

UMC Health Ministry Network



Center for Health

In collaboration with
United Methodist Committee on Relief

Health Screenings Available

- Wednesdays 4:30 pm to 5:30 pm
- Thursdays 10:30 am to 11:30 am
- Location: Briensburg United Methodist Church Family Life Center
- Includes Monitoring of: blood pressure, heart rate, oxygenation level, blood sugar

About Our Faith Community Nursing Program

- Directed by Becky Blanchard, RN, FCN
 - Member of the Parish Nurse Ministry of Lourdes and Baptist Health Hospitals



- Reports to Carol Bradford, MSN, RN, FCN, Coordinator of Lourdes & Baptist Health Parish Nurse Ministry
- Certified Lay Servant of Briensburg UMC
- Addresses the "Global Health Initiative," one of the 4 Areas of Focus of the UM Council of Bishops
- Implements one of the major Vision Goals adopted by the Briensburg UM Church Council:

Health Ministries — *Modeled after the Parish Nursing Program of Lourdes and Western Baptist Hospitals, St. Francis de Sales Parish Nursing, and Grace UM Celebrate Recovery, and directed by Registered Nurses, the health ministry program assists with interpretation, referrals, and resources for spiritual and temporal health issues.*

For More Information and/or to Assist in Developing our Faith Community Nursing Program

Contact Becky Blanchard at 205-0292 or rjblanchard@mchsi.com



Briensburg



United Methodist Church

Helping Each Other Serve to Our Full Potential

Faith Community Nursing Weekly Health Screenings

Wednesdays 4:30-5:30 pm

Thursdays 10:30-11:30 am

Briensburg UM Family Life Center

Becky Blanchard, RN, FCN

Parish Nurse Ministry of Lourdes and Baptist Health Hospitals

Health screenings make it possible (with God's help) to detect diseases in their early stages.

Detection at early stages may mean the difference between life and death. In their early stages, many diseases are curable. The effectiveness of treatment usually declines as the progression of the disease progresses. I will be setting up Health Screenings on a weekly basis at the Family Life Center. Some Health Screenings will be available; however, the more technical ones will have to be set up through your family doctor or the free clinic. The Health Screenings recommended by *Healthy People 2020*, a national health initiative, is as follows:

Blood Pressure

Beginning at age 18, BP should be checked at least every 2 years. High blood pressure is 140/90 or higher. High blood pressure can cause stroke, heart attack, kidney and eye problems and heart failure. Many of these problems are irreversible. Prevention is extremely important.

Diabetes

If your blood pressure is higher than 135/80, or if you take medication for high blood pressure you should be screened for diabetes. If you have symptoms of diabetes, such as extreme thirst, frequent urination, dry mucous membranes, fatigue, numbness or tingling in the extremities, you should be checked. High blood sugar can cause problems with one's heart, brain, eyes, feet, nerves, kidneys and other body parts. Normal blood sugar level is 70 -110. Low blood sugar (less than 50 mg/dl) is characterized by weakness, tremors, nausea, vomiting, increased respiratory rate, confusion, seizures, muscle twitching and death. Moderate low blood sugar is easily treated with diet.

Cholesterol

Beginning at age 20, you should be checked routinely if you use tobacco, are obese, have diabetes or high blood pressure, have a history of heart disease or blocked arteries or if a man in your family had a heart attack before age 50 or a woman before age 60.

Colorectal Cancer

Beginning at age 50, most physicians recommend every 5 years. If members of your family have this cancer, you should begin screening earlier.

Overweight and Obesity

The best way to learn if you are overweight or obese is to find your Body Mass Index (BMI). The website <http://www.nhlbisupport.com/bmi/> provides a calculator to help guide you. A BMI between 18.5 and 25 is optimum for good health. Obesity and being overweight can lead to high blood pressure, high cholesterol, Type 2 diabetes, heart disease, stroke (now called brain attack), gallbladder disease, sleep apnea, osteoarthritis and some cancers (endometrial, breast and colon).

First Corinthians 3:16-17



Don't you know that you are God's temple and God's Spirit lives in you? If someone destroys God's temple, God will destroy that person, because God's temple is holy, which is what you are.

(Common English Bible)

RESOURCES

UMC Health Ministry Network

<http://www.gbophb.org/cfh/umchmn.asp>

UM Parish/Faith Community Nursing

<http://www.gbqm-umc.org/parishnursing/index.html>

UMCOR Congregational Health

<http://www.umcor.org/UMCOR/Programs/Global-Health/Congregational-Health/US-Health>