of normalcy. The family tends to minimize the dependency of the user.

5. Loss of control

Occurs as family members do increasingly crazy things to control the substance use of the dependent person. (Pouring pills down the toilet, putting ex-lax in the alcohol, staying up all night to help distract the dependent person from the drug, kids taking overdoses to “show” dependent parents, etc.)

6. The family becomes as obsessed with the drug as the dependent person.

Their lives and thoughts take on a nightmarish quality. What will the addict be like when he or she comes home? Are they meeting their connection? How much of the drug have they used today? These are questions that haunt every family member continuously. Reality begins to revolve around the unpredictable behavior of the dependent person.

7. The family’s roles and actions become repetitive.

Without wanting to, the spouse becomes a nagging, criticizing partner. One child strives for perfection and sides with the non-dependent spouse; one child becomes the school troublemaker and blames the nagging spouse. A similar pattern occurs with an addiction child. Parents alternately threaten and cajole, and pity their child, and siblings side with parents or addicted sibling.

8. Guilt and remorse

Just as the dependent person loses his self-respect and suffers from paralyzing guilt and remorse, so too do family members begin to believe the problem is their fault. Thus the spouse feels his or her nagging, coldness, stinginess, etc. have caused the dependency as the dependent person has often informed them. The children too have been blamed because of their noise, health problems, school problems, behavior in general, etc. In time

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they not only accept the blame but do their utmost to shoulder it by acting out, becoming an even better reason for the dependency. Over time, all family members lose their self-esteem.

9. Personality change.

The non-dependent family members also experience personality change, becoming shrewish, angry, violent, hysteric, delinquent, and sometimes even psychotic.

10. Death of the family.

The family disease progresses, leading to death of the family through emotional divorce, substance dependency in spouse or children. Sixty percent of children raised with a dependent parent will either become dependent themselves or marry someone who is. [Source: Film- “The First Step” or “Romance to Recovery” followed by discussion. Handouts- “A Guide For the Family of the Alcoholic”, “Someone Close Drinks too Much”, “A Merry-Go-Round.](#)

Submitted by Sister Kat Kincaid-Saunders, LPC



Medicare Open Enrollment Oct. 15 – Dec. 7

Medicare’s Open Enrollment Period is here! Now’s the time to compare Medicare plans for 2023.

Visit [Medicare.gov](https://www.medicare.gov) through December 7 to compare plans and make any changes. If you decide to change plans, your new coverage will start January 1.

Why compare plans for next year? Plans change, and your health care needs, or situation may have changed, too. Think about what benefits matter to you and find a Medicare plan that fits your needs.

Compare Plans

When comparing plans, look at the estimated "Yearly Drug & Premium Cost." A plan with the lowest premium may not always provide the lowest total cost to you.

NOTE: If your income for 2022 is below \$18,600 (\$25,000 for married couples), you may be able to save on your monthly Medicare premiums and other out-of-pocket Medicare costs, including prescription drug costs. See if you qualify for [Medicare Savings Programs](#) and learn how to apply.



**American
Red Cross
Blood
Drive**

Save a Life, Give Blood

Be Part of Our Blood Drive at LACC

When: Saturday, November 19, 2022

Time: 10:00 am – 2:00 pm

Where: LACC Fellowship Hall – 8th Street entrance

**Call the church secretary, 540.342.8852, and sign up
in one of the available time slots.**



**Our Blood Saves Lives.
Donate Today.**

**Why Are African American Blood Donations
Important**

Blood donors who are Black play a critical role in helping people with sickle cell disease, the most common genetic blood disease in the U.S. Patients with the disease may rely on regular blood transfusions throughout their lives to help prevent sickle cell complications, such as organ and tissue damage, severe pain, and strokes. It is essential that the blood they receive be the most compatible match possible, which generally comes from someone of the same race or similar ethnicity. Today, there aren't enough blood donors to help – meet this urgent need. African American individuals make up 13% of the U.S. population, but less than 3% of blood donors. By donating blood, you may make a difference in the lives of patients with sickle cell disease as well as moms with complicated childbirths, people fighting cancer, accident or trauma victims being raced to emergency rooms, and more. Your single blood donation may even help save more than one life!

**Schedule your blood donation appointment
now.**

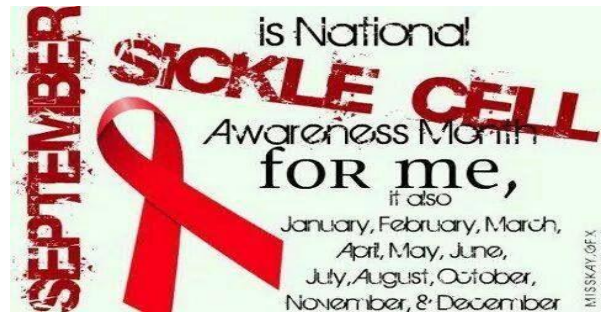


**Normal
red blood cell**



**Sickle
cell**

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Learn About Sickle Cell Disease

People of any ethnic background can suffer from debilitating conditions related to blood disorders. Sickle cell disease is one of those conditions. Sickle cell disease is the most common genetic blood disease in the U.S. An estimated 100,000 people in the U.S. are living with sickle cell disease. Most patients with sickle cell disease are African American or of African descent. In fact, the disease affects 1 out of every 365 African American babies born in this country.

Sickle cell disease causes red blood cells to be hard and crescent-shaped (like a sickle) instead of soft and round. As a result, it is difficult for blood to flow smoothly and carry adequate oxygen to the rest of the body, which may result in severe pain, stroke, and organ damage. Blood transfusion helps relieve pain during a crisis and prevent other complications by increasing the number of healthy red blood cells in the body, helping to deliver oxygen throughout the body and unblock blood vessels.

Some patients who experience more severe symptoms from the disease may require monthly blood transfusions to replace their sickled red blood cells with healthy red blood cells. Donated blood is the only source for this treatment. Blood donors who are Black have the unique ability to help patients with sickle cell disease who rely on blood transfusions.

[African American Blood Donors | Red Cross Blood Services](#)

**Please Note: updated email address for the
Community Health Faith/Parish Nurse**

In the event you desire to reach the Community Health Faith/Parish Nurse I can be reached at the following email address:

laccparishnurse2022@gmail.com or by calling the church at 540.342.9207. Thank you

Linda Manns, RN, MSN

Please note: Information in this newsletter is for educational purposes only, if you feel that you may be experiencing a problem please contact your primary care physician, for further guidance and intervention.