

# H<sup>e</sup>alth Matters

Clinton Holistic & Health Advisory Ministry • Clinton AME Zion Church, 814 Westmore Ave., Rockville, MD 20850

The Rev. Dr. William M. White, Jr., Pastor

*Whoa!  
Hold that bite!* PSG



## Multiple Sclerosis (MS)

*Excerpted From Multiple Sclerosis Information Page*

*200 people a week are diagnosed with MS-that's more than one person an hour.*

The history of multiple sclerosis is a detective story spanning more than a century. Many clues have been pieced together, but only now are answers emerging. To appreciate why the trail to a solution has been so long and hard, it is necessary to understand what we scientists now believe to be true about MS.

Multiple sclerosis is one of the most common diseases of the nervous system, afflicting people of virtually all ages around the world, although it has a special preference for young people, especially women, and for those who grew up in northern latitudes.

We believe MS involves a genetic susceptibility, but it is not directly inherited. It usually causes sudden neurological symptoms including vision loss, paralysis, numbness, and walking difficulties. The symptoms can be diverse and confusing, often coming and going without any pattern, making it difficult to diagnose, even today.

The symptoms appear because nerves in the brain and spinal cord lose their ability to transmit signals. Myelin, a complex substance that surrounds and insulates nerve fibers, is essential for

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COVER STORY  
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### the pastor's corner

*Biblical Foundations for Holistic Health and Healing*

*By Rev. Dr. William M. White, Jr.*

The establishment of a holistic and health ministry and teaching a local church congregation are founded on biblical principles and mandates. The Bible serves as the source for the church's understanding of health and well-being, and for its understanding of God's will for the wholeness and well-being of humankind. God has demonstrated throughout the Scriptures that God desires the wholeness of individuals. The body is the temple of God, and the very act of creation has made the human body sacred.

Shalom is the most accurate and useful word to describe health in the Old Testament. Shalom occurs approximately two hundred and fifty times in the Old Testament, and is most frequently found in Jeremiah (thirty-one times), Isaiah (twenty-seven times), and in the Psalms (twenty-seven times). The well-being, wholeness and peace of individuals are not limited to physical or emotional well-being, but include all areas of one's life, including spiritual and social aspects. In order to be whole, one has to have balance and completeness in all areas of life. Each area of one's life affects the other. This well-being only comes from God, and can only be found by living in right relationship with God.

The New Testament understanding of health is seen as wholeness and soundness, well-being and life, strength and salvation. Soundness comes from living a balanced life in relationship with God, and is a result of Jesus' healing in the New Testament. The term Zoe, which means health and life, is used thirty-six times in the Gospel according to John and thirty-seven times by Paul,

Continued on Page 2

## the director's message

### Greatest Mystery in Life

by Paulette S. Gray, Ph.D.



It seems that it was only a short time ago that Sister H. Lucille Lee, a member of the Holistic & Health Advisory Ministry, succumbed to breast cancer. When Lucille sang a song you would forget your cares, clap your hands, smile, or rock with the beat. The air around you would be full of melodious sounds. There are days when I can hear her singing. Lucille's death was untimely but I will cherish the memories which have softened the sadness in my heart.

Many good-byes have been said this year (an aunt, uncle, cousin and several close friends) and you know what, losing a loved one doesn't get any easier. While being in touch with the reality of pain, suffering and death, I recognize that the greatest mystery in life is not living, but death.

Most recently, a friend's pet became very ill and her heart was quite heavy at the thought of putting her pet to sleep. She had to assume the responsibility of her pet's death. What a difficult task! Yet, life is simply a pilgrimage and journey towards death. From the very moment of your birth, the process of dying starts; at that point you are already moving towards death. Unfortunately, we are always in denial about death, i.e., until someone close passes. We all know that death and dying cannot be avoided or escaped and that it always comes unsuspectingly. Ready or not, it comes. And when anyone or anything you love dies, a part of you also dies. You lose a part of your own "self" and you will never be the same again. So it is not only in your death that death comes; whenever anyone or anything you love dies, death knocks at your door, too!

If you are in denial about the reality of death, you will simply miss life's greatest mystery. You will miss the whole point of having lived. You will miss the "true" meaning and purpose of life itself, because life and death are deeply involved in each other; they are not two separate phenomena.

Even though we've already said "good-bye" to Lucille and others this past year, this last farewell is my way of acknowledging that death is the culmination and "blossoming" of life; that the whole of one's life is summed up; and in death you complete life's journey. With heartfelt sympathy and in friendship to Lucille's family and others, may you find comfort in knowing that...

*Music, when soft voices die,  
Vibrates in the memory,---  
Odors, when sweet violets sicken,  
Live within the sense they quicken.*

*Rose-leaves, when the rose is dead,  
Are heaped for the beloved's bed;  
And so thy thoughts, when thou art gone,  
Love itself shall slumber on.*

*Shelley*

## Religion & Health

### Slow Me Down

Slow me down, Lord, I'm going too fast;  
I can't see my brother when he's walking past.

