

Compliments of your
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Health Blessings

DEFINITIONS

WHAT ARE ANTIBIOTICS?

Antibiotics are powerful medicines prescribed by a health care provider to treat infections caused by bacteria. Antibiotics do not treat viral infections, such as the common cold or flu. Antibiotics work by killing bacteria that cause infection or by keeping these bacteria from growing. Different antibiotics work for different bacteria. It is important to take antibiotics exactly as directed by your health care provider. Taking antibiotics when they are not needed increases your risk for later developing an infection that will be resistant to antibiotic treatment.

DIABETES NEWS

Weight loss and regular exercise may trump medication when it comes to delaying or preventing type 2 diabetes. Over one 10 year study, people at increased risk for diabetes who lost weight through controlling calories and fat and exercising at least 150 minutes a week reduced their risk of developing diabetes by 34%. Participants in the same study who took medication to prevent diabetes saw only an 18% lower risk.

Source: The Lancet Volume

MIND, BODY AND SPIRIT



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What is Staphylococcus aureus or MRSA?

Staph is a type of bacteria. It may cause skin infections that look like pimples or boils. Skin infections caused by Staph may be red, swollen, painful, or have pus or other drainage. Some Staph (known as Methicillin-Resistant Staphylococcus aureus or MRSA) are resistant to certain antibiotics, making it harder to treat. With MRSA you can have a wound that looks like a spider bite. Anyone can get a Staph infection. It is more likely you will get a Staph infection if you have:

- Skin-to-skin contact with someone with the Staph infection.
- Contact with items and surfaces that have staph on them.
- Openings in skin such as cuts or scrapes.

- Crowded living conditions.
- Patient within a health care facility recently
- Poor hygiene

Most Staph skin infections are minor and may be easily treated. Staph also may cause more serious infections, such as infections in the bloodstream, surgical sites or pneumonia. Sometimes, a Staph infection that starts as a skin infection may worsen. It is then important to contact your doctor.

Treatment for a Staph skin infection may include taking an antibiotic, or having a doctor drain the infection.

Keeping infections from spreading is important. Wash hands often, keep cuts & scrapes clean & covered & do not share personal items.



SNORING is no laughing matter

Loud snoring can be a sign of sleep apnea, a condition that increases your risk for high blood pressure, heart attack, stroke, and type 2 diabetes.

People with sleep apnea may stop breathing several times during the night, or seem as if they are holding their breath. Daytime sleepiness, trouble concentrating, irritability, and forgetfulness are other symptoms.

Being overweight often leads to sleep apnea, but even modest weight loss can improve breathing and reduce snoring. Sleeping on your side may also help. Drinking alcohol less than four hours before going to bed, and certain medications, especially such medication as sleeping pills, can contribute to sleep apnea.

Talk to your doctor about any signs of sleep apnea. After medical evaluation and diagnosis, sleep apnea can be treated with airway machines, certain dental appliances, and devices that keep you from sleeping on your back.

Source: national Heart, Lung, and Blood Institute

“A use has been found for everything but snoring” Mark Twain

PASSOVER BIBLE QUIZ (Circle the right answer)

- 1.) When was the first Passover?
A. 620 BC **B.** 33 AD **C.** When the children of Israel entered the Promised Land
D. When the children of Israel were still in bondage in the land of Egypt
- 2.) In what book in the Bible is it written in?
A. Genesis **B.** Exodus **C.** Leviticus **D.** Mark
- 3.) Our Passover today is?
A. Jesus Christ **B.** Same as it was in the Old Testament **C.** Making lots of money
D. Having the family over for a pig roast
- 4.) Low many times is the word Easter used in the Bible?
A. Once **B.** Six **C.** Eleven **D.** Twenty three
- 5.) How many times should Easter have been used in the Bible?
A. Zero **B.** Once **C.** Six **D.** Eleven
- 6.) In what book of the Bible are we told to color Easter eggs?
A. Exodus **B.** Leviticus **C.** Ephesians **D.** None
- 7.) What should we remember at the time of the Passover?
A. That God delivered the children from bondage in Egypt **B.** The sacrifice Jesus Christ gave for us by giving his life on the cross for our sins. That he now sits at the right hand of God and is our Passover
C. That Easter is a heathen tradition of men and is an abomination to God **D.** All of the above

ANSWERS: 1.) D. Exodus 12:1-28; 2.) B. Exodus 12:1-28; 3) A. 1Corinthians 5:7; 4.) A. Acts 12:4; 5.) A.; 6.) D. None; 7.) D. All