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Cleveland County parish nursing in action

Dean Jenks, Ph.D.
Carolinas HealthCare System
Public Information and Marketing

This past weekend offered little rest for Charlotte Craig. Charlotte is a Parish Nurse for Cleveland County, and is getting used to weekend work. This past weekend, she was busy with three separate health-related projects. Despite the numerous hours, Charlotte remains enthusiastic about her role as Parish Nurse and her role as Parish Nurse and her endeavors for area churches to reclaim their traditional role as community ministries. "I am amazed at our church's response to the Parish Nurse Ministry and am so pleased that they open their buildings to promote community health," she said. "It is a great feeling to know that our area congregations are ministering beyond their four walls and really helping the community," she added.

The first of the weekend events took place Saturday, November 6 at Oak Grove Baptist Church. It was a traditional health fair with screenings for vision, hearing, blood pressure, cholesterol and glucose. The 40 participants in the health fair were very pleased with the event and made many positive comments. And, although traditional in the sense of having health screenings, the health fair went beyond normal offerings by inviting participants to attend several seminars hosted by local physicians. "Dr. Kevin James presented a wonderful workshop on preventing falls and Dr. Ian Stamp led a session on hypertension," Craig said. Other seminars consisted of techniques for breast self-exams, prostate health, and tips for making healthy snacks.

Rev. Ron Caulder, Pastor of Oak Grove Baptist Church, allowed the church facilities to be used to help the community. "It is great to work with others that share the belief in the Parish Nurse Ministry and to offer their facilities to the community in such a positive way," Craig noted. "This is true Parish Nursing in action and although not limited to healthcare, an emphasis on healthy living is one of our main objectives," she said.

The second event was held in Shelby at Altersgate Methodist Church Sunday, November 7. It was a diabetes seminar. A large event, over 200 individuals with diabetes attended to learn more about their roles in managing the disease and to gain practical knowledge of how to increase their quality of life.

There were several noted speakers including, Dr. Kevin Klein, a neurologist, Dr. Tom Bailey, an ophthalmologist, Barbara Hannah, a nutritionist and Beth Silvers, president of the Metrolina Association of Diabetes Educators. Ms. Silvers, who is also a diabetic, spoke about the emotional aspects of managing the disease. Exercise physiologists

were also on hand to help with exercise-related questions.

During the event, health screenings such as blood pressure and vision testing were available. Ann Wray, and education coordinator for Cleveland Regional Medical Center, helped plan and execute the entire awareness event. Diabetes is a manageable disease, but it carries significant health risks to those afflicted. "Diabetes is driving cardiac disease, high blood pressure and vision problems. It is a comprehensive issue, a multifaceted disease," Mrs. Wray said. Diabetes affects the whole body and the management goal is to postpone long-term problems or to keep them under control.

