

## ARTHRITIS

INFLAMMATION OF THE JOINT/ soft tissues: AUTO-IMMUNE Disease

**CAUSES:** Not completely known

- Bacterial Infection in joint
- Trauma: direct or indirect blows to the joint
- Prolonged and repetitive use of the joint

**SYMPTOMS:**

- Pain and swelling particularly in the morning
- Limitation in movements
- Redness of the skin around the joint
- Rigidity



**PREVENTION / SUPPORT:**

- Stay active with smooth, soft movements
- Avoid joint contraction due to inactivity
- A diet without lactose or gluten sometimes helps
- Take vitamins
- Sunlight improves intake of Vit. D

***"he will protect all bones, and not even one will be broken. ..."*** Psalm 34:20

## DIABETES

A METABOLIC PROBLEM: 'Sugar'

The body cannot properly use the sugar (Glucose) that we eat. Several types: I, II, Gestational, and a combnt. Result: Too much blood glucose  
Damage: Eyes, heart, feet, kidney, other organs.

**Treatment: Lifestyle habits**

- Good diet
- Exercises
- Sufficient water intake
- Rest
- Regular medical check-ups
- Use of medications on time



**PREVENTION: SUPPORT**

- Early detection if someone in your family has diabetes
- Healthy lifestyle, diet, exercise, limited use of sugar and fats, carbohydrates...

**KNOW THE SIGNS OF TOO MUCH OR TOO LITTLE SUGAR IN THE BLOOD.**

- Fatigue, blurred vision, nausea, dizziness, irritability,
  - Lots of urine, hunger, dry skin ...
- 'All things are lawful for me, but not all things are to my benefit.'*** 1 Cor. 6:12



## HYPERTENSION ...

*A Chronic Disease*

- Hereditary
- Common in obese people, who consume a lot of salt, few fruits and vegetables, who do not process fats
- Frequently in people who use much alcohol and little exercise
- Most common in the black race

**Symptoms:** Most hypertensive patients have no symptoms until it's too late. Look out for the following signals:

- Headaches, palpitations,
- Ringing in the ears and dizziness or light-headedness
- Visual ability diminished
- Bleeding from the nose



**Treatment:**

- Stay active: exercise
- A diet low in salt
- Lose weight
- **Do Not stop taking your medicine without talking to your doctor first**

" God has not given us a spirit of timidity, but of power, of love and self-control." **2 Tim. 1:7**

## WHAT ARE THE SIGNS AND SYMPTOMS OF AN INFECTED EAR

- Pain in and around ear.
- Fever
- Difficulty hearing.
- Your ear could feel blocked or a feeling of fullness
- Headache
- Dizziness or loss of balance.
- Nausea, shaky stomach ache or vomiting
- Liquid discharge from ear (s)



**"He who has ears to hear, listen to what the Spirit says to the Church."**

**Revelation 3:6**

## EYE CARE

Watch out for symptoms: take precautions with your eye

- Sudden loss of vision
- See flashing lights or black spots
- See halos or rainbow around lights
- Headache or eye pain
- Tearing
- Difficult to see



### PREVENTION

- Wear lenses according to the work being done
- Be careful when using solvents, detergents or disinfectants
- Avoid blows to the head and eyes
- If an object be it dust, garbage, insects, or a bit of glass penetrates the eye, allow the eye to tear. Consult an eye specialist if there is still a sensation of something in the eye.
- If you practice sports also wear protection
- Have a check-up at least every year

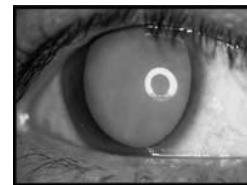
**"The eyes of the LORD are on the righteous, and his ears, which are open to their prayers." Psalm 34:1**

## AMBLYOPIA

Partial development of the vision in one eye, rarely both.  
Reduced visual acuity.

### SIGNS / PREVENTION: Observe closely .....

- If a child reads needing to be close to the words
- If he rubs his eyes frequently
- Increased blinking
- If an eye deviates constantly; the child is seeing with eye which is in correct position, since the deviated eye has no vision.
- If the eyelid of an eye is lowered, fallen (palpebral (eyelid) ptosis)
- If the central of the eye's pupil is white instead of black
- Learning problems



Take child urgently for ophthalmic care!

### RECOMMENDATIONS

- Schedule annual eye check-ups for the child.
- Stimulation of the vision of the child can be done using brightly colored objects.

**"Because the eyes of the Lord covered the Earth, to show his power in favor of those who have a perfect heart toward him." II Chronicles 16:9**

## CONJUNCTIVITIS

Infection and inflammation of the conjunctiva (membrane covering the inside of the eyelid and the surface of the eye).