I miss a lot of good things day by day.  
I don't know a blessing when it comes my way.

Slow me down Lord; I want to see more of the things that are good for me. A little less of me and a little more of You.

I want the heavenly atmosphere to trickle through. Let me help a brother when the going's rough; when folks work together, it ain't so tough.

Slow me down, Lord, so I can talk with some of Your Angels.  
Slow me down.....to a walk.

*Anonymous*

Continued from the Cover

## the pastor's corner

the apostle. This life comes from belief and faith in Jesus, the Christ, as God's Son and Savior of the world. This concept of life is more eternal than temporal and more spiritual than physical.

Jesus' ministry was concerned with the wholeness and well-being of the complete person, spirit, body and mind. Jesus healed the person's physical body, restored their emotional and mental health, and restored them to fellowship with God and their community. The Scriptures are replete with stories and accounts of God's concern for the health and condition of God's creation, and also of stories of Jesus' ministry to those broken in spirit and body. Each of us has the responsibility to care properly for ourselves holistically, because the Bible tells us so.

## Health Matters

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*The information found in this newsletter is not intended as a substitute for medical professional help or advice but is to be used only as an aid in understanding current medical knowledge. A physician should always be consulted for any health problem or medical condition. It's intent is to motivate and encourage you to be more aware of and responsible for your own health and well-being.*

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## Did you know?

- ? There is more iron in beans and lentils than in red meat.
- ? If you have high blood pressure, drink 12 oz. of low-sodium tomato juice daily.
- ? Kids who watch a lot of TV are more likely to become fat.
- ? Far too many women don't see a doctor and don't get a Pap test. Many mistakenly believe a Pap test is needed only during childbearing years.
- ? Drinking fluids don't actually lessen or weaken a cold. Rather, fluids help rehydrate the body since a runny nose, sneezing and, in some cases, mild fever can increase fluid loss.
- ? People who are optimistic about aging live an average of 7.6 years longer than those who are pessimistic.
- ? A bit of chocolate may be good for the heart. Chocolate contains flavonoids, antioxidant compounds also found in fruits and vegetables that protect against heart disease. Dark chocolate contains more flavonoids than milk chocolate.
- ? Take broccoli. Is there any single food like it? It's packed with 200 active nutrients your body needs for good health.
- ? Highly perishable foods should not be stored on the refrigerator door. Door shelves tend to be warmer than the rest of the compartment. Use the door for storing condiments. Keep milk, eggs and other perishables in the back.
- ? Restaurant food is much higher in fat, and lower in nutrients, than meals prepared at home. On average, meals eaten at a restaurant derive 40% of their calories from fat, compared with 32% in home-cooked meals. Restaurant meals contain less dietary fiber, calcium and iron, too.
- ? Keep high-calorie foods such as cookies, cake and ice cream out of the house. If they aren't available, you can't eat them in a moment of weakness. Such foods may taste good but are not good for you or your waist line.

Consumer Reports on Health

## Men's Health

### Screenings - All Men Should Have

Health surveys show that men are less likely than women to have preventive health screenings. Women may be more used to seeing doctors on a regular basis, such as with pregnancy and yearly gynecological exams. It is just as important for men to get preventive health screenings as for women; with early detection, some diseases are preventable and treatable.

### Men's Health Screening Chart

- ✓ **Testicular Exam** - men greater than 15 years old should perform a monthly self-exam to check for lumps that could indicate testicular cancer as well as having a professional exam performed during a routine physical exam.
- ✓ **Blood Pressure** - men greater than 18 years old should have their blood pressure checked every year or more often as directed by their doctor, if it is greater than 140/90. High blood pressure is a risk factor for heart disease and stroke.
- ✓ **Blood Cholesterol** - men greater than 20 years old should have their cholesterol checked at least once every 5 years or as directed by their doctor. High cholesterol is a major risk factor in heart disease.
- ✓ **Skin Exam** - men 20-39 should have a skin exam every 3 years; men 40+ should have a skin exam annually.
- ✓ **Colorectal Exam** - men 50+ years old should have a fecal occult blood test every year or a colonoscopy every 10 years or as directed by their doctor. Colorectal cancer is treatable with early detection.
- ✓ **Prostate Specific Antigen (PSA)** - men 50+ years old (sooner if there's a history of prostate cancer) should have a PSA test annually or as directed by their doctor. Because the risk is 30% higher in African-American men, they should begin screening at age 40.

*Remember that the earlier a problem is detected, the better the chances of improvement.*

*Bottomline Health, 2001*



*O LORD my God, I cried unto thee, and thou hast healed me.  
Psalm 30:2*

# ABOUT MS...

## COVER STORY (continued)

### Multiple Sclerosis (MS)

nerves to conduct electricity and carry out their function. Myelin is destroyed in MS.

