

HEALTHY KINGDOM HEALTHY TEMPLE



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Inside this Issue

1 So how important is breakfast?

1 Glaucoma is a leading cause of vision loss and blindness . . .

2 Thyroid Awareness Month

2 National Blood Donor Month

2 Cervical Cancer Awareness Month

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Eating breakfast will help you:

Feel more **ENERGIZED**

Control **WEIGHT**

Boost **METABOLISM**

Brighten your **MOOD**

Improve **MEMORY**

Lower "bad" (LDL) cholesterol

Control hunger for the rest of the day

Prevents overeating at your next meal

Improve **CONCENTRATION** and **FOCUS**

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase.

Glaucoma is called "the sneak thief of sight" since **there are** no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Over 3 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.

So how important is breakfast?

* It affects your waistline: Studies show that people who skip breakfast tend to crave more carbohydrates later in the day than people who don't.

CONSEQUENTLY, THOSE WHO SKIP BREAKFAST CONSUME...

| | | | |
|-----------------|----------------------|----------------------|----------------|
| 40% more sweets | 55% more soft drinks | 45% fewer vegetables | 30% less fruit |
|-----------------|----------------------|----------------------|----------------|

YES, BREAKFAST is STILL the most important meal of the day!
-Dr. Jossie

I DECLARE IN THE NAME OF JESUS THAT MY BODY FUNCTIONS TO THE PERFECTION THAT GOD CREATED IT TO FUNCTION; EVERY GERM, EVERY DISEASE, EVERY SICKNESS THAT TOUCHES MY BODY DIES INSTANTLY, FOR I LIVE A DIVINE LIFE AND WALK IN DIVINE HEALTH. IN JESUS' NAME, AMEN!"



The thyroid gland is a small, butterfly-shaped gland located in the base of the neck just below the Adam's apple. Although relatively small, the thyroid gland plays a huge role in our body, influencing the function of many of the body's most important organs, including the heart, brain, liver, kidneys and skin. Ensuring that the thyroid gland is healthy and functioning properly is vitally important to the body's overall well-being.

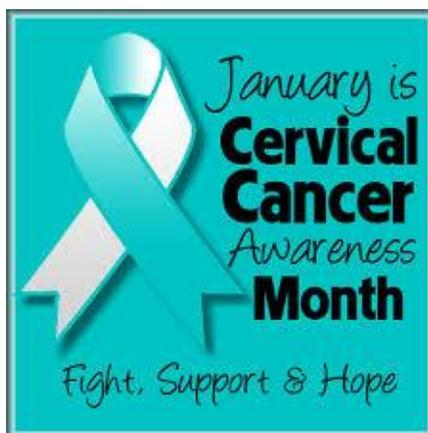
Thyroid disease affects approximately 200 million people worldwide, and if left undiagnosed and untreated it can cause conditions such as depression, tremors, muscle weakness, and constant fatigue



National Blood Donor Month

National Blood Donor Month has been observed in January since 1970 with the goal of increasing

blood and platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs. During the winter months, inclement weather often results in cancelled blood drives, and seasonal illnesses like the flumay cause some donors to become temporarily unable to donate.



What are the key statistics about cervical cancer?

The American Cancer Society's estimates for cervical cancer in the United States for 2018 are:

- About 13,240 new cases of invasive cervical cancer will be diagnosed.
- About 4,170 women will die from cervical cancer.
- Cervical pre-cancers are diagnosed far more often than invasive cervical cancer.

Cervical cancer was once one of the most common causes of cancer death for American women. The cervical cancer death rate dropped significantly with the increased use of the Pap test. (This screening procedure can find changes in the cervix before cancer develops. It can also find cervical cancer early – when it's small and easier to cure) But it has not changed much over the last 15 years.

This Month's Events

Glaucoma Awareness Month

National Eye Institute (NIH)
<https://nei.nih.gov/nehep/gam>

Cervical Health & Cervical Cancer Awareness Month

National Cervical Cancer Coalition
<http://www.nccc-online.org/>

Thyroid Awareness Month

American Thyroid Association
<http://www.thyroid.org/january-thyroid-awareness/>

National Blood Donor Month

Red Cross
<http://www.redcross.org/news/article/Resolve-to-Give-during-National-Blood-Donor-Month>

Eat less of these foods:

Some foods have many calories but few of the vitamins, minerals, or fiber your body needs. Added sugars, solid fats, and refined grains pack a lot of calories into food but do not add nutrients. The Government's dietary guidelines recommend that you limit foods such as these:

- ✓ sugar-sweetened drinks and desserts
- ✓ foods with butter, shortening, or other fats that are solid at room temperature
- ✓ white bread, rice, and pasta that are made from refined grain