

# The Faith Health Link

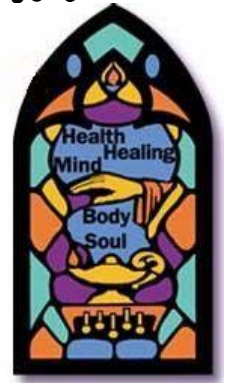


## Sowing Seeds of Wellness

Loudon Avenue Christian Church  
Disciples of Christ (DOC)  
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[loudonavenuecc.org](http://loudonavenuecc.org)

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### Spirituality and Health – Why the Connection Exists

*Therefore, I urge you, brothers, and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Romans 12:1*

We are marvelously designed by God. He made us in a way that all our body systems work together in unimaginable and intricate ways. Our soul, spirit, mind and body are all connected and work together perfectly according to His design. Because we are designed by God, when we live according to His principles as outlined in the Bible, our life will be fuller and we are more likely to experience a life of peace, joy and hope. As a believer, when we accept Jesus into our life, God's Holy Spirit begins to reside inside us. His Spirit will then guide and empower us to think and behave differently. As a result, we have a part in the health of our bodies, to be good stewards. As we pray, remember that prayer is a two-part process. God has or is doing his part, now it is up to you to do your part. In this newsletter you will find information on what you can do to keep your health in check. [Spirituality and Health – Understanding the Connection \(faithandhealthconnection.org\)](http://faithandhealthconnection.org)

### Faith Encourages Healthy Behavior.

#### The Facts About High Blood Pressure

What is high blood pressure?

High blood pressure (also referred to as HBP, or hypertension) is when your blood pressure, the force of blood flowing through your blood vessels, is consistently too high.

If you have high blood pressure, you are not alone

- Nearly half of American adults have high blood pressure. (Many don't even know they have it.)
- The best way to know if you have high blood pressure it is to have your blood pressure checked. Know your numbers. Cont. Pg 2

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### 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.



**Men's Health Day**  
**Saturday, June 3, 2023**  
**8:15 am – 12 noon**

**Better Health through Better Understanding**

New Horizons Healthcare  
3716 Melrose Avenue

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

### High blood pressure is a “silent killer”

- Most of the time there are no obvious symptoms.
- Certain physical traits and lifestyle choices can put you at a greater risk for high blood pressure.
- When left untreated, the damage that high blood pressure does to your circulatory system is a significant contributing factor to heart attack, stroke and other health threats.

### Preventing and managing HBP

- This is one time that the old adage, “An ounce of prevention is worth a pound of cure,” is particularly apt. It’s best to avoid high blood pressure altogether. Healthy lifestyle choices are a great place to start.
- With proper treatment and management, you can control your blood pressure to help you live a long and healthy life.

### Five Simple Steps to Control Your Blood Pressure

Your HBP deserves your attention.

Uncontrolled high blood pressure (HBP or hypertension) can be fatal. If you’ve been diagnosed with high blood pressure, these five simple steps can help you keep it under control:

#### 1. Know your numbers

Most people diagnosed with high blood pressure want to stay below 130/80 mm Hg, but your health care professional can tell you your personal target blood pressure.

#### 2. Work with your doctor

Your health care professional will help you make a plan to lower your blood pressure.

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#### 3. Make a few lifestyle changes

In many cases this will be your doctor’s first recommendation, likely in one of these areas:

**Maintain a healthy weight.** Strive for a body mass index (BMI) between 18.5 and 24.9.

**Eat healthier.** Eat lots of fruit, veggies and low-fat dairy, and less saturated and total fat.

**Reduce sodium.** Ideally, stay under 1,500 mg a day, but aim for at least a 1,000 mg per day reduction.

**Get active.** Aim for at least 90 to 150 minutes of aerobic and/or dynamic resistance exercise per week and/or three sessions of isometric resistance exercises per week.

**Limit alcohol.** Drink no more than 1-2 drinks a day. (One for most women, two for most men.)

#### 4. Keep checking your blood pressure at home

Take ownership of your treatment by tracking your blood pressure.

#### 5. Take your medication

If you have to take medication, take it exactly the way your doctor says.



### Managing blood pressure is a lifelong commitment

If you have high blood pressure, it’s vital that you listen to your doctor. Remember: You’re a part of your health care team. You and your doctor are partners.

