

Parish Nurse Newsletter

Winter 2009 - 2010

"I know in my heart that man is good. That what is right will always eventually triumph. And there's purpose and worth to each and every life."

President Ronald Reagan

"Being in the image of God the human individual possesses the dignity of a person, who is not just something, but someone. He is capable of self-knowledge, of self-possession and of freely giving himself and entering into communion with other persons. And he is called by grace to a covenant with his Creator, to offer him a response of faith and love that no other creature can give in his stead" (Catholic Catechism #357).

The sanctity of life must be defended from conception to death. The following resources are available to advocate, support and respect human dignity in the care of persons at every stage of life until natural death:

- Educate yourself on The United States Conference of Catholic Bishops' position on Health care Reform. "Health Care reform should be about saving lives, not destroying them". Web site for information is www.usccb.org/healthcare. Also stay informed through the National Catholic Bioethics Center news at the web site www.ncbcenter.org/index.asp.
- Support the Day of Prayer and Penance for Life on January 22, 2010.
- Follow Catholic teachings for end of life decisions. Catholic Hospital Association's pamphlet, Advance Directives: A Guide to Help You Express Your Health Care Wishes is available through the Parish Nurse Program.
- Answers for questions on the Use of Vaccines are available at the National Catholic Bioethics Center site www.ncbcenter.org/FAQ_Vaccines.asp#1. Printed copies available through the Parish Nurse Program.
- Natural Family Planning information is available at nfpandmore.org/nfphowto.shtml This manual is a USCCB-Approved NFP Home Study
- Learn about Church inclusion and accessibility for persons with disabilities. Web site is www.catholicdisabilityteachings.com/web%20resources.htm

HEALTHY SMOOTHIE RECIPES FOR WINTER

Eggnog Smoothie

• 2 cups low fat eggnog
• 1 banana
• 1 cup nonfat vanilla yogurt
• 1/3 cup of 2% milk
• 2 cups of ice
• Pinch of nutmeg
• Pinch of [cinnamon](#)
Blend until the banana is part of creamy texture.

Garnish with Chocolate Curls

143 Calories per serving

Peppermint Smoothie

1 1/3 cup peppermint light slow churned Edy's ice cream
1/2 cup 1% milk
1 cup nonfat vanilla yogurt
4 ice cubes
Blend. then add more of whatever to taste.

Garnish with Tiny Candy Cane

106 Calories per serving

HEALTH OBSERVANCES FOR 2009-2010

December is Safe Toys and Gifts Month

Safe Toys and Gifts Checklist

- Toys made of fabric should be labeled as flame resistant or flame retardant
- Painted toys should be covered with lead-free paint
- Crayons and paints should say ASTM D-4236 on the package, which means that they've been evaluated by the American Society for Testing and Materials.
- Look for toys that are sturdy enough to withstand pulling and twisting. Make sure that eyes, noses, buttons, and other parts that could break off are securely attached
- Make sure squeeze toys; rattles, and teethingers are large enough that they won't become lodged in a child's mouth or throat, even if squeezed into a smaller compressed shape.
- Bicycles, scooters, skateboards, and inline skates should never be used without helmets that meet current safety standards and other recommended safety gear, like hand, wrist and shin guards. Look for CPSC or Snell certification on the labels.
- Electric toys should be labeled UL, meaning they meet safety standards set by Underwriters Laboratories.

January is Thyroid Awareness Month

Some of the key risk factors for Hypothyroid Disease include.

- Female over 50 years old: Women are greater risk than men
- A personal or family history of thyroid and/or autoimmune disease increases risk.
- Surgical removal of all or part of the thyroid, or radioactive iodine treatment to the thyroid. Both typically result in an under active thyroid
- Over consumption of raw goitrogenic foods, i.e., Brussels sprouts, turnips, cauliflower, broccoli, soy, etc.
- Recent neck trauma, biopsy, injection or surgery
- High stress life events
- Medications such as Immunosuppressants, antiretrovirals, Lithium, Cordarone, and some transplant drugs
- Living in an iodine-deficient area
- Iodine or herbal supplements containing iodine, in pill or liquid form

February is American Health Month

Most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness

- Women may also experience unusual fatigue, weakness, pain in arms, jaw or back
- For those with angina, any change in the frequency, duration or intensity of the attacks, or symptoms that don't respond to nitroglycerin.

This information is intended for your general knowledge only and is not a substitute for medical advice or treatment. Questions about any specific condition or patient should be referred to a licensed physician or practitioner.

Contact Parish Nurse Sandra Gans, RN for information or resources.
304-622-8500 or sgans@ma.rr.com