

March 2009 -Nurse's Notes

"In their hunger you gave them bread from heaven and in their thirst you brought them water from the rock." Nehemiah 9: 15

Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." Matthew 19: 14

Nutrition hints:

Listen to your hunger cues. Eat only when you are hungry, but do not wait too long for, then you may overeat. Try not to eat when you are feeling stress or bored.

Slow down and taste your food. Relax and taste the different flavors of the food.

Eat without distractions: sit at a table, do not stand or walk around doing tasks, and do not eat at your work desk and work while eating. If you do other things while eating you may not realize how much you have eaten. Also if you eat slowly and pay attention to what you are eating you will eat less and know when you are full.

Stop eating when you feel satisfied or full: If you slow down and pay attention then you will know when to stop before overeating. We live into a world of over sizing our portion so we must be alert to how much and what we are eating to not over eat.

Recognize that diets are not the answer: Diets are only short term fixes. The only way to truly eat properly is to make a commitment to a life style change. You must be willing to eat healthy, proper serving sizes, limit the junk food, watch your salt, fat and sugar intake and eat 5 a day of fruit and vegetables.

Over 2,000 children a year are fatally injured at home. 3.4 million Children, ages 14 and younger, are seen in the emergency room for accidental injuries at home. A few steps could save your child from an injury. Childproof your home:

Check every room at your child's eye level--yes crawl on your hands and knees and see what they see. Look for small objects that are 1 1/2 inch or smaller that they can choke on. Use a toilet paper tube as a guide if the object fits through it then it is too small, remove it.

Set your water heater no higher than 120 degree.

Test your smoke detectors every month

Install a carbon monoxide detector in every sleeping area and near fuel-heating appliance and check once a month

Put safety gates at the top and bottom of stairways.

Make sure to have a gate around your swimming pool

Cover unused electrical outlets

Keep firearms unloaded and locked out of reach

Check your first aid kit to make sure it is fully stocked and memorize Poison Control Number 1-800-222-1222 and have this and other emergency numbers posted (your doctor's , neighbor and work numbers) for all to see.

Lori Ann Cobb RN, FCN



March 10th: Pre-K Parent/Family Night at 6:30 pm in the Liberty School Cafeteria. Topic is Being Active and Fit!

Also, you can put on there that we are now accepting Pre-K applications for the LECC. Children have to be 4-years-old by August 31, 2009.



Cub Scout Pack 502
Spring
Consignment Sale
April 24th & 25th
To Consign
Call Leslie @ 622-6138

Email: Pack502sale@aol.com



Shiloh Community
Easter Egg Hunt
April 11, 2009 at 11am
Light Lunch
Severed



Liberty Public Library
THINK GREEN !!!

School-agers
Grade K-3
Stories, Crafts and More!!



Tuesday March 17
5:30 to 6:30

Call 622-4605
To Reserve A Space

Grays Chapel UMC
Mission Steak Supper
March 21

Serving Begins 4:30pm

Adults \$6 /Children \$4

Eat In Or Take Outs

Intersection Old Liberty Rd &
NC Hwy 22

Franklinville, NC

More Info Call 622-2092



March 2009—Health Corner “Multiple Sclerosis”

Multiple Sclerosis (MS), affects an estimated 2.5 million people worldwide. 400,000, Americans have it with another 200 being diagnosed every week. MS is a chronic disease that affects the Central Nervous System, (brain, optic nerves and spinal cord). It is unpredictable, and is thought to be an autoimmune disorder, which means the immune system attacks the healthy cells and tissues. People between the ages of 20 to 50 are

most often diagnosed with MS, but you can be as young as age 2 or as old as age 75. Twice as many women have MS than men. There could possibly be a genetic factor, because the disease is more common in those with Northern European ancestry. Multiple Sclerosis is not considered a fatal illness, but it does have limitations to normal everyday living. Some of the affects can be permanent or may come and go: blurred vision, possible blindness, loss of balance, poor coordination, paralysis, slurred speech, tremors, numbness, extreme fatigue, problems with memory and concentration. Multiple Sclerosis occurs when the protective insulated layer around the nerve fibers of the brain and spinal cord is injured or damaged for some reason unknown at this time. Once the nerve fibers are injured or destroyed, scar tissue replaces it. The nerves could be permanently cut and not allow the transmission of the nervous system to continue. This is like an electrical cord that is worn, nicked or cut so the electrical transmission may or may not continue. This is why symptoms vary for it depends on the location and amount of scarring. There is no cure yet for MS, though there is now FDA approved medications that slow down the process.

There are four types of Multiple Sclerosis:

- Relapsing-Remitting: this is the most common 85%. Attacks of MS symptoms with periods of partial or complete recovery.
- Primary-Progressive: Rare only 10%. This is when the symptoms are slow and continuous with worsening of symptoms.
- Secondary-Progressive: Prior to FDA medications was diagnosed 50% after you once had number one relapsing-remitting. This starts with relapsing-remitting MS then followed by steady worsening of symptoms with few times of stability.
- Progressive-Relapsing: Very rare 5%. This is when there is a steady acute attack of symptoms from the time of onset with no leveling of symptoms or recovery.

Carolyn's

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