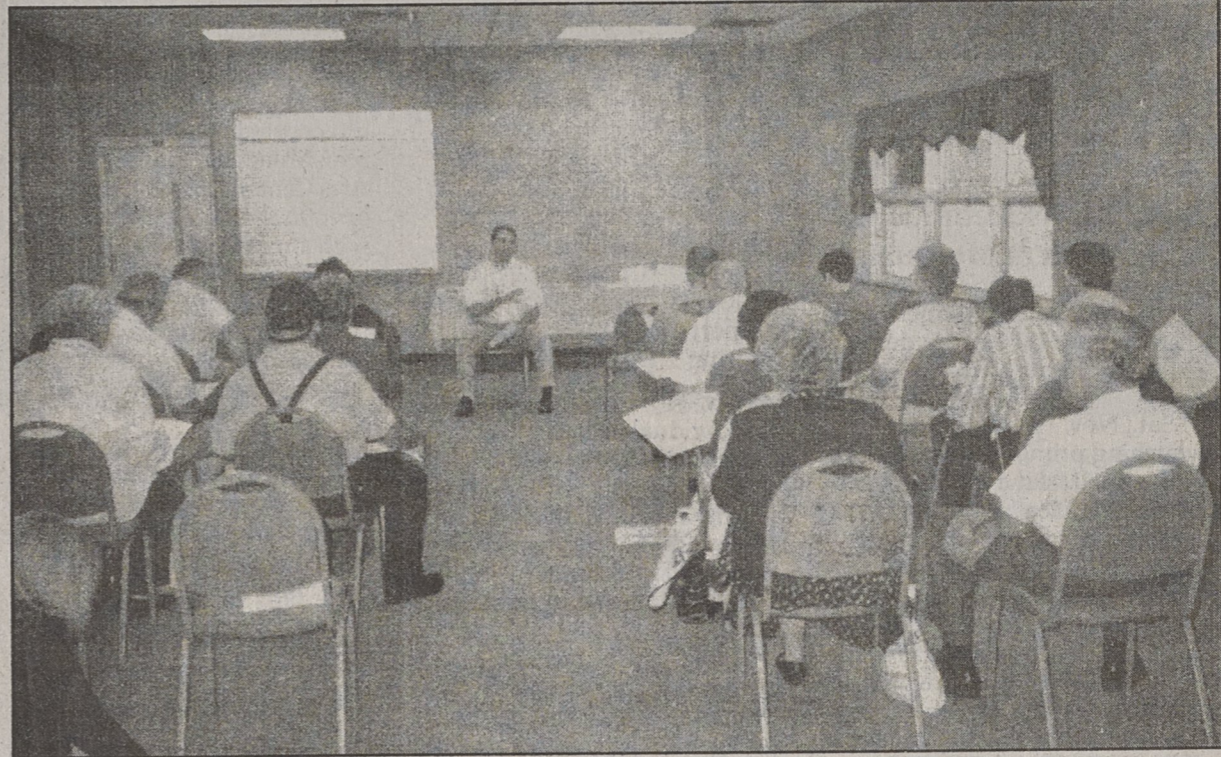
As if those two events were not enough for one week, the third event took place Monday, November 8 at Bethlehem Baptist Church. This event covered the legal issues related to end of life decision-making. Paul Ditz, a local attorney, presented information related to the development and execution of a power of attorney, a healthcare and durable power of attorney, living wills, Do Not Resuscitate Orders (DNRs) and other topics of interest.

Confusion surrounding the end of life decisions is common. And, although the end of life is not the most pleasant subject, it is one of necessity. Charlotte Craig noted that "although we generally do not discuss these topics, they are necessary and everyone should know what they can do and decide at the end of their lives." Rev. David Blanton, Pastor of Bethlehem Baptist Church was eager to offer the meeting place for the seminar. "It is yet another example of the church and the community working together for a common goal," Craig said.

The goal of the Parish Nurse ministry is to remove barriers between the church and the community. An effective Parish Nurse ministry creates a natural blend of spirituality and community endeavors. Healthcare gives ample opportunities for such because of its importance to all people. "We want to bring the church and the community together and to have the church reclaim its traditional role of providing a community ministry," she said.

Craig, based out of Kings Mountain Hospital, is part of the Cleveland County Parish Nurse Ministry. The program is sponsored by Kings Mountain Hospital, Cleveland Regional Medical Center, the Cleveland County Health Department and its Alliance For Health, the Christian Ministers Fellowship and the Kings Mountain Ministerial Association.

Coming together for the benefit of the community is paying off. Events such as these are more common and are driven from a new perspective. Blending spirituality with traditional healthcare is the goal of the Parish Nurse and we, as a community, are fortunate to have such an active ministry.



One of the seminars at the Diabetes Awareness Events.



Participants receive blood pressure and other health screenings.

Natural medicines may be key to long-term joint health

by Richard Huemer, M.D.

What do Oscar-winning actor James Coburn and the Green Bay Packers have in common? Both Coburn and many members of the Packers are taking advantage of natural herbal dietary

supplements to take care of their aching joints, tendons and ligaments.

Because "regular" medicines sometimes cause complications or toxic side effects, natural alternatives are becoming an increasingly popular way to promote and maintain a lifetime of healthy joint

function and effortless movement.

As the baby boomer generation reaches middle age, it is estimated that up to 80 percent of it will suffer some form of joint

disease or discomfort, especially osteoarthritis and joint and ligament damage. The problem is compounded by the fact that boomers will ultimately become the longest-lived generation in history.

That's why natural supplements are so important. They don't have the complications, such as gastrointestinal upset, kidney or liver toxicity, of medical drugs and clinical studies validate that they work extremely well not only to quell joint pain but also to rebuild the joints.

In the case of Coburn, he found tremendous relief by using a supplement called methyl-

sulfonol methane, or MSM. A rich source of sulfur, MSM helps the body to manufacture collagen to repair its cartilage, tendons, ligaments and muscles. Most people suffer

from sulfur deficiency. It's only one of the hidden causes we look at with patients suffering from joint disease. Another great benefit from using MSM, by the way, is softer, younger looking skin.