In MS, cells and proteins of the body's immune system, which normally defend the body against infections, leave the blood vessels serving the central nervous system, pour into the brain and spinal cord, and destroy myelin. The specific triggering mechanism that causes an immune system to attack its own myelin remains unknown, although a viral infection in addition to an inherited genetic susceptibility is a leading suspect.

Until the early years of the 19th century, physicians relied on superstition, hearsay, and the wisdom of the ancients to care for the sick. Medical ideas were not scientifically tested. Even so, physicians were sometimes good observers and we can identify people who undoubtedly had MS from descriptions written as long ago as the Middle Ages. MS has always been with us.

Once the scientific method took hold in medicine, MS was among the first diseases to be described scientifically. The 19th-century doctors did not understand what they saw and recorded, but drawings from autopsies done as early as 1838 clearly show what we today recognize as MS.

Multiple sclerosis is considered to be a chronic inflammatory autoimmune disease of the central nervous system (brain and spinal cord-CNS) that causes the destruction of the covering (myelin sheath) of the nerves. The demyelization (an inflammatory process that destroys normal, healthy myelin tissue) plaques or patches are scattered throughout the central nervous system. These plaques interfere with or block the ability of the nerves to transmit nervous system signals (neurotransmission) and can cause a wide range of neurological symptoms. It is strongly suspected that an autoantibody targeted at the myelin tissue is the underlying factor in the formation of these demyelization plaques.

While the exact cause of MS is not known, it is currently thought that an underlying factor in MS is an autoimmune response in someone genetically predisposed to develop an autoimmune disease, possibly triggered by a virus, chemical or something in the person's environment.

According to the National Multiple Sclerosis Society, MS patients have 95% of the normal human life expectancy. In addition, most patients never need a wheelchair and remain functional even after 20 years of being diagnosed.

### Who gets MS?

An estimated two million people worldwide live with MS. In the western world, one person in every thousand has the disease.

According to the National Institutes of Health, there are approximately 250,000 to 350,000 people in the United States with MS diagnosed by a physician. That means nearly 200 new cases each week. This figure may not represent the total number of people who may be afflicted, however, as recently conducted private polls suggest a much higher prevalence of the disease.

- Gender - MS is 2-3 times more common in women than men.
- Age - The onset of MS generally occurs between the ages of 20 and 40. In Relapsing remitting MS (RRMS), the symptoms almost never surface before puberty and generally peak around age 30, although initial attacks may occur into the 40s. New cases after this age are uncommon. Primary progressive MS (PPMS) usually occur in older males. Primary relapsing MS (PRMS) also tends to afflict people in their late 40s.
- Genetics - Research indicates that if some one in your immediate family has MS, your chance of developing the disease is slightly higher than average. First-degree relatives such as parents, children, and siblings have a one to three percent chance of getting the disease.
- Geography - The geographic location of pre-puberty growth appears to be a critical factor in the incidence of MS. In the western world, people who spend the first 15 years of life between 40 and 60 degrees north latitude are five times more likely to have MS than those who reach puberty in tropical and subtropical latitudes. MS rates are also higher in the southern temperate geographic zone.

*Continued on page 5*

*Who gets MS? continued...*

These data suggest that undetermined environmental factors experienced in the formative years play a part in developing MS.

- **Race** - Racial risks of developing MS generally reflect geographic factors. Caucasians of northern European descent are most likely to be afflicted. The risk is much lower for Asians, Latinos, and black Africans.
- **Infectious Agents** - Although the role of viruses and bacteria in the development of MS has not been definitively established, research points to infection as a potential trigger for the inflammatory response that leads to lesion growth.
- **Vaccines** - Suspicion has existed for a number of years that vaccines could play a role in aggravating or causing certain neurological conditions. With respect to MS, this was manifest by belief by some that vaccination for hepatitis B could actually cause MS, or elicit a flare-up. This suspicion was based on reported cases of MS following vaccination. There is now excellent evidence, based upon two separate clinical studies, that the hepatitis B vaccine increases neither the risk of contracting MS nor of suffering a flare-up.

*Spotlight Health.com*

## Symptoms

*What are the typical symptoms of MS?*

Disease symptoms are random, highly unpredictable, and vary from person to person and from time to time in the same person. Each person is affected differently. For example: One person may experience abnormal fatigue, while another might have severe vision problems. A person with MS could have loss of balance and muscle coordination making walking difficult; another person with MS could have slurred speech, tremors, stiffness, and bladder problems. Even severe symptoms may disappear completely and the person will regain lost functions. In severe cases, some degree of disability occurs.

The initial symptoms of MS are most often:

- difficulty in walking;
- abnormal sensations such as numbness or “pins and needles”; and
- pain and loss of vision due to optic neuritis, an inflammation of the optic nerve.

Less common initial symptoms may include:

- tremor;
- incoordination;
- slurred speech;
- sudden onset of paralysis, similar to a stroke; and
- a decline in cognitive function—the ability to think, reason, and remember.