### SYMPTOMS

- Redness of the white part of the eye
- Eyelid swelling
- Tearing
- Sensation of having sand in your eyes
- Increased secretion which makes the eyelids stick together during sleep
- Eyes become sensitive to light

### CAUSES:

- Bacteria
- allergies
- Viral pollution
- substances that irritate the eyes

### PREVENTION

- Wash your hands every time you touch the affected area
- Avoid contact of eyelid or eyelashes with medication tip
- If dust, foreign particles or chemicals enter the eye, flush immediately with abundant amounts of clean water
- Avoid direct contact with infected people
- Wash your hands
- Do not share towels or handkerchiefs.

**"So we do not look at the visible but the invisible, for what you see is temporary but what is not seen is eternal." 2 Corth.4:18**

## CATARACTS

Any cloudiness of the lens. protein aggregates which spread rays of light and reduce transparency.

### CAUSES

- Advanced age
- Diabetes
- Using steroids in eyes
- Smoking
- Toxins
- Congenital
- Trauma
- Systemic diseases
- Exposure to ultraviolet rays

### SYMPTOMS

- Blurred vision
- Sensation of seeing through a dirty glass
- Difficult to see by reflection of sunlight, lamps or lights of vehicles.

### PREVENTION /SUPPORT

- Use sunglasses, Protective eyewear, eye exams, healthy habits:  
**Surgery will be required when cataract is mature.**

**"Lord, son of David, have mercy on us!" Jesus stopped and called to them. What do you want me to do for you? "Sir, we wish to receive our sight." Jesus had pity on them and touched their eyes. Instantly they regained their sight and followed him." Matthew 20: 29-34**

## Heart- Burn: STOMACH ACIDITY

Sensation of burning and discomfort between the ribs, below the sternum

**SYMPTOMS:** A bitter or sour secretion which goes up to the mouth or throat.

**CAUSES:** Worry, concerns, taking pain relievers on an empty stomach, eating irregularly, eating very fatty foods, drinking a lot of soft drinks.

### **PREVENTION/ SUPPORT**

- Eat in smaller amounts
- Avoid eating just before going to bed
- Limit alcohol
- Stop smoking
- If overweight, slim a little
- Avoid using tight clothes and belts
- Lift the head of bed about 15 cm using pillows, etc.
- After meals wait 2-3 hours before bedtime
- Avoid anti-inflammatory drugs on empty stomach if possible
- Avoid foods that give heartburn (chocolate, orange juice, tomato, fried foods, fat, soft drinks juice.)
- Take antacids.



*John 10:10 (worry, concern = destructive effect, but Jesus = abundant life)*

## **ANXIETY AND STRESS**

### **Symptoms:**

- Crankiness or melancholy.
- Panic attacks.
- Difficulty sleeping.
- Alterations in appetite.
- Headaches.
- Lack of weight control.



### **Prevention:**

- Share with someone and communicate your needs.
- Try to not accumulate tensions.
- Accept that you cannot solve everything alone.
- Leave behind any bad and destructive habits
- Create and identify activities which can be diversions.
- Sleep proper hours, early and enough.

**1 Peter 5:7 "deposit in Him all anxiety, because he cares for you"**

## **GLAUCOMA**

Various eye disorders damage the optic nerve. Too much pressure inside the eye does this. If optic pressure is not controlled, optic nerve can be damaged which can cause blindness. It takes several years to develop but without symptoms.

### **INCIDENCE OF GLAUCOMA**

- Black population, more common
- Those with diabetes or myopia
- A family history of glaucoma



### **PREVENTION / SUPPORT**

- Have visual exams every year if your family has Hx.
- Healthy diet with vitamin A, E, zinc, and copper (Tomato, carrot, meat, seafood)
- Drink lots of fluids
- Exercise regularly (relax)
- Wear glasses for (UV) protection
- If you have glaucoma, must use recommended meds. for reducing optic pressure.

**"And Jesus said to him: go, your faith has made you well." And immediately he regained the sight, and followed Jesus in the way." Mark 10:52**

## **PTERYGIUM**

Degeneration of surface layer of the eye (conjunctiva)

### **CAUSES**

- Constant exposure to the sun's rays
- Constant exposure to dust or other irritants

### **SYMPTOMS**

- Burning
- Itching
- Redness
- Sensitivity to light
- Sensation of grit in eyes, sometimes.



### **PREVENTION**

- Use sunglasses
- Avoid places with dust wind or air conditioning

**" you look at the splinter that is in the eye of your brother and not give importance to the beam you have in yours? Can you say you to your brother: "Brother, let me get the splinter out of your eye" when you yourself not realize the beam in your own?"**

**Luke 6: 41-42**

## DRY EYE

Decrease in the production and quality of tears produced by the eye.

### SYMPTOMS

Sensation of grit

- Burning
- Tearing
- Sensitivity to light
- Excessive blinking



### INCIDENCE

Patients with arthritis, dry environment, taking certain medications, which dry the eye.

