

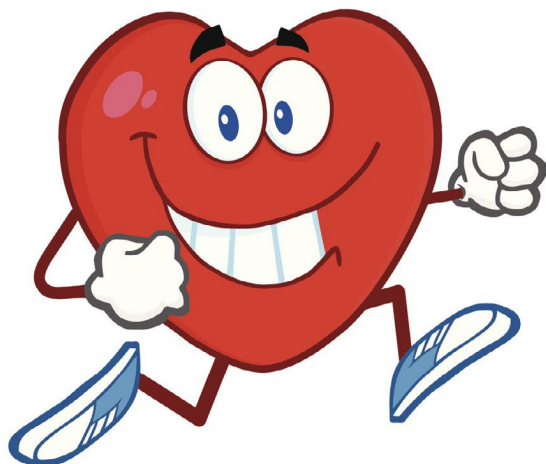
OPEG'S HEALTH NEWSLETTER



BE PHYSICALLY, MENTALLY AND SPIRITUALLY HEALTHY

Operational Philip Evangelism Group (OPEG), is an outreach and evangelism ministry of the St. Andrew's Anglican Parish, Tobago. Our aim is to bring persons to Christ through love and compassion in the sharing of the Gospel.

We are following in the footsteps of Philip, who beckoned Nathaniel to meet Christ saying "Come and see" (John 1 : 46). In the midst of doubts, confusion, fear and tension that have engulfed believers and the church, we want to find our brothers and sisters and bring them to the knowledge of Christ so that they could receive the abundant life He has promised us (John 10 :10b)



Hope, Patience and- Steadfastness

We also aim to encourage persons towards hope, patience and steadfastness as they continue their Christian walk. We are grateful to the Lord who has chosen us to be His voice in homes, hospitals and the church, impacting the lives of His people through gainful spiritual ministry.

YOUR HEALTH IS YOUR RESPONSIBILITY

OCTOBER IS THE ANGLICAN DIOCESAN HEALTH MONTH

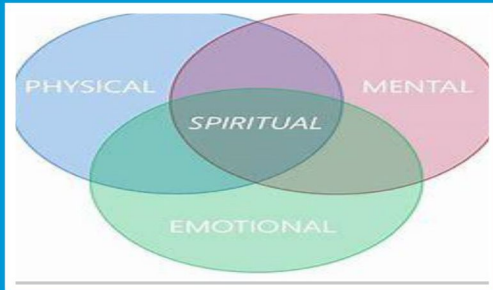


TABLE OF CONTENTS

Health Topics

2. INTRODUCTION
3. COVID
4. BREAKING BAD HABITS
5. DEMENTIA
6. AUTOIMMUNE DISEASES
7. CANCER SCREENING
8. EXERCISE AND DIET
9. KIDS' CORNER

REMEMBER! Prevention is better than cure.

DISCLAIMER: This e bulletin is not meant to give medical advice. Please consult with your medical doctor for advice!

INTRODUCTION

October is traditionally known as the month for Health in the Anglican diocese. Over the recent years OPEG has provided an avenue for health education and some level of provision of screening. This does not mean that we only take responsibility for our health in October, but Health is a daily responsibility one that we should take seriously and strive to have on par.

October 18th 2020 would have been our health fair but this has been cancelled because of the current national restrictions. We have therefore chosen to adapt to the new normal and provide an e- bulletin instead.

The date October, 18th is the feast day of St. Luke, the great physician. He was not one of the original 12 apostles, but may have been one of the 70 disciples who was appointed by Jesus, as seen in the gospel reading in Luke chapter 10 in the bible.

ST. LUKE
THE GREAT PHYSICIAN



COVID PREVENTION

COVID PREVENTION

You can lower your chances of contracting COVID by:

1. Washing your hands frequently with water and soap or an alcohol based sanitizer.
2. Wearing your cloth based mask in public spaces. Ensure it covers your nose, mouth and part of your chin.
3. Physical distancing. Keep in contact via social media.
4. Stay at home if you are ill. Cough in a tissue or in the crook of your elbow.
5. Keep up-to-date with information. The World Health Organization (WHO) website and the Ministry of Health of Trinidad and Tobago website both have the most factual information.
6. Boost your immune system by eating fruits and vegetables daily and exercising thrice weekly for a total of 150 minutes.
7. Remember to pray daily and read your bible. Pray for one another.
8. Maintain mental health-READ, PLAY, WATCH A MOVIE, DO A HOBBY, GARDEN, LEARN A SKILL, SMILE.



Wash your hands for at least 20 seconds to curb the spread of the virus.



