

CHAPEL HEALTH

Emmanuel Chapel Philadelphia Health Newsletter



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- BREAST CANCER AWARENESS
- WORD SEARCH
- PREVENTION FOR BODY AND SOUL

October:

Breast Cancer Awareness Month

Breast Cancer Awareness Month

This is a time that offers an opportunity not only to raise awareness about breast cancer but also to extend God’s love to those walking through diagnosis, treatment, and recovery.

Word Search

U	W	H	A	Z	P	L	K	R	M
U	E	S	E	B	R	R	Y	W	A
C	L	C	Z	E	E	E	H	C	M
A	L	R	C	X	V	E	D	I	M
N	N	E	H	E	E	V	B	H	O
C	E	E	T	R	N	D	R	E	G
E	S	N	O	C	T	T	E	A	R
R	S	I	L	I	I	N	A	R	A
T	C	N	X	S	O	L	S	T	M
H	K	G	K	E	N	B	T	S	D

The Importance of Screening

The American Cancer Society recommends that women between the ages of 40 and 54 receive annual mammograms, while those 55 and older *may* transition to every two years *or* continue yearly screenings based on personal preference and health history. Women with higher risk factors—such as a family history of breast cancer or genetic mutations (BRCA1 or BRCA2)—should talk with their healthcare providers about beginning screenings earlier.

Early Detection Saves Lives

Mammograms can detect breast changes years before they can be felt, greatly increasing the likelihood of successful treatment. Screening mammograms are almost always covered by insurance. October is an ideal time to schedule an appointment or encourage a loved one to do so.

Prevention	Cancer
Wellness	Heart
Breast	Exercise
Screening	Mammogram

Prevention for Body and Soul

BY JENNIFER CUMMINGS



Prevention for Body and Soul

When we think about health, prevention should always come first. We don't just want to treat disease after it develops—we want to keep our bodies healthy through preventive activities!

Physical Prevention

Some prevention measures are designed to stop disease before it starts. Examples include vaccines, wearing seatbelts or helmets, eating healthy foods, exercising regularly, and avoiding tobacco.

Other forms of prevention aim to detect disease early or control it before it causes more harm. Screenings like colonoscopies or mammograms can find cancers at treatable stages. Managing high blood pressure or cholesterol with medication helps prevent heart disease, stroke, or kidney failure.

Finally, some prevention activities help lessen the impact of diseases that have already caused harm. Programs like cardiac rehabilitation, physical therapy for arthritis, or support groups for those struggling with addiction or mental health issues are examples of this type of care.

Healthcare providers strive to include all levels of prevention in patient care. Ideally, healthy practices prevent disease altogether—but when illness does occur, the goal is to prevent further damage and promote healing wherever possible.

Spiritual Prevention

This same idea of prevention applies beautifully to our Christian walk. As believers, we are called to practice healthy spiritual habits—reading and meditating on Scripture, praying, and spending time in fellowship with other Christians.

Just as helmets and seatbelts protect our bodies, we are to “put on the full armor of God” (Ephesians 6:10–20) to guard our spiritual health.

We can also “screen” our spiritual lives—examining our hearts for sin just as a mammogram or colonoscopy screens for disease. When sin is detected early, it is easier to address before it causes greater harm.

When we do stumble, we have the promise of forgiveness:

“If we confess our sins, He is faithful and just to forgive us our sins
and to cleanse us from all unrighteousness.”

— 1 John 1:9

Even when sin has lasting consequences, we can engage in “spiritual rehab” through counseling, accountability, and intentional steps to prevent relapse.

A Final Word

Prevention—both physical and spiritual—helps us live healthier, more balanced lives. Take time today to care for your body through healthy choices, and care for your soul through prayer, scripture reading, and fellowship with other believers.

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”

— 3 John 1:2