## Common “Invisible” MS Symptoms

MS symptoms that are hard to see include fatigue, pain, cognitive problems like memory loss or trouble solving problems, weakness, blurred vision, numbness, prickly or tingling sensations, heat sensitivity, dizziness, and bladder or bowel problems. It’s important to recognize that there are medications, therapies, coping strategies, self-help techniques, and support groups for these problems. Speak with your physician, or call your local Society office.

Regular exercise can help MS patients to maintain strength, balance, and muscle tone, and reduce plasticity. It can also help fight fatigue and depression, both of which affect most people with MS. Prevent fever and avoid exposure to extreme heat, both of which can worsen symptoms.

It is important to remember that many of the symptoms of MS can be effectively managed, and complications avoided, with regular care by a neurologist and allied health professionals.

*National Multiple Sclerosis Society*

### **Famous people with Multiple Sclerosis**

**Jacqueline Creed Archer** - Civil rights activist  
**Michael Blake** - Hollywood screenwriter, "Dancing with Wolves"  
**Lola Folana** - Singer  
**Lena Home** - Actress and singer  
**Barbara Jordan** - Congress woman, professor, civil rights activist  
**Richard Pryor** - Comedian and actor  
**James Scofield** - Poet  
**Paul Wellstone** - U.S. Senator, Minnesota  
**Montel Williams** - Talk show host and actor

#### *Relatives*

**Gloria Estefan's** - (singer) father  
**Tommy Hilfiger's** - (designer) sister  
**Stone Phillips'** - (Dateline NBC) wife  
**Marianne Gingrich** - Ex-wife of former House Speaker Newt Gingrich

# ABOUT MS...

## The Cure for MS

Unfortunately, there is no cure yet for MS. Treatment for the disease differs according to stage or type. The primary key to effective treatment is early diagnosis and immediate therapy initiation upon diagnosis. Research indicates that MS develops long before clinical evidence and symptoms are apparent. As a result, some doctors now recommend that treatment be started as soon as nerve damage is suspected rather than confirmed. This more aggressive approach may actually affect the disease course.

The following questions can help people with multiple sclerosis make informed decisions, whether you are initiating or switching therapy. Talk to your doctor anytime you feel your treatment is not working or you are in discomfort due to side effects.

- What can I expect in terms of the reduction of relapses?
- Will the therapy make me feel better?
- What are the main side effects?
- How do the side effects compare to other drugs?
- Have the effects been studied long term?
- How many studies have been done to show efficacy? Do they all have similar results?
- What if I were to get pregnant while on this medication? How safe is my baby?
- Will I feel tired or sick because of therapy? Will I experience muscle pains and flu-like symptoms because of therapy? How will this affect my lifestyle?
- Will I experience flu, fatigue and muscle pain side effects? If I don't experience side effects, does it mean my therapy is not working?
- If I (or someone in my family) have a history of depression or suicidal thoughts, is this the right therapy choice for me?
- Will I develop antibodies to the therapy? How will this affect the way it works and the way I feel?
- Does this therapy affect the menstrual cycle? How?
- Does this therapy require additional tests to monitor my blood, liver or other functions of my body?
- What kind of skin reactions can I expect? What is the worst case? How often does it occur?
- Aside from the injection frequency, what are the major differences between the therapies? What are the main benefits of each?

*Spotlight Health.com*

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*Get Involved and join MS organizations in the fight to find a cure. For programs aimed at awareness and research visit the National Multiple Sclerosis Society @ [www.nmss.org](http://www.nmss.org).*

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## MS Nutritional Pointers

*Diet Rich in Essential Fatty Acids - Some General Rules*

1. Use polyunsaturated margarine and oils.
2. Eat at least 3 helpings of fish each week.
3. Eat 100 grams of liver each week.
4. Eat a large helping of dark green vegetables daily.
5. Eat some raw vegetables daily, as a salad, with French dressing.
6. Eat some fresh fruit daily.
7. Try to eat as much fresh food as possible in preference to processed food.
8. Choose lean cuts of meat and trim all fat away from meat before cooking.
9. Try to avoid hard animal fats like butter, lard, dripping and fatty foods such as cream, hard cheese, etc.
10. Try to eat whole grain cereals and whole meal bread rather than refined cereals.
11. Try to cut down on sugar and foods containing sugar.

If your diet is to be changed, consult a professional dietitian for advice on the finer points of a diet for MS. Equally important, the dietitian can arrange to monitor, as appropriate, changes in condition.

*[www.msnc.co.uk/text](http://www.msnc.co.uk/text)*

## MS & Foods - Try to Avoid

- ✓ Protein Foods - fatty meat, processed meat products, coconut, peanuts
- ✓ Fats & Oils - butter, lard, drippings, solid vegetable oils, blends of vegetable oils, hard margarines
- ✓ Dairy Produce - full cream milk, skimmed milks with added vegetable fats, cream, hard cheeses, processed cheeses, ice-cream
- ✓ Cereals - refined cereal, sugar and sugary foods

It is important to remember that for someone with MS to be "healthy" they need to eat a diet that will provide their nervous system with the nourishment it needs.

