

In the Pink!

Power In Nurturing and Knowledge

Volume 2 Issue 9

Mary, Mother of the Church

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HEALTH MINISTRY COMMISSION

October is National Celiac Disease Awareness Month

What is Celiac Disease? Celiac disease (CD) is a genetically linked disease with an environmental trigger. In people with CD, eating certain types of protein fractions, commonly called gluten, set off an autoimmune response that causes damage to the small intestine. This, in turn, causes the small intestine to lose the ability to absorb the nutrients found in food, leading to malnutrition and a variety of other complications.

The offending protein, gluten, is found in wheat, barley, rye, and to a lesser extent, oats.

Celiac Disease is:

- An inherited disease. Celiac disease effects those with a genetic predisposition.
- COMMON. Approximately 1 in 133 people have CD, however, only about 3% of these have been diagnosed. with celiac disease in the United States in 2001.
- Characterized by (IgA mediated) damage to the mucosal lining of the small intestine which is known as villous atrophy.
- Responsible for the malabsorption of nutrients resulting in malnutrition.

- Not age-dependent. It may become active at any age.

Celiac Disease is NOT:

- Simply a food allergy (IgA).

Tai Chi

Concentrates on learning through meditation and intuition — isn't just for the New Age crowd. Research shows that harnessing the power of your mind and body may have health benefits for everyone. Just a few of the positives include stress relief, weight loss and pain reduction.

If the thought of getting your mind and body in sync seems daunting, don't despair. Tai Chi classes are offered as part of the health ministry outreach. Check the calendar in the monthly UPDATE!

Health and Wellness Thought of the Month
 Live each day and feel young
"This is the day the LORD has made; let us rejoice and be glad in it." _____ Psalm 118:24

*Mark
Your
Calendar*

October 25.....Flu Shots
 November 14.....AED/CPR Recertification
 December 6Healing Mass for
 Divorced and Separated

WEEKLY EVENTS
 Senior Activity Group Tuesday Mornings
 9:30AM to 11:30 AM
 Parish Classrooms

Flu Facts



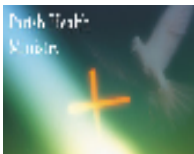
The fact of the matter is the H1N1 virus so far has not been more deadly than the flu strains seen every fall and winter season. H1N1 has been declared a "pandemic", because of the geographical spread—**NOT** its severity. *The Centers for Disease Control and Prevention (CDC) urges you to take the following actions to protect yourself and others from influenza (the flu):*

1 Take time to get a flu vaccine. CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza.

While there are many different flu viruses, the seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common. A seasonal vaccine **will not** protect you against 2009 H1N1.

Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

Seasonal flu vaccine also is important for health care workers, and other people who live with or care for high risk people to keep from making them sick.



MISSION: Health Ministry embraces Christ's healing ministry and seeks to enhance the physical, emotional, mental and spiritual health of every parishioner throughout their lives, by creating an environment that will enable all parishioners to become ministers of health for our community. **VISION:** Our vision is to successfully serve the total health care needs of every parishioner with the assistance of the Mary Mother Community.

2 Take everyday preventive actions.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Avoid touching your eyes, nose and mouth. **Germs spread this way.**

Wash your hands often with soap and water (**scrub for at least 15 seconds**).

Carry an alcohol-based hand rub with you for use when soap and water are not available. Be aware that the Alcohol in the sanitizer can be toxic to children if ingested.

Avoid close contact with sick people in large crowds.

When you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care. (Your fever should be gone without the use of a fever-reducing medicine.)

While sick, limit contact with others as much as possible to keep from infecting them. Do not go to Mass or work. Children should not attend school.

3 Be Prepared

If you get seasonal or 2009 H1N1 flu, antiviral drugs can treat the flu. Antiviral drugs work best if started within the first 2 days of symptom

Have a plan for what to do if you get sick with the flu and how to care for someone at home who is sick with the flu.