Meanwhile, many Packers team members are using glucosamine sulfate, a natural substance that helps to rebuild joint surfaces by nurturing cells that produce glycosaminoglycans. More than 20 clinical studies validate that glucosamine sulfate can help in cases of osteoarthritis of the knees, hips and other areas of the body.

My own patients are receiving tremendous relief from additional nutrients including pantothenic acid (vitamin B5). Moreover, this nutrient seems to work for both rheumatoid arthritis and osteoarthritis. This is important information because so many Americans today are deficient in this key joint nutri-

ent, according to standards suggested by the Food and Nutrition Board of the National Academy of Sciences.

Also known as *Curcuma longa*, turmeric is a potent anti-inflammatory herb. I have found that turmeric works as well as cortisone-type medications, yet without any complications. My own clinical experience is backed by rigorous scientific studies. In fact, one study found it worked better than phenylbutazone for quelling inflammation!

White willow bark is another natural source of elements that inhibit inflammation-causing

substances in the body called prostaglandins. Willow bark is a rich source of salicylate, nature's own aspirin and humanity's oldest, most

revered nutrient for maintaining healthy, inflammation-free joints.

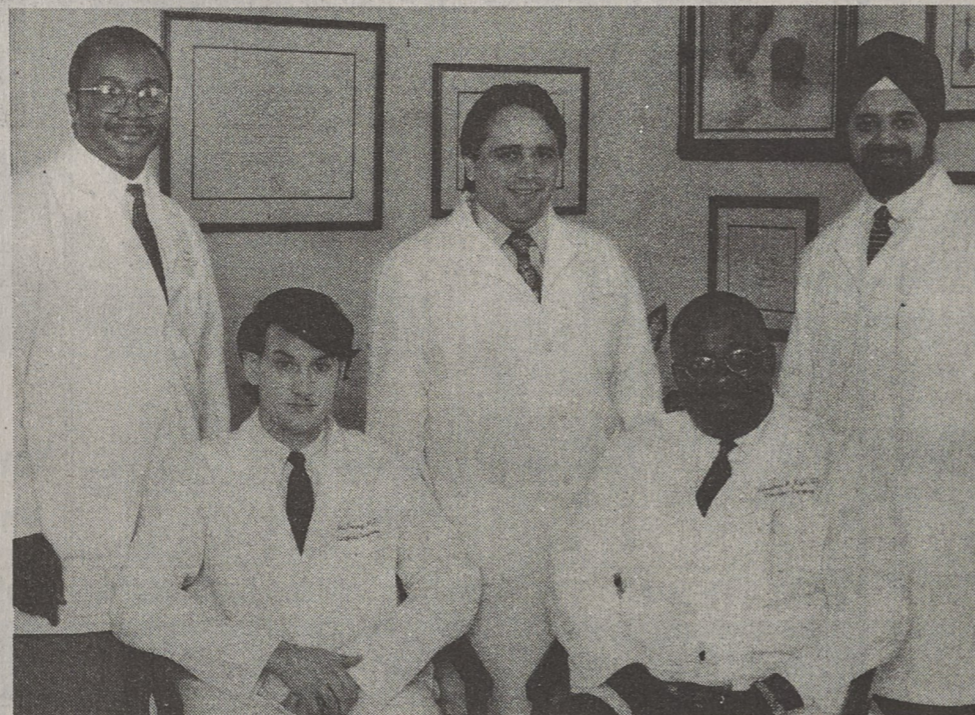
As you can see, many natural remedies are available to you today to help relieve inflammation, rebuild your joints and keep you moving effortlessly throughout your lifetime.

To learn more about herbs and other natural methods for supporting your health, particularly in cases of diabetes and other age-related conditions such as prostate disorders, heart disease, cataracts, bone loss and arthritis, you can get The Journal of Natural Health. For a free subscription, call (800) 858-0228, Monday through Friday (except holidays) 8:30 a.m. to 5 p.m. Pacific Time; or see <http://www.whitewing.com> on the Web.

Dr. Huemer is one of the nation's leading herbal experts.

Natural herbal supplements are increasingly used to help promote joint health.

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procedures including: **Vascular Surgery, Laparoscopic Surgery, Hernia Repair, Breast Biopsies, Abdominal Surgery, Gallbladder Surgery and Varicose Vein Surgery.**

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