*[www.msnc.co.uk/tex\\_vegetarianism.htm](http://www.msnc.co.uk/tex_vegetarianism.htm)*

## Strict vegetarian diet helps alleviate arthritis symptoms.

New finding: Rheumatoid arthritis patients who ate a diet containing no animal products or added fats or oils for four weeks experienced a significant reduction in symptoms, including pain and joint tenderness. The diet, which included corn, beans, fruit and vegetables, reduced levels of antibodies in the blood that attack joint tissues.

*John McDougall, M.D., Bottomline Health 2002*

## An Easier Way to Swallow Pills

If you have trouble swallowing pills, try the following...

- ✓ Take a gulp of water before putting the pill in your mouth. This lubricates your throat and makes the pill easier to swallow.
- ✓ Place the pill as far back on your tongue as possible.
- ✓ Ask your doctor or pharmacist if your pill can be crushed, or capsule opened, and dissolved in liquid.

*Susan Protuck, PharmD, Bottomline Health 2002*

## Ovarian Cancer

Ovarian cancer is the fifth leading cause of cancer deaths among women in the United States. Symptoms include stomach discomfort, anxiety, loss of appetite, frequent use of the bathroom, and weight loss or gain.

Knowledge and awareness of the disease are every woman's best defense against ovarian cancer. Talk with your doctor to find out more.

*Vitality-Your Guide to Good Health. CareFirst BlueChoice. 2002*

## Useful Web Resources for MS

International Multiple Sclerosis Support Foundation  
[www.msnews.org](http://www.msnews.org)

Multiple Sclerosis Association of America  
[www.msaa.com](http://www.msaa.com)

Multiple Sclerosis Foundation  
[www.msfocus.org](http://www.msfocus.org)

National Multiple Sclerosis Society  
[www.nmss.org](http://www.nmss.org)

National Institute of Neurological Disorders and Stroke (NINDS)  
[www.ninds.nih.gov](http://www.ninds.nih.gov)

## Know Your Cholesterol Level

If your total cholesterol level is high, or if your LDL cholesterol is high, you may be at risk for heart disease. Ask your doctor how to lower your cholesterol level.

How can I lower my cholesterol? Eating a healthy diet is one of the best ways to lower your cholesterol level. If you have a very high cholesterol level or if your level does not come down after you change your diet, your doctor may put you on a cholesterol-lowering medication. But you will still need to continue eating a healthy diet, or the medication will not work as well.

Total Cholesterol Level	
Less than 200	Desirable
200-239	Borderline high
240 or higher	High
HDL Cholesterol	
40-60	Desirable
Less than 35	Low
LDL Cholesterol	
Less than 130	Desirable
130-159	Borderline high
160 or higher	High

*Here are some of the things you can do to keep your cholesterol at a healthy level.*

1. **Eat less fat and more fiber.** Eat legumes (beans and peas), fruits, vegetables and whole grains.
2. **Eat less meat.** Avoid high-fat cuts of red meat, ground beef, chicken with skin and processed meats. Eat leaner meats such as turkey breast, tuna, other fish, and chicken with skin removed.
3. **Choose fats wisely.** When you do use fats, use canola oil or olive oil, which are monounsaturated fats. Avoid butter, shortening and stick margarine, they are all high in saturated fat. (One way to identify saturated fat is that it is usually solid at room temperature, such as chocolate or stick margarine, for example.) Also, check food labels and avoid foods made with coconut, palm or hydrogenated oil.

*Bottomline Health 2002*

## Health & Exercise

- ✓ For any acute injury - sprain, strain or bruise - always apply ice to the site for the first 24 hours to reduce swelling and inflammation. Remember to use ice first by thinking: ice (s)cream. Heat may be useful later.
- ✓ The goal of physical fitness is primarily to maintain a healthy body. Avoid obsession with workouts to the point where you push your body beyond its reasonable limits and risk severe injury.

## Not Eating Enough.

That's right! If you consume less than 1,200 calories a day, your body thinks it's starving and signals your metabolism to slow down. Also, you may not get enough nutrients to efficiently metabolize carbohydrates, proteins, and fats.

**Hidden carbohydrates.** Chewing sugar-free gum or a few mints every day can really slow down your weight-loss efforts! So can foods with fruit juice, syrup, food starch, and ingredients that end in "-ose" or "-ol." They're all just another name for sugar!

**Fluid retention.** If you don't drink enough water, your body will retain even more water and prevent you from dropping those last few pounds! Bottom line: Drink at least 64 ounces (8 glasses) of water a day to help flush excess water out of your system. Also, cut back on mustard, bottled salad dressings, and salty foods.

**Baked potato.** Don't spoil a healthy, nutritious baked potato by drowning it in gobs of sour cream or butter. Potatoes are a good source of potassium and fiber and taste great with a little seasoning.

