

CHAPEL HEALTH

Emmanuel Chapel Philadelphia Health Newsletter

Welcome to the Chapel Health Newsletter

Welcome to the first edition of the Chapel Health Newsletter. The purpose of this quarterly newsletter is to highlight important health issues and provide information and resources from an evidence-based and theologically sound point of view. Each issue will focus on one important health topic, a connection between the health of the body and the soul, and a few fun extras. Our goal is to help the members of this community to serve the Lord with bodies that are healthy and strong, with an awareness that the physical body will inevitably wear out. "So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light and momentary affliction is preparing us for an eternal weight of glory beyond comparison." 2Corinthians 4:16-17 (ESV).

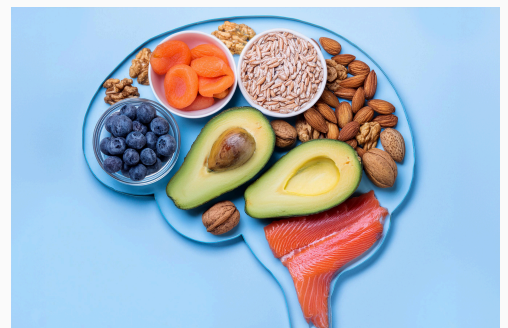
Honoring God with our Bodies

BY JENNIFER CUMMINGS

As humans we have been created by God with a body as well as a soul. Jesus himself took on human form (Phil.2:8). He knew what it was like to be hungry (John 4:2) and thirsty (John 19:28). He experienced pain and death as a human (Isaiah 53:5). While it is true that life is more than physical, what we eat, drink, or wear, it is equally true that God cares for our physical needs as well as our spiritual needs. The apostle Paul tells us to "present our bodies as a living sacrifice" (Romans 12), and that because our bodies are the "temple of the Holy Spirit...we are not our own...therefore we are to glorify God with our bodies" (1Cor 6:19). He speaks here of serving God in not only the way we think and speak, but in the way we use our physical bodies. If we are to be useful and productive to the kingdom of God with our physical selves, we must begin by taking care of this temple! It is our hope and prayer that this newsletter be a blessing to both body and soul, and that together we can learn how to honor God by taking care of the bodies He has given us.

What's inside our first issue:

- WELCOME TO THE CHAPEL HEALTH NEWSLETTER
- HONORING GOD WITH OUR BODIES
- DEMENTIA AND BRAIN AWARENESS MONTH





Dementia and Brain Awareness

ADAPTED FROM THE FAITH COMMUNITY NURSE NETWORK

The incidence of dementia is increasing as our population ages. There are many different types of dementia, the most common one is Alzheimer's Disease. While researchers aren't sure what causes Alzheimer's, they suspect that plaques and "bundles" in the brain might be responsible. The Alzheimer's Association www.alz.org is a great website with important information about Alzheimer's and dementia.

Is there anything we can do to promote our brain health and possibly prevent dementia? There is no proof that the strategies below will help, but some research indicates they may reduce your risk of cognitive decline. The Alzheimer's Association recommends these tips:

- **Break a sweat.** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.
- **Don't ignore hearing loss!** There is a growing body of evidence that shows a strong relationship between hearing loss and dementia. Don't ignore your hearing loss. There are many hearing aid options available these days and being able to hear better seems to delay cognitive decline.
- **Hit the books.** Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. Take a class at a local college, community center or online.
- **Stop smoking.** Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.
- **Follow your heart.** Evidence shows that risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health. Take care of your heart, and your brain just might follow.
- **Heads up!** Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and prevent falls.
- **Fuel up right.** Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.
- **Catch some ZZZ's.** Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking. Be sure to check with your doctor if you are frequently having problems getting between 6-8 hours of sleep per night.
- **Take care of your mental health.** Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.
- **Buddy up.** Staying socially engaged may support brain health. Pursue social activities that are meaningful to you
- **Stump yourself.** Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play word or number games that make you think strategically.
- **Don't ignore hearing loss!** There is a growing body of evidence that shows a strong relationship between hearing loss and dementia. Don't ignore your hearing loss. There are many hearing aid options available these days and being able to hear better seems to delay cognitive decline.