

# In the Pink!

**P**ower **I**n **N**urturing and **K**nowledge

Volume 2 Issue 8

Mary, Mother of the Church  
HEALTH MINISTRY COMMISSION

September 2009

## September is Leukemia & Lymphoma Awareness Month

Facts and Statistics: Every 4 minutes one person is diagnosed with a blood cancer. An estimated 139,860 people in the United States will be diagnosed with leukemia or lymphoma in 2009. Early intervention – reporting symptoms quickly to your primary care physician - is the most important weapon in the fight against leukemia and lymphoma.

What are the symptoms of leukemia? People with **chronic leukemia** may not have symptoms. The doctor may find the disease during a routine blood test.

People with **acute leukemia and lymphoma** usually go to their doctor because they feel sick. For this reason, it is very important that you tell your doctor during regular checkups if you are experiencing any of the following symptoms: swollen lymph nodes, weight loss, fatigue, night sweats or unexplained fever. Lymphoma is often diagnosed during routine exams, x-rays, or even during pregnancy. By having regular checkups and monitoring your overall health, you increase your chances of early diagnosis and, therefore, successful treatment.

*Mark  
Your  
Calendar*

September 11..... Divorce Care Begins  
September 12..... AED/CPR Recertification  
September 24.....ARC Blood Drive  
October 25.....Flu Shots  
November 14.....AED/CPR Recertification  
December 6 .....Healing Mass for  
Divorced and Separated

### WEEKLY EVENTS

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

**The greatness of a  
community is most  
accurately measured by  
the compassionate  
action  
of its members .**  
Coretta Scott King





This is the third and final part in the mini-series of **How to Minimize the Risk of Falling**. Medications are supposed to make us feel better and keep us from getting sick, but they can put you at risk for falling.

*How many medications are you taking on a daily basis, and has your primary care physician reviewed these lately?* Before your next office visit, write down each and every medication that you take, including the dose and the time of day. Also include **all** over the counter medications and herbal supplements that you take daily or occasionally. Some medications or combination of medications can make you drowsy or light headed which can lead to a fall.

*Do you use the same pharmacy to fill **all** of your prescriptions?*

Your pharmacist can review your medications and answer your questions and concerns. Report any new symptom to your doctor right away. Even if you have been taking the same medication for a long time, you can develop an adverse reaction. Your physician can help you decide if the symptom is caused by the medication or something else. Be sure and take all of the medication as directed. **DO NOT** take someone else's medication. Avoid mixing alcohol with your medications unless approved by your physician.

Some general side effects from medications include dizziness, balance problems, fatigue, drowsiness, confusion, loss of coordination and weakness.

**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.

Another way to prevent falling is to **have your vision checked yearly**. Your prescription may need to be corrected or you may have a condition such as glaucoma or cataracts that can limit your vision. Poor vision can also increase your chances of falling.

**Are your shoes in good condition**, give good support and have a thin non-slip sole? Avoid wearing slippers and shoes that have a deep tread.

In review, falls can be prevented with:

- A daily exercise program,
- Improved home lighting,
- Reduction of unsafe hazards in your home
- Vision checked
- Shoes in good condition that fit properly.

If you have medications that you no longer are taking, it is unsafe to leave partially filled bottles of medications lying around the home. It is also important to discard them properly. To avoid water pollution, crush unused medications and throw away with the trash. Some poison centers recommend mixing the crushed or emptied capsule medication with kitty litter or coffee grounds to discourage accidental ingestion by small children and pets! Please call the Parish Nurse office and talk with one of the nurses if you have any questions on discarding unused medications. They are there for you!

**Think naps are just for our children?** Researchers say taking a power nap is a great way to reduce stress, increase productivity and enhance learning.