CORONAVIRUS

MYTH

- A VACCINE TO CURE COVID-19 IS AVAILABLE.
- IT CAN BE TRANSMITTED THROUGH MOSQUITO BITES.
- EATING GARLIC CAN PREVENT INFECTION.
- ANTIBIOTICS CAN TREAT THE VIRUS.

FACT

- IT CANNOT BE TRANSMITTED THROUGH GOODS MANUFACTURED IN CHINA OR ANY OTHER COUNTRY REPORTING COVID-19 CASES.
- PEOPLE OF ALL AGES CAN BE AFFECTED.
- WASHING YOUR HANDS OFTEN, NOT TOUCHING YOUR FACE, AND STAYING HOME WHEN YOU'RE SICK IS THE BEST FORM OF PREVENTION.

INFO FROM THE WHO

Breaking Bad Habits



Got Bad Habits?

1. IF YOU CHOSE TO DRINK, ONLY DO SO IN MODERATION!
 - a. ALCOHOL HAS BEEN ASSOCIATED WITH CANCER.
2. DON'T DRINK AND DRIVE
3. DRIVE SAFELY
4. SAFE SEX PRACTICES
5. VAPOUR AND CIGARETTE SMOKING IS UNHEALTHY



DEMENTIA

10 EARLY SIGNS & SYMPTOMS OF **DEMENTIA**

Dementia is not a disease, rather it is a collection of many symptoms that suggest the presence of a brain disorder.

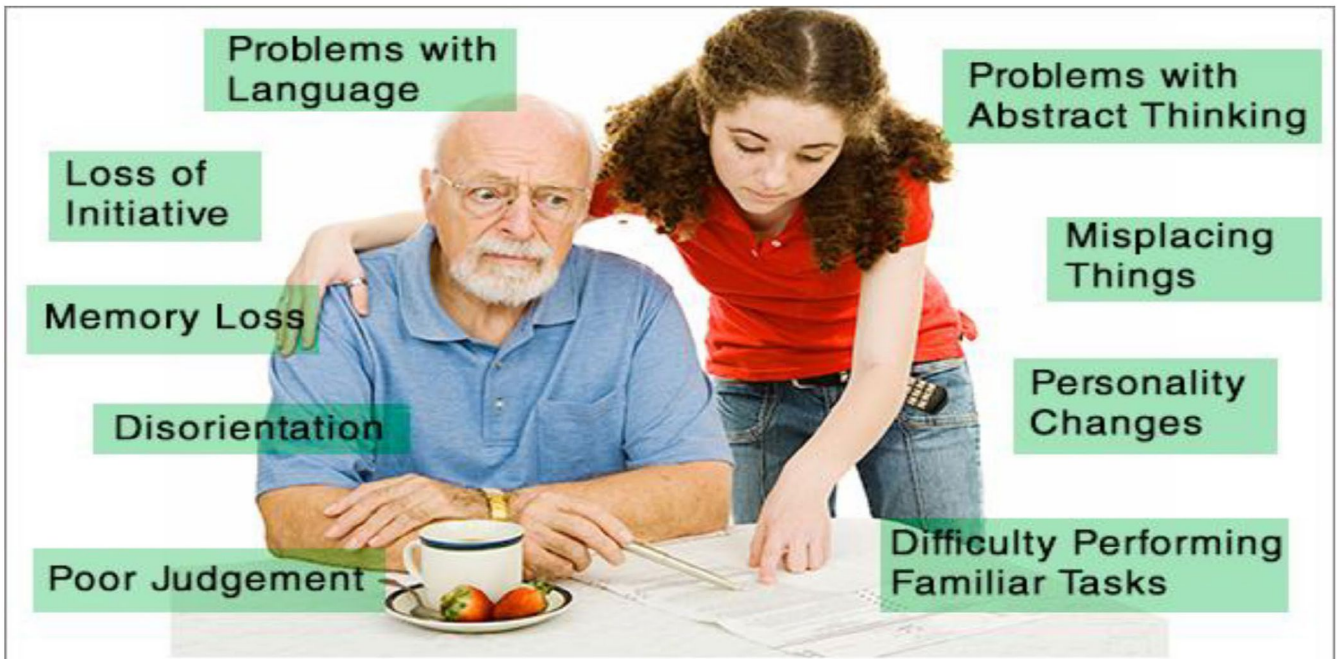
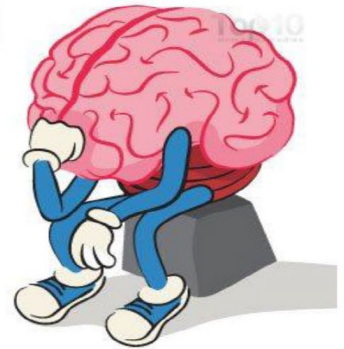