**Belching.** Excessive belching after eating usually means you've eaten too quickly and have swallowed too much air. Slow down and savor each mouthful by chewing and swallowing all of each bite before you take another. Protect your reputation, provided you still have one!

*Lose Weight the Low-Carb Way, 2002*

## Should I Eat It?

Before you have that 400-calorie candy bar or that 12-layered chocolate cake with its 700 calories, keep this in mind: it takes one mile of walking or running to burn up 100 calories and 3,500 calories must go before one pound is burned up.

*Healthy Bites of Medical Knowledge 2002*

## What Are Your Numbers?

How good are you at numbers? Not the lottery, but your social security number \_\_\_\_\_, your weight \_\_\_\_\_, your blood pressure \_\_\_\_\_ and your cholesterol level \_\_\_\_\_.

If you don't know the last two, your number could be up sooner than you think!

*Healthy Bites of Medical Knowledge 2002*

## Satisfy Your Sweet Tooth and Lose Weight, Too!

- ✓ How to kick a sugar craving in 2 minutes: Take this terrific tip from the low-carb pros, it really works! Next time a persistent sugar craving crops up, place just a few granules of sugar on the tip of your pinkie finger. Tap them into a tall glass of cool water. Drink all of the water, before you know it, your craving should disappear.
- ✓ Can the cola. One 12-ounce can of regular cola contains 10 teaspoons of sugar, more than you should have in an entire day!
- ✓ Low-fat foods loaded with sugar: When fat is removed from low-fat foods, sugar is often added to replace lost flavor. If sugar is one of your "trigger" foods, it can become addictive and easily make you fat.
- ✓ Artificial sweeteners stimulate your desire for real sweets. Research shows that aspartame increases insulin levels, leading to extra fat storage.
- ✓ Eat fat - get thin. Scientists have made a remarkably discovery: If you want to lose weight, you have to eat healthy fats, like peanut butter, olives, and avocados. Fats satisfy your hunger and give foods flavor. If you don't eat enough of them, you'll end up overeating other foods.
- ✓ Double your weight-loss power. Women on low-carbohydrate, high-protein diet are nearly TWICE as efficient at burning calories and keeping off weight as those on a higher-carbohydrate diet.

*AARP Bulletin 2002*

## Chemical in Broccoli Fights Ulcers, Stomach Cancer

Broccoli, though much maligned, is your friend. The vegetable appears to combat ulcers better than antibiotics and may help prevent most stomach cancers.

Broccoli contains a chemical that boosts the body's production of the substance sulforaphane, which destroys the *Helicobacter pylori* bacteria responsible for ulcers and most stomach cancers.

*AARP Bulletin 2002*



*Your expression is the most important thing you can wear.*

*Sid Ascher*

## Crucial Questions to Ask Your Doctor or Pharmacist

1. What is the name of the drug, and what is it for?
2. Is a generic version available?
3. How and when do I take the drug and for how long?
4. Will this medicine work safely with other drugs and supplements I take? What about alcohol?
5. Are any tests required with this medicine, for example, to check liver or kidney function?
6. What are potential side effects? (If you switch from a brand-name drug to a generic, report any different reactions or side effects to your doctor.)
7. Can I get a refill? When?
8. How do I store this medicine?
9. Where can I find written information about this medicine?

*Important - Take exactly as directed, and take the prescribed dose on the correct schedule.*

*AARP Bulletin 2002*

## Safe Practices for Using Medications

1. Keep an up-to-date list of all prescription drugs you take, along with the dose, how often you take them and the name of the pharmacy.
2. Also record over-the-counter products, vitamins or herbal products you take. Note allergies you have to medicines or food. Take this list on all doctor visits.
3. Ask your doctor to write, clearly, the medication's purpose on any prescription.
4. Keep drugs in their original containers with directions.
5. Read the label before each dose to be sure you have the right drug.
6. Don't chew or break pills unless instructed.
7. Don't store medications in the bathroom or in direct sun light.
8. Never take someone else's medication.
9. Do not take expired medication. Check the date or ask the pharmacist.

*AARP Bulletin 2002*

## The Growing Gap

Both men and women are living longer today than in the early years of the 20th century. But women live longer, and the gap has been growing, from just 2 years in 1920 to 5.4 years today, mainly because men don't take the necessary health-protective steps. If men and women equally took those steps, it's likely that the gap would virtually disappear, and both sexes could expect to live nearly 100 years.

## The More You Know...

### Feel Younger in Five Minutes

*Intense relaxation not only reduces stress, but may also improve immune function. Good news: It takes as little as five minutes.*

What to do: Lie on your back with your legs placed at a 90-degree angle against a wall...close your eyes and place a soft cloth or towel over them. Slowly relax all your muscles, letting your body weight sink into the floor...take three deep abdominal breaths, inhaling through your nose. Continue to focus on your breathing. Perform this exercise for five to 10 minutes daily.