Educate yourself about HBP and learn how to monitor your blood pressure at home. Armed with this information, you can commit to living heart healthy.





## Wear Red Day at Loudon Avenue Christian Church 2023

The first Sunday in February is known as Go Red for Women Day at LACC. The Faith Health Ministry is afforded time during the worship service to bring awareness to heart disease especially as it impacts women. Information and resources are shared so that individual might be aware of the various risk factors that can lead to a heart disease that can result in a heart crisis. Heart disease continues to be the **leading cause of death** for men, women.

In addition to taking steps to provide education that could lessen one's chances of developing heart disease, the Faith Health Ministry desires to be equipped and to prepare member of the congregation with the knowledge base and skills to intervene should they witness someone experiencing a heart attack. Whether in the church setting, at home, or in the community, individuals trained to use CPR or a defibrillator may be able to help until emergency medical personnel arrive. The chances of surviving a heart attack are better the sooner emergency treatment begin and until emergency medical personnel arrive.

The Faith Health Ministry committee along with some of our members will have an opportunity to attend a Free CPR (hands on only) and AED class, June 3<sup>rd</sup> 1:45 pm – 3:00 pm. The class will be offered by the Compression and Shock Foundation. Registration is required and space [Laccparish2022@gmail.com](mailto:Laccparish2022@gmail.com)

is limited. If you are interested, please send an email with your name, telephone number, and email address to Linda Manns at [laccparishnurse2022@gmail.com](mailto:laccparishnurse2022@gmail.com), by **May 22, 2023**.

### CPR — What you Need To Know

CPR – or Cardiopulmonary Resuscitation – is an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple the chances of survival after cardiac arrest.

### How Is CPR Performed?

1. There are two commonly known versions of CPR: For healthcare providers and those trained: conventional CPR using chest compressions and mouth-to-mouth breathing at a ratio of 30:2 compressions-to-breaths.

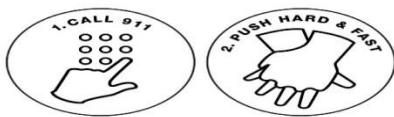
2. For the general public or bystanders who witness an adult suddenly collapse, **compression-only CPR, or Hands-Only CPR. Hands-Only CPR is CPR without mouth-to-mouth breaths.** It is recommended for use by people who see a teen or adult suddenly collapse in an out-of-hospital setting (such as at home, at work, or in a park).



**Hands-Only CPR consists of two easy steps:**

1. Call 9-1-1 (or send someone to do that)
2. Push hard and fast in the center of the chest

**2 STEPS  
TO SAVE A LIFE**



**About High-Quality CPR**

High-quality CPR should be performed by anyone - including bystanders. There are five critical components:

1. Minimize interruptions in chest compressions
2. Provide compressions of adequate rate and depth
3. Avoid leaning on the victim between compressions
4. Ensure proper hand placement
5. Avoid excessive ventilation

**Heart Attack vs. Cardiac Arrest  
The Difference You Should Know**

**What is Cardiac Arrest?**

Occurs when the heart malfunctions and stops beating unexpectedly. Cardiac arrest is an "ELECTRICAL" problem.

**What is a Heart Attack?**

Occurs when blood flow to the heart is blocked. A heart attack is a "CIRCULATION" problem.

[What is CPR | American Heart Association CPR & First Aid](#)



**What is mental health?**

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Mental and physical health are equally important components of overall health.

Join us as we discuss an important topic that can affect any of us. Grief. Grief is a natural reaction to loss. Some examples of loss include the death of a loved one, the ending of an important relationship, job loss, loss through theft or the loss of independence through disability.

Faith Health Ministry Presents:

**Grief and Loss Discussion**

Date: May 6, 2023

Time: 10:00am-11:30am

Where: Loudon Avenue Christian Church Fellowship Hall

Guest Speaker: Alison Allsbrooks, LCSW

New  
Horizons Healthcare



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**Men's Health Day**

June is known as Men's Health Month and on Saturday, June 3<sup>rd</sup>, there is

a health program prepared especially for our brothers at New Horizon Healthcare.

The purpose of Men's health month is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease and depression.

Please contact, Sis. Gail Kinzer in the Church Office, at 540.342.8852, to register for the program. **Space is limited.**