

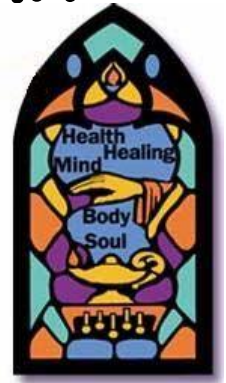
The Faith Health Link



Sowing Seeds of Wellness

Loudon Avenue Christian Church
Disciples of Christ (DOC)
730 Loudon Avenue
Roanoke, VA 24016
540/342-8852
loudonavenuecc.org

Volume XIX Issue III Spring 2024



May Is Mental Health Awareness Month



Mental Health Awareness Month: May is a time to raise awareness of and reduce the stigma surrounding behavioral health issues, as well as highlighting the ways how mental illness and addiction can affect all of us – patients, providers, families, and our society at large.

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.

Why is mental health important for overall health?

Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like [diabetes](#), [heart disease](#), and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.

Can your mental health change over time?

Yes, it's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. For example, if someone is working long hours, caring for a relative, or experiencing economic hardship, they may experience poor mental health.

How common are mental illnesses?

Mental illnesses are among the most common health conditions in the United States. More than 1 in 5 US adults live with a mental illness.

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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.



If you or someone you know is struggling or in crisis, help is available. [Call](#) or [text](#) 988 or chat 988lifeline.org

You Are Not Alone

Over 1 in 5 youth (ages 13-18) either currently or at some point during their life, have had a seriously debilitating mental illness. About 1 in 25 U.S. adults live with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

What causes mental illness?

There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as

- [Adverse Childhood Experiences](#), such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
- Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes
- Biological factors or chemical imbalances in the brain
- Use of alcohol or drugs
- Having feelings of loneliness or isolation [About Mental Health \(cdc.gov\)](#)

Reach Out and Come Together

Are you or a family member struggling? Remember, too, that your primary care physician or your child's pediatrician is a perfect place to start the conversation about stress levels and possible mental health issues. A medical expert can advise your next steps including a conversation with a behavioral health expert. The fact that everyone is experiencing the exact same problem can offer positive benefits. You are not alone, the challenge can be that many are struggling in one way or another and this can impact the amount of support one can get from others.

LACC FAITH HEALTH MINISTRY PRESENTS:

A Virtual Mental Health Check-In

"Grab your Coffee and Tea and Join in on the Conversation." May 4, 2024 Time:

11:00am-12:00noon

Zoom Link:

<https://us02web.zoom.us/j/82063149464?pwd=Q29maUo4a3pVNVN4R1ZURU9yeEVUZz09>

Meeting ID: 820 6314 9464

Passcode: 072820

One tap mobile

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National Mental Health Month raises awareness about the importance of taking care of your mental health,

erasing stigma, and getting the support you need!!! It is marked by the color green.

Cast your cares upon the Lord and he will sustain you; he will never let the righteous be shaken.

Psalms 55:22 NIV



By learning the F.A.S.T. warning signs, you just might save a life from stroke

F Face Drooping Does One Side of the Face Droop Or is Numb? Ask the person to smile. Is the person's smile uneven?

A Arm Weakness Is One Arm Weak or Numb? Ask the person to raise both arms. Does one arm drift downward?

S Speech Is speech Slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue."

T Time to call 911 Check the time so you'll know when the first symptoms appeared.

Other Stroke Symptoms

Watch for Sudden:

- **NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body
- **CONFUSION**, trouble speaking or understanding speech
- **TROUBLE SEEING** in one or both eyes
- **TROUBLE WALKING**, dizziness, loss of balance or coordination
- **SEVERE HEADACHE** with no known cause

A stroke is a disease that affects the arteries leading to and within the brain. It is the fifth cause of death and a leading cause of disability in the United States. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures). When that happens, part of the brain cannot get the blood (and oxygen) it needs. The brain is an extremely complex organ that controls various body functions. If a stroke occurs and blood flow can't reach the region that controls a particular body function that part of the body will not work as it should.

Though some stroke risk factors such as age, gender, race, family history and previous stroke can't be controlled, up to 80% of strokes may be prevented by making lifestyle changes and managing your medical conditions.

Take these steps today to reduce your risk for stroke:

- Eat more fruits and vegetables.
- Reduce salt in your diet.
- Increase your physical activity.
- Quit smoking.
- Lose excess body weight.
- Manage stress.

Talk with your health care team about your specific risk factors and how to best manage them.

[Effects of Stroke | American Stroke Association](#)



CDC updates and simplifies respiratory virus recommendations

Recommendations are easier to follow and help protect those most at risk.