To explore more, visit



www.Top10HomeRemedies.com

- 1 SUBTLE SHORT-TERM MEMORY LOSS
- 2 DIFFICULTY COMMUNICATING THOUGHTS
- 3 RAPID AGITATION AND MOOD SWINGS
- 4 DISREGARD FOR GROOMING AND PERSONAL HYGIENE
- 5 DIFFICULTY IDENTIFYING HUMOR
- 6 FREQUENT FALLING AND TRIPPING
- 7 LAPSE IN JUDGMENT
- 8 MISPLACING THINGS
- 9 LACK OF INITIATIVE OR APATHY
- 10 GETTING CONFUSED OFTEN



DEMENTIA

DEMENTIA IS LOSS OF MEMORY AND THE ABILITY TO DO ACTIVITIES OF DAILY LIVING INDEPENDENTLY. THIS IS CHRONIC AND TAKES PLACE GRADUALLY!

The most common cause of dementia is Alzheimer's Dementia which is related to the elderly. The second most common cause is Stroke which is related to those with more commonly Hypertension and Diabetes Mellitus Type 2.

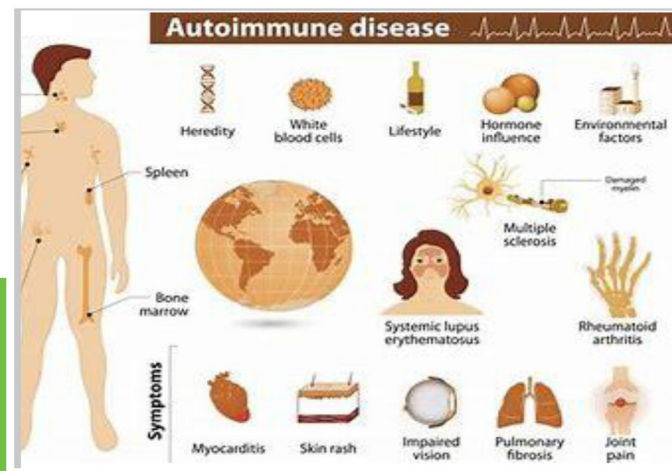
AUTOIMMUNE Disease

We have spoken about the Chronic non communicable disease over the years. Heart disease, Stroke, Diabetes Mellitus Type 2 and Hypertension are leading causes of deaths worldwide. Chronic lung disease has been taking the forefront as these patients are now at risk of high mortality if they contract the corona virus as their underlying lung tissue is abnormal.

Bronchial Asthma is one of the most common disease of the respiratory system. It involves the upper airway and is characterized by wheezing triggered by environmental stimulants such as dust.

AUTOIMMUNE DISEASES HAVE ALSO BEEN AT THE FOREFRONT, especially as more laboratory research has taken place for this incurable disease. These are hereditary and examples include "LUPUS", Rheumatoid Arthritis, Sarcoidosis, Scleroderma and Wegener's granulomatosis.

Hydroxychloroquine is a drug used to treat some patients with autoimmune disease. Recently this drug that has been used in treating patient infected with severe corona virus.



Autoimmune Disorders

An autoimmune disorder is an illness in which the body begins to attack its own healthy cells, producing inflammation and certain organs such as the skin or kidney or heart or musculoskeletal system or lungs.

HEALTH FACT!

VAPOUR SMOKING AND CIGARETTE SMOKING ARE BAD FOR YOUR HEALTH!

CANCER SCREENING

| TABLE 1. CANCER SCREENING: THE BASICS | | | |
|---------------------------------------|---|---|--|
| Cancer | Screening Tools | When to Start Screening | Frequency |
| Breast | Breast self-exam Clinical breast exam Mammogram Ultrasonography Magnetic resonance imaging | 40-50 years of age | Every 1-2 years |
| Cervical | Pap test Human papillomavirus (HPV) test | 21 years of age | 21-29 years of age: Pap test every 3 years 30-35 years of age: Pap + HPV test every 5 years or Pap test every 3 years |
| Prostate | Prostate-specific antigen (PSA) Digital rectal exam | 50 years of age | Depends on PSA level and which organization is recommending testing; can be every 1-4 years |
| Lung | Baseline low-dose computed tomography (CT) scan | 55 years of age with risk factors (ie, a 30 pack-year smoking history, currently smoking, or quit within the past 15 years) | Yearly |
| Colorectal | Guaiaac-based fecal occult blood test (gFOBT) Fecal immunochemical test Stool DNA test CT colonography Double-contrast barium enema Sigmoidoscopy Colonoscopy | 50 years of age (for men and women) | Depends on the test: • Colonoscopy: every 10 years • gFOBT: every year |

Adapted from references 3-11.