### SUPPORT:

- Use eye drops recommended by ophthalmologist
- Protect eye with sunglasses
- Have regular eye check-ups to make sure there is no other cause for dry eye

***"Behold, I will bring them health and medicine; and heal them, and reveal unto them abundance of peace and truth."***  
*Jeremiah 33:6*

## POST – OP SURGERY INSTRUCTIONS



- Breathe deeply through your nose until lungs are full of air.
- Hold your breath for 5 seconds.
- Expel air through a slightly closed mouth as if blowing out a candle.
- Do this exercise 6 times each hour.
- Breathe deeply through the nose.
- Take deep coughs.
- Do this exercise 3 times every hour.

You can use a pillow to support the wound. Do not be afraid; cough as indicated

***The sutures are securely in place!***

***Genesis 2:7 "blew the breath of life in our nostrils.... and we became a living being..."***



## What is Anger?

Anger is an emotion that one feels, which can go from a mild feeling of being annoyed, to a moderate feeling of fury, to a severe feeling of rage.

### How can anger be controlled?

- Stop and think before you act
- Take deep breaths and back away from the problem
- Ask yourself, "What is causing me to feel fearful and angry?" "What can I do now that will help me reduce my anger without getting into trouble or making things worse?"
- Avoid physical and verbal attacks
- Speak to a trusted friend
- Plan to adjust the way you think and react to anger producing situations...



**James 1:20(NIV)** "everyone should be ready to listen and slow to speak and get angry since human anger does not produce the righteousness that God desires."

## STD PREVENTION

Of the three ways of preventing STDs (sexually transmitted diseases) only two ways are effective 100% of the time.



Abstinence (No intercourse)

Monogamy (Sex with only one uninfected person)

The third way, the use of condoms, may lower the transmission of infection, but it is known that condoms **fail** 14% of the time when used to prevent pregnancy. Other viruses are much smaller.

### Is it worth the risk of being infected?

We suggest:

If you are single, remain abstinent.

If you are married, practice monogamy. Have sex with only your spouse and be faithful to them.

***"The great love of the Lord it never ends, and his compassion never dries up" Lam. 3:22***

## DANGERS OF ALCOHOL

### ABUSE



#### **Nervous system:**

- The higher functions (language, memory, perception) are altered
- Death of nerve cells

#### **Digestive:**

- The most affected organ is the liver (cirrhosis)
- Cause of Gastritis
- Cause of Pancreatitis

#### **Immune system:**

- Slows down the defenses and is easier to make you sick

#### **Cardiovascular System:**

- Increase in blood pressure
- Possible my heart

#### **Skeletal system:**

- It promotes the development of Osteoporosis

#### **Endocrine system:**

- Milk secretion by the breasts can be found

#### **Reproductive:**

- Male impotence and sterility in women

#### **In pregnant women:**

- Fetal alcohol syndrome
- Underweight in the newly born and Craniofacial malformations

*“Wine takes the insolence, and intoxicating drink to the scandal; No one under its effects behave wisely” Prov. 20:1*

## CONSTIPATION

**Constipation means that a person has three bowel movements or fewer in a week. The stool is hard and dry and is sometimes painful to eject.**

#### **SOME CAUSES**

- Consumption of foods that hardened feces (cheese)
- Lack of water and liquids
- Sedentary lifestyle
- soft diet, lack of fiber, fruits, raw vegetables
- Some medicines
- Menstrual cycle changes
- Diseases of the intestine (hemorrhoids, inflammation,)

#### **SYMPTOMS**

- Gas, bad breath
- Frequent headache
- Abdominal cramping



#### **PREVENTION**

- Change what you eat, amounts of water you drink.
- Fiber helps form soft, bulky stool. It is found in lots of vegetables, fruits and grains.
- Regular exercise helps the system to stay active and healthy. You don't need to become a great athlete. A walk for 20 to 30 minutes every day will help you.

**Ephesians 4:31** “Dispose of all bitterness, rage and anger, shouts and slander, all forms of malice.”

## The Prostate Gland

**Prostatic Cancer is the second most common form of cancer in men.**



#### **Causes:**

- Age is the key risky factor of prostate cancer.
- Family history also plays an important role.
- Men who eat large amount of animal fat, particularly fat from red meat, may be at increased risk for prostate cancer.

#### **Symptoms:**

- Problem with weak flow or interrupted urine
- Pain when urinating,
- Painful discharge,
- Blood in urine or semen,
- Painful discomfort in the back, hip or pelvis,

#### **Prevention:/ Early Detection**

- PSA (prostatic-specific antigen) blood test to detect abnormalities.
- DRE (digital rectal exam) The doctor can feel any lump or growth in the prostate pressing it or using a gloved finger into the rectum

*Psalm 139: “Examine me Oh Lord and see if there is wickedness in me. and guide me in right paths...”*



#### **Fiber Diet Avoid Constipation**

- Whole grain breads and cereals
- Pineapple
- Papaya
- Orange with the rind
- Oats
- Mango
- Apple
- Plum
- 8-10 glasses of water - all day

Regular exercise helps the system to stay active and healthy. You don't need to become a great athlete. A walk for 20 to 30 minutes every day will help you.

**Proverbs 22:3** – “The prudent man anticipates danger and takes precautions. The foolish advances blindly and suffers the consequences.”