*Judith Hanson Lasater, Ph.D., Bottomline Health 2002*

### An Aspirin at Bedtime May Lower Blood Pressure

The low-dose aspirin many people take daily to prevent a heart attack may have another big benefit. It may lower their blood pressure. One caveat is that it only works if taken at bedtime.

Naprosyn and Aleve are the only non-steroidal anti-inflammatory drugs to protect against heart attacks.

*AARP - Your Health*

### A Sensible Approach to Weight Loss

Very low calorie diets work initially, but 90 percent of these dieters gain back even more pounds within months of going off the diets. Successful, permanent weight loss doesn't entail starvation or deprivation. Rather, it requires a daily diet of healthful low-fat foods combined with regular exercise.

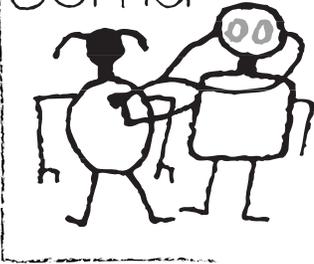
- ✓ Set realistic goals.
- ✓ Cut fat, not calories, from your diet.
- ✓ Eat more fruits and vegetables.
- ✓ Don't skip breakfast.
- ✓ Eat your largest food portions early in the day.
- ✓ Exercise regularly.

*When eating out -*

- ✓ Make wise menu selections.
- ✓ Pay attention to how foods are prepared.
- ✓ Ask how dishes are served.
- ✓ Practice portion control.
- ✓ Use discretion at salad bars.

*Vitality-Your Guide to Good Health. CareFirst BlueChoice. 2002*

## Kids Corner



### Children Learn What They Live

If a child lives with criticism,

He learns to condemn.

If a child lives with hostility,

He learns to fight.

If a child lives with ridicule,

He learns to be shy.

If a child lives with shame,

He learns to feel guilty.

If a child lives with tolerance,

He learns to be patient.

If a child lives with

encouragement,

He learns confidence.

If a child lives with praise,

He learns to appreciate.

If a child lives with fairness,

He learns justice.

If a child lives with security,

He learns to have faith.

If a child lives with approval,

He learns to like himself.

If a child lives with acceptance,

and friendship,

He learns to find love in the world.

by Dorothy Law Nolte

## If Your Child Has A Fever

You might worry when your child has a fever: A fever means that your child is fighting a sickness. Do you know what to do if your child has a fever?

First, take your child's temperature. For babies and toddlers, rectal thermometers are best. You can also take your child's temperature by holding an oral thermometer in his or her armpit for 2 minutes. Or put the thermometer under your child's tongue.

Your child has a fever if his or her temperature is over:

- 100 degrees F by mouth; or
- 99 degrees F by armpit.

If you use a rectal thermometer: your child has a fever if his or her temperature is over 101 degrees F.

## How To Treat A Fever

You may have heard people say, "Feed a cold and starve a fever." This is not really true. When your child has a fever, it is OK for your child to eat. It is very important for your child to drink lots of juice and water.

Treating a fever will not cure your child's sickness, but it can make him/her feel better. Over-the-counter pain medicine like ibuprofen can help. Do not use aspirin! It could cause a very serious illness called Reye Syndrome. Here are some more ideas:

- ✓ Give your child a bath with medium warm water for 20 minutes. Never put a child with a fever in cold water or in alcohol.
- ✓ Give your child lots to drink like fruit juice or water.
- ✓ Have your child rest in bed.

*Amerigroup Member News*

## Riddles...

1. Why did the cookie go to the doctor?
2. What did the egg say to the other egg?
3. What do you say to a cow that crosses in front of your car?
4. Why did the turtle cross the road?
5. How can you make seven even?

*Ans. 1) Because it was feeling crummy. 2) Let's get cracking! 3) Moo-ove over. 4) To get to the Shell Station! 5) Remove the "S" www.niesh.nih.gov/kidspage*

## Teen Health

### Know the Warning Signs of Teen Medical Problem

- ✓ Fatigue. If your child is always tired, something is wrong. This could indicate mononucleosis.
- ✓ Being withdrawn or isolated could signal risky behaviors or be a sign of depression or anxiety.
- ✓ Chronic cough could signal smoking or drug use.
- ✓ Declining school performance or a change in interests usually means a teen is headed for trouble.
- ✓ A change in eating and sleep habits, weight loss or gain could indicate depression, an eating disorder or body image issue, or substance abuse.
- ✓ Headaches or abdominal pain could be a gynecological problem, or it could be nutritional.

### What Parents Can Do

- ✓ **Develop Good Communications.** Discuss health issues with your child. Listen to his or her concerns. Find out where he or she is getting health information. Tips from friends or online advice, about everything from steroids to dieting, may be wrong.
- ✓ **Avoid Power Struggles.** When conflicts arise, do more listening than talking. Then ask questions to help your teen evaluate the choices he or she is making.
- ✓ **Set a Good Example.** Your own eating habits and smoking, drinking and drug use sends a message to your teen.
- ✓ **Plan Regularly Scheduled Meals.** That way you'll have some say in your teen's nutrition and can provide healthy choices.
- ✓ **Get a Doctor Both You and Your Teen Like and Trust.** Then you'll feel comfortable asking the doctor to talk with your teen about issues of concern.