Centers for Disease Control and Prevention (CDC) released, **March 1, 2024**, [updated recommendations](#) for how people can protect themselves and their communities from respiratory viruses, including COVID-19. The new guidance brings a unified approach to addressing risks from a range of common respiratory viral illnesses, such as COVID-19,

flu, and RSV, which can cause significant health impacts and strain on hospitals and health care workers. CDC is making updates to the recommendations now because the U.S. is seeing far fewer hospitalizations and deaths associated with COVID-19 and because we have more tools than ever to combat flu, COVID, and RSV.

As part of the guidance, CDC provides active recommendations on core prevention steps and strategies:

- **Staying up to date with vaccination** to protect people against serious illness, hospitalization, and death. This includes flu, COVID-19, and RSV if eligible.
- **Practicing good hygiene** by covering coughs and sneezes, washing or sanitizing hands often, and cleaning frequently touched surfaces.
- **Taking steps for cleaner air**, such as bringing in more fresh outside air, purifying indoor air, or gathering outdoors.

The recommendations suggest returning to normal activities when, for at least 24 hours, symptoms are improving overall, and if a fever was present, it has been gone without use of a fever-reducing medication.

Once people resume normal activities, they are encouraged to take additional prevention strategies for the next 5 days to curb disease spread, such as taking more steps for cleaner air, enhancing hygiene practices, wearing a well-fitting mask, keeping a distance from others, and/or getting tested for respiratory viruses. Enhanced precautions are especially important to protect those most at risk for severe illness, including those over 65 and people with weakened immune systems.

The bottom line is that when people follow these actionable recommendations to avoid getting sick, and to protect themselves and others if they do get sick, it will help limit the spread of respiratory viruses, and that will mean fewer people who experience severe illness.

This updated guidance is intended for community settings. There are no changes to respiratory virus guidance for healthcare settings.

[CDC updates and simplifies respiratory virus recommendations | CDC Online Newsroom | CDC](#)

Men's Health Day

Men Make A Commitment to Good Health Be Healthy For Yourself and Your Love Ones

Men are at a high risk for many serious health problems, like heart disease and lung cancer. Men also face health problems that don't affect women, like prostate cancer. Make a promise to yourself to know what diseases and illnesses may pose a risk to you. Then, commit to leading a more active and healthy life.

Ready to put your health first? Here are some important preventive care screenings you need to achieve your best health.

Annual Wellness Visit

Seeing a primary doctor regularly is the best way to identify what diseases and illnesses may pose a risk to you. It can also help catch health problems early, when they are easier to treat. Even if you feel fine, you should still get an annual wellness exam to make sure you're in good health.

During your annual wellness visit, your doctor may check your:

Blood pressure

Cholesterol

Heart rate

Respiration rate

Temperature

Weight and body mass index (BMI)

Your doctor will also recommend any screenings or vaccines you may need, like an updated tetanus or flu shot or the human papillomavirus (HPV) vaccine. Plus, you can talk to your doctor about any other health concerns or symptoms you may have, and about any prescription and over-the-counter medicines and supplements you are taking.

Colorectal Cancer Screening

Colorectal cancer is the third most common cancer in the United States. This disease causes abnormal growths, called polyps, to form in the colon or rectum. Over time, some polyps may turn into cancer. That's why screening is important to detect this type of cancer early.

Who should get screened?

- If you are age 45 to 75, you should get screened for colorectal cancer.
- If you have a family history of colorectal cancer or polyps, you may need to begin screening earlier.
- If you are older than 75, talk to your doctor about screening.

Colorectal cancer screening tests

There are a few screening choices available for colorectal cancer screening.

- Stool Sample
- Visual exams like colonoscopy, flexible sigmoidoscopy

Screening tests also can find colorectal cancer early, when treatment works best.

Talk to your doctor about which colorectal screening is right for you. No matter which test you choose, the most important thing is to get screened.

Prostate Cancer Screening

About one in eight men will get prostate cancer in their lifetime. Prostate cancer occurs when cells in the prostate gland start to grow out of control. The prostate is a gland found only in males.

The [American Cancer Society](https://www.cancer.org) recommends that men at "average risk" be screened at the age of 50, while "men at high risk of developing prostate cancer" like Black men be screened at 45. Men at even higher risk" should be screened at 40.

Prostate cancer screening includes two tests — a physical exam of the prostate, also called a digital rectal exam, and a blood test that checks for the level of prostate-specific antigen (PSA), a protein made by cells in the prostate gland. Prostate cancer is the most common cancer among men (after skin cancer), but it can often be treated successfully

Talk to your doctor today to see if you need a prostate cancer screening based on your age, race, family history and more.

www.cdc.gov/chronicdisease/about/preventive-care/index.html

The information provided in this newsletter is for educational and informational purposes only and does not constitute medical advice and is not intended to replace a consultation with an appropriately qualified provider.