Remember to screen annually for the other mentioned **chronic non communicable diseases.**

HEALTH MONTH NEWSLETTER



The American Heart Association Recommendations for Physical Activity in Adults

For Overall Cardiovascular Health:

At least **30** minutes of moderate-intensity aerobic activity **5** days per week for a total of **150** minutes

OR

At least **25** minutes of vigorous aerobic activity **3** days per week for a total of **75** minutes

or a combination of the two

AND

Moderate **HIGH INTENSITY** muscle-strengthening activity **2** days per week for additional health benefits

For Lowering Blood Pressure and Cholesterol:

An average of **40** minutes of moderate- to vigorous-intensity aerobic activity **3-4** days per week

© 2016 Learn more at heart.org/ActivityRecommendations.

Eat healthy and exercise regularly.. Portion your carbohydrates..

Complex is Better.

diabetes portion plate

add a 8oz. glass of non-fat or low-fat milk

add a piece of fruit or a 1/2 cup of fruit salad

SPRINGING INTO

ACTION



ST. ANDREW'S ANGLICAN PARISH TOBAGO

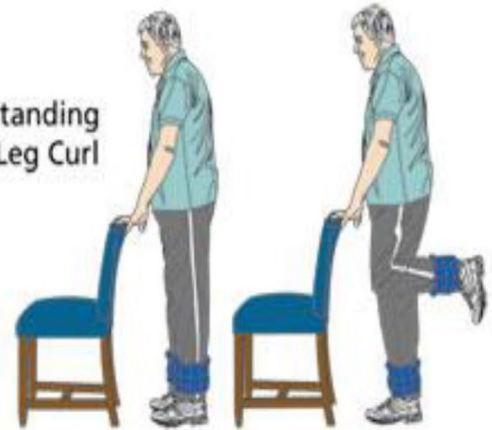
Stay Strong, Stay Healthy



Wide Leg Squat



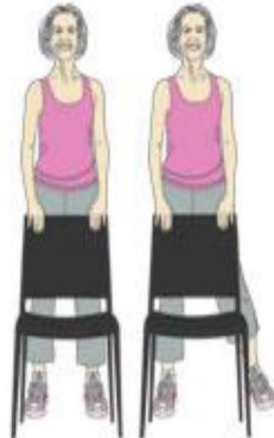
Standing Leg Curl



Knee Extension



Side Leg Raise



Biceps Curl



Overhead Press



Seated Row



Toe Stand



Stay Strong, Stay Healthy is adapted from The Strong Women Program, A National Fitness Program for Women, John Hancock Center for

OPEG NEWSLETTER

KIDS CORNER

FUN FIND

Be Active Kids® Fun Find

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | N | B | E | A | C | T | I | V | E | L | D | H | Q | I | D |
| E | O | Y | E | X | S | D | O | Q | T | S | I | T | N | A | R |
| E | M | N | H | O | E | E | A | E | O | M | L | E | O | H | S |
| S | U | A | L | P | F | R | N | S | L | N | E | I | I | E | O |
| R | T | C | M | U | S | I | C | O | O | S | Y | S | I | O | P |
| U | S | H | R | E | R | E | K | I | B | B | S | G | N | U | L |
| A | M | H | R | D | A | J | T | P | S | F | G | K | O | D | A |
| Q | H | O | C | O | A | I | R | R | N | E | I | F | A | I | Y |
| X | H | I | F | U | R | C | E | U | V | R | L | E | N | N | O |
| E | S | O | R | T | H | R | O | W | H | O | T | C | X | N | V |
| D | E | N | U | D | D | S | N | E | C | Y | E | L | S | E | G |
| L | P | N | I | O | G | P | T | T | T | D | T | Y | Q | U | A |
| F | U | N | T | O | A | A | T | R | A | E | H | A | X | F | M |
| S | L | C | I | R | M | P | N | H | C | W | E | I | T | I | K |
| N | O | G | S | S | E | N | T | I | F | D | Y | E | W | O | X |
| K | K | A | G | C | S | A | I | J | I | N | G | S | T | T | I |

Find the following hidden words:

| | | | | |
|----------|---------|-----------|----------|-----------|
| fun | heart | nutrition | bike | throw |
| fitness | muscles | veggies | swim | play |
| exercise | bones | fruit | outdoors | Be Active |
| games | lungs | run | catch | |

Please share your child's work by faxing or emailing completed sheets, artwork, and pictures to 919-510-5033 or info@beactivekids.org. If your child's work gets selected for our website spotlight gallery they will receive a Be Active Kids® prize pack.

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