*Parade, The Washington Post 2002*

## Senior Scene

### Keeping Fit in Your 50s and Beyond

No matter what your age, staying physically fit will yield plenty of benefits. Physical activity strengthens the heart and lungs, lowers blood pressure and cholesterol and protects against heart disease, stroke, obesity, osteoporosis and certain cancers. It also builds and tones muscles, helps keep joints and tendons flexible, and helps you sleep more soundly.

Most older people in good health can start a moderate exercise program, such as walking for 20 to 30 minutes three to five times a week. However, it's best to consult your doctor first if you smoke, have high blood pressure or diabetes or suffer from a cardiac, respiratory or orthopedic problem.

Keep it well-rounded. The best workout regimen includes each of these activities:

- ✓ **Aerobic exercises** increase your ability to use oxygen, which helps your heart and lungs function.
- ✓ **Strength training** preserves lean muscles mass, which guards against weakness, helps prevent falls and helps you maintain a healthful weight.
- ✓ **Weight-bearing exercises**, such as walking, playing tennis or dancing, protect against osteoporosis.
- ✓ **Stretching** keeps muscles flexible, improves your range of motion and soothes aches and pains.

*Vitality-Your Guide to Good Health. CareFirst BlueChoice. 2002*

## Health & Exercise

### Don't Let Shin Splints Ruin Your Workout Plans

Pain in your shins during and after exercise, known as shin splints, is a common overuse injury. Runners are often victims. But anyone who walks, dances, or performs other activities in which the feet continually hit the ground can get them.

Several factors can increase the risk of shin splints. These include:

- ✓ trying to do too much, too quickly
- ✓ exercising on hard surfaces
- ✓ wearing old or insufficiently padded shoes
- ✓ not stretching or warming up enough.

If you have shin splints, stop or cut back on the activity that's causing harm. To relieve pain, try icing your shin for 20 minutes a few times a day.

You can resume your old routine once the activity no longer causes pain. But build up gradually and be diligent about warming up and stretching your calves well. In addition, stick to softer surfaces and make sure your shoes are well-padded.

If the pain persists, tell your doctor.

*GW Vital Signs 2002*

## Screening, Seminars & Web Resources

### Are you Suffering From Arthritis and Joint Pain?

If chronic hip or knee pain has stopped you from doing things you always loved to do...it may be time to consider a total hip or knee replacement procedure. In this free class, you'll learn about the surgical procedure, hospital stay, and rehabilitation program. FREE.

To register, call 1-800-642-0101.

Shady Grove Adventist Hospital  
The Joint Center, 4th Floor, Patient Education Room  
First Wednesday of every month, 1:30-3:00 p.m.

### HEALTHY LIVING LECTURE SERIES

Holiday Park Multi-service Senior

Center Health Lecture

3950 Ferrar Drive, Wheaton, MD

All lectures are from 1:15-2:15 p.m.

Call 301-468-4448 for more information.

Open to the Public.

### WELLNESS WEDNESDAYS

In partnership with the Gaithersburg Upcounty Senior Center

80 A Bureau Drive, Gaithersburg, MD

To register, call 301-258-6380.

- **Monthly Blood Pressure Screening**  
Fourth Wednesday of each month, 10:30-11:30 a.m.
- **Caregivers Support Group**  
Provides support and information to caregivers of all ages.

First and third Wednesday of each month, 11:00 a.m.-12:00 noon

### CROSS CONNECT (physician referral)

A free service to the community, Cross Connect offers information about 500 doctors in 32 medical specialties, enabling you to choose the doctor best suited for you.

Call (301) 754-7164,

Monday- Friday, 8:30 a.m. - 4:00 p.m.

### USEFUL WEB RESOURCES

First Gov for Seniors  
[www.seniors.gov](http://www.seniors.gov)

American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

Heart Disease and Stroke  
[www.noah.cuny.edu/heart\\_diseaseheartdisease.html](http://www.noah.cuny.edu/heart_diseaseheartdisease.html)

Benefits-CheckUP  
[www.benefitscheckup.org](http://www.benefitscheckup.org)

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*What are the typical symptoms of MS?*

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## **Men's Health**

*Men's Screenings — All Men Should Have*

## **Health Alerts**

*Ovarian Cancer*

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*Protecting your own and your family's health must be a high priority.*

## **Special sections to help you.**

*Health & Exercise*

*Health & Nutrition*

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*Kids Corner*



*Clinton Holistic & Health Advisory Ministry*

**Clinton AME Zion Church**

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[www.clintonamezion.org](http://www.clintonamezion.org)