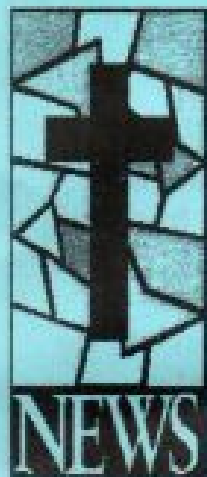


Mary's Parish Nurse News Bulletin

Monthly News Update



Greetings from your Parish Nurse, 5 Mistakes that will sabotage a healthy diet.

Whether you've chosen an eating plan to lose weight or to address a health problem (for example, a low-salt diet to help lower your blood pressure), it's important to understand the little things that can throw you off track. See if you recognize any of the following common mistakes.

1. Eating a diet that's too restrictive.

It's hard to stick to diets requiring you to exclude foods in an unrealistic way. For example, if you vow never to eat another sweet again, you may cave in to

cravings faster than you would have if you'd allowed yourself a reasonable treat occasionally. Being restrictive is not sustainable. You have to think about looking at this for the long haul. Make your eating plan a lifelong commitment.

Make it balanced, so you don't feel deprived. If you want a treat, consider your daily calorie allowance (it must be tailored to your health and weight), and remember that a small amount of added sugar is acceptable—no more than 24 grams per day for most women, and no more than 36 grams per day for most men.

2. Excluding the wrong foods. You should avoid artificial trans fat (which is found in packaged foods, raises "bad" LDL, cholesterol and triglycerides, and lowers "good" HDL cholesterol) limit saturated fat (found in foods like butter and red meat), and stay away from processed or packaged foods (which are typically high in salt, sugar, and trans fat), but don't avoid healthy fats like

avocados, olive oil, nuts, nut butters, and seeds. Don't forget your fruits. They have sugar but your body handles it differently than added sugar. Berries in particular are associated with less weight gain and a lower risk of having a heart attack.

3. Don't keep unhealthy food within reach. It's more challenging to avoid unhealthy foods if you stock them in your pantry. The best thing to do is surround yourself with healthy food. When you do want a delicious dessert, go out and get it at that time—not well in advance like ice cream.
4. Eating at night. Eating at night can lead to trouble. You need calories during the day, when you're expending your energy. It is suggested that you rethink the timing of your meals and space out your calories throughout the day. If you're hungry, it may be fine to eat a snack (like fruit or a handful of nuts) if it's a part of a healthy meal plan and fits within your calorie goals.
5. Keep track of your food

intake. Research shows that people who track their food intake, if they're trying to lose weight or monitor sodium in diet, are more successful. It makes you aware on a regular basis of what you're putting in your mouth and how much you're eating. By tracking your food it provides you with an overall picture, so you can figure out what's working and what isn't. Try keeping a food diary. Use a notebook and write down information or use an app such as My Fitness Pal (www.myfitnesspal.com) or the USDA's Food Tracker (www.supertracker.usda.gov) which also links you to apps that help you manage weight goals and physical activities.

Blood Pressure Checks

I will be checking blood pressures on May 5th & 6th at St. Ignatius and Holy Redeemer and on May 19th & 20th at St. Mary's. Note the changes.

Visits

If you would like a visit from Father Chahn or myself, just leave a message at the office for us. I can be reached at home by calling 437-4810 and you can leave me a message. If you are in the hospital and would like a visit, please let the hospital know which parish you belong to on admission otherwise we cannot get that information when we call in to the Pastoral Care office. If we know that you are in the hospital and ask for your name, they then can

let us know which room you are in.

My Health Update.

Things remain stable with my blood work which is good. I saw my kidney surgeon on the 16th of April and she says that I do not have to see her for 6 months. She did change one of my medications and I am to call if I feel that it is not controlling my blood pressure. Please continue to pray that my new kidney will continue to function as it should. I always like to remind folks about considering becoming an organ donor. You may help to save a life.

Move of the Month

With the weather finally becoming warmer, get out and enjoy being outside. Whether you are exercising on a regular basis or as much as you can do, keep it up. Walking is such a good exercise if you are able. Just get up and move. Yard work is good exercise. Just keep moving even if it is walking in your home.

Health Reminder

New guidelines extend you window for a first-time stroke treatment. The American Stroke Association has made a major change to its recommendations for a first-line stroke therapy. They say that instead of having just six hours from the onset of stroke symptoms to reach into a blood vessel, grab the clot, and pull it out, doctors now have up to 24 hours to perform the procedure. The new recommendation will be helpful for people who suffer a stroke while sleeping and therefore don't know at what time the symptoms began. A

thrombectomy may be combined with the other first-line treatment for stroke caused by a blood clot: a clot busting drug called tissue plasminogen activator, or tPA. The treatment window to use tPA is just 3-4 hours, so it's imperative that you call 911 at the first sign of stroke symptoms. Those include the sudden onset of confusion, difficulty talking, weakness or numbness on one side of the body, or difficulty walking.

Food for Thought

The only preparation for tomorrow is the right use of today.

-Take therefore no thought for the morrow; for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

-Matthew 6:14

You can accomplish more in one hour with God than one lifetime without Him.

-With God all things are possible.

-Matthew 19:26b

Faith is daring the soul to go beyond what the eyes can see.

- For we walk by faith, not by sight.

-2 Corinthians 5:7

Happy Mother's Day to all our Moms & Grandmoms.