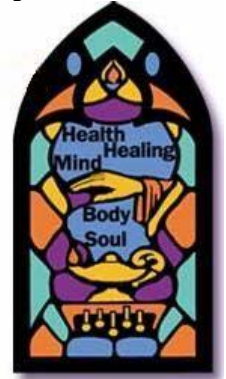


# The Faith Health Link



## Sowing Seeds of Wellness

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Volume XVIII Issue IV Summer 2023

### Keep Your Cool in Hot Weather

High temperatures kill hundreds of people every year. Heat-related deaths and illness are preventable, yet more than 700 people die from extreme heat every year in the United States.

Take measures to stay cool, stay hydrated, and stay informed. Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

**High humidity.** When the humidity is high, sweat won't evaporate as quickly.

This keeps your body from releasing heat as fast as it may need to.

**Personal factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use all can play a role in whether a person can cool off enough in very hot weather.

**Those who are at highest risk include people 65 and older, children younger than two, and people with chronic diseases or mental illness.**

#### Here are some precautions you can take during hot weather

- Stay indoors and in an air-conditioned environment as much as possible unless you're sure your body has a high tolerance for heat.
- Drink plenty of fluids but avoid beverages that contain alcohol, caffeine or a lot of sugar.
- Eat more frequently but make sure meals are balanced and light.



- Never leave any person or pet in a parked vehicle.
- Do not engage in strenuous activities and exercise outdoors during the hottest hours of the day.
- Wear lightweight, light-colored, loose-fitting clothing.
- Protect your face and head by wearing a wide-brimmed hat.
- Avoid sunburn and use sunscreen with SPF 15 or higher.
- Take cool showers or baths to cool down.
- Check on friends and neighbors who may be at risk for heat-related illnesses.

### SAVE THE DATE

**Sisters' Night Out**  
**Thursday, September**  
**21, 2023**

**5:30 – 8:00 pm**  
**Watch out for**  
**registration**  
**information!**

## June is Men's Health Month

The Disciple Men's Fellowship (DMF) in partnership with our Faith Health Ministry (FHM) was excited once again, after the three years of the pandemic, to sponsor Men's Health Day Program at New Horizons Healthcare, on June 3, 2023. The event was attended by 20 of our brothers.

The theme of the program centered on **Better Health through Better Understanding**. Our goal was to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, and

depression. There were free screenings that included blood pressure measurements, weight, and prostate screening. In addition to the screenings, information was presented by the following presenters on heart disease, prostate health, and depression. Dr. Richard Konstance Cardiovascular physician, Tanyaia Jones, Licensed Clinical Social Worker Depression, and Dr. Christopher Starks Urologist





## CPR & AED Awareness

**CPR** stands for **cardiopulmonary resuscitation**, while **AED** stands for an **automated external defibrillator**. June is CPR Awareness Month, with the first few days designated as National CPR and AED Awareness Week. Both occasions were designed to bring attention to the importance of CPR and AED training that organizations can provide to keep their individuals safe, prepared to respond and...alive. When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby. According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival before emergency responders arrive.

On June 3<sup>rd</sup>, fifteen individuals, including one of our youth, from LACC responded to and took the CPR/AED training offered by the Compression and Shock Foundation at The Melrose Library.

**Thank you for stepping up and receiving the training!**



### **Prediabetes: Take Action!**

It's never good to find a pipe leaking water in your home. However, if it happens, you hope to find the leak early before water damage becomes a serious problem.

#### **The same can be said for prediabetes.**

Prediabetes is a health condition where blood sugar levels are higher than the normal but not yet high enough to be diagnosed as type 2 diabetes. While it's not an official diagnosis, having prediabetes puts you in an increased risk for type 2 diabetes and associated conditions, like heart disease and stroke.

More than one in three Americans adults has prediabetes. Additionally, more than 84 percent of those who have it do not know they do.

#### **Some prediabetes risk factors include:**

- Being overweight or obese
- Inactive lifestyle
- Smoking
- Family history of diabetes
- Having diabetes during pregnancy

But just like how catching a small leak can prevent a big project, acting fast after discovering prediabetes can prevent a diabetes diagnosis. You just need the right plan.

- ❖ **Weight** - Maintaining a healthy weight can help to manage blood sugar levels and improve insulin resistance. Losing just 5 to 7 percent of your body weight can help prevent or delay developing diabetes. That's about 10 to 14 pounds for a 200-pound person.
- ❖ **Diet** – Eating a balanced diet helps supply your body with the nutrients it needs to function well. Following a healthy diet includes paying close attention to portion size, calorie intake and carbohydrate intake. Together these contribute to keeping your blood sugar levels within a healthy range.
- ❖ **Activity** – Get at least 30 minutes of moderate physical exercise five days a week. If physical

activity is new to you, start slow, then build up to five days a week. Additionally, if you do smoke, make a choice to quit.

**The good news is:** both prediabetes and type 2 diabetes are preventable and reversible with the right lifestyle changes. You can start reducing your risk today!

### **Feel Better Now To Feel Great Later**

If you're in your 50's you might think you have more pressing concerns than how you'll feel in your 80's. But your body is already starting the processes that can lead to ill health in old age. The good news? Experts say you can counteract these shifts with some fairly simple steps.

#### **1. Get Your Baseline Numbers**

A yearly checkup is the best way to track your blood sugar, blood pressure, cholesterol and weight. Managing changes in these key stats can help you avert type 2 diabetes and heart disease.

#### **2. Move More**

If you are currently logging at least 150 minutes a week of moderate activity, try to make that your goal. Walking, golfing, biking and gardening all count. One of the best fitness tips: Walk faster.

#### **3. Cut Back on Bad Food**

Limit saturated fat, sugar, and sodium. Instead consider recipes that get their flavor from health seasonings such as ginger, turmeric, cinnamon, garlic and onions.

#### **4. Boost Your Bone Health**

Weight-bearing exercise helps combat age-related bone loss. So does your calcium intake. One good source is low-fat yogurt, which is also rich in gut-friendly probiotics.

#### **5. Prioritize Muscle Strength**

Simple acts of strength, such as getting up from a chair, can become harder with age. Stay strong with free weights, resistance bands or other strength training.



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