

January is:

- Birth Defect Prevention Month
- Glaucoma Awareness Month
- Indoor Air Quality & Radon Action Month
- National Drug / Alcohol Facts Week is January 22nd – 27th

“Just One Request”

Dear Master for this coming year
Just one request I bring:
I do not pray for happiness,
Or any earthly thing—
I do not ask to understand
The way Thou leadest me,
But this I ask: Teach me to do
The thing that pleaseth Thee.
I want to know Thy guiding voice,
To walk with Thee each day.
Dear Master make me swift to hear
And ready to obey.
And thus the year I now begin
A happy year will be—
If I am seeking just to do
The thing that pleaseth Thee.
~Unknown Author~

*In His Service,**H-3 Ministry*

*Now may the God of hope fill
you with all joy and peace in
believing, so that you will
abound in hope by the power
of the Holy Spirit.*

Romans 15:13

Get On Board Flight 2019 With GOD

Welcome aboard Flight 2019, where our destination is GREATNESS. I am GOD, your captain. We are preparing to take off into a brand new year.

Please make sure your ATTITUDE and BLESSINGS are secured and locked in an upright position. All self-destructive devices should be turned off at this time. All negativity, hurt and discouragement should be put away. All baggage should be locked and left in 2018. If we encounter any trials and tribulations during the flight, reach up and pull down a PRAYER. Prayers will automatically be activated by FAITH. Once your Faith is activated you can assist other passengers.

Thanks for choosing to fly 2019 with GOD as your pilot. Please sit back, relax and enjoy 2019!

Words we can ALL LIVE BY...

H-3 Ministry

TMBC
TRINITY MISSIONARY
BAPTIST CHURCH

National Birth Defects Prevention Month

January is Birth Defects Prevention Month. The theme for 2019 is “Best for You. Best for Baby.” We know that not all birth defects can be prevented. But, you can increase your chances of having a healthy baby by doing what you can to be your healthiest self both before and during pregnancy. What is best for you is also best for your baby.

The NBDPN Education and Outreach Committee has developed materials and resources to assist state program staff and others interested in raising awareness during National Birth Defects Prevention Month.

"Making Healthy Choices to Prevent Birth Defects - Make a PACT for Prevention." We know that not all birth defects can be prevented. But, we also know that women can increase their chances of having a healthy baby by managing health conditions and adopting healthy behaviors before and during pregnancy. Please encourage all pregnant women and those who may become pregnant to make a PACT to:

- **P**lan ahead
 - Get as healthy as possible before becoming pregnant.
 - Get 400 micrograms (mcg) of folic acid every day.
- **A**void harmful substances
 - Avoid drinking alcohol and smoking.
 - Be careful with harmful exposures at work and home.
- **C**hoose a healthy lifestyle
 - Eat a healthy diet that includes fruits, vegetables, whole grains, low-fat dairy, and lean proteins.
 - Be physically active.
 - Work to get medical conditions like diabetes under control.
- **T**alk to your healthcare provider
 - Get a medical checkup.
 - Discuss all medications, both prescription and over-the-counter.
 - Talk about your family medical history.

WHAT IS GLAUCOMA?

Glaucoma is a condition that causes damage to your eye's optic nerve and gets worse over time. It's often linked to a buildup of pressure inside your eye. Glaucoma tends to be inherited and may not show up until later in life.

The increased pressure, called intraocular pressure, can damage the optic nerve, which transmits images to your brain. If the damage continues, glaucoma can lead to permanent vision loss. Without treatment, glaucoma can cause total permanent blindness within a few years.

Most people with glaucoma have no early symptoms or pain. You need to see your eye doctor regularly so she can diagnose and treat glaucoma before long-term visual loss happens.

If you're over age 40 and have a family history of the disease, you should get a complete eye exam from an eye doctor every 1 to 2 years. If you have health problems like diabetes or a family history of glaucoma or are at risk for other eye diseases, you may need to go more often.

What Causes Glaucoma?

It's the result of an intrinsic deterioration of the optic nerve, which leads to high fluid pressure on the front part of the eye.

Normally, the fluid, called aqueous humor, flows out of your eye through a mesh-like channel. If this channel gets blocked, the liquid builds up. The reason for the blockage is unknown, but doctors do know it can be inherited, meaning it's passed from parents to children.

Less common causes include a blunt or chemical injury to your eye, severe eye infection, blocked blood vessels inside the eye, and inflammatory conditions. It's rare, but sometimes eye surgery to correct another condition can bring it on. It usually affects both eyes, but it may be worse in one than the other.

What Are the Types of Glaucoma?

There are two main kinds:

Open-angle glaucoma. It's the most common type. Your doctor may also call it wide-angle glaucoma. The drain structure in your eye -- it's called the trabecular meshwork -- looks normal, but fluid doesn't flow out like it should.

Angle-closure glaucoma. It's less common in the West than in Asia. You may also hear it called acute or chronic angle-closure or narrow-angle glaucoma. Your eye doesn't drain right because the drain space between your iris and cornea becomes too narrow. This can cause a sudden buildup of pressure in your eye. It's also linked to farsightedness and cataracts, a clouding of the lens inside your eye.

Who Gets Glaucoma?

It mostly affects adults over 40, but young adults, children, and even infants can have it. African-Americans tend to get it more often, when they're younger, and with greater vision loss.

You're more likely to get it if you:

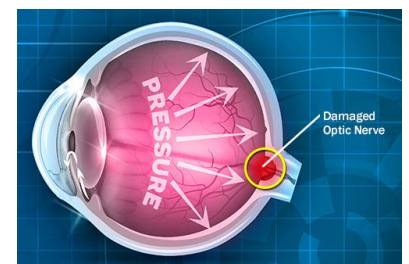
- Are of African-American, Irish, Russian, Japanese, Hispanic, Inuit, or Scandinavian descent
- Are over 40
- Have a family history of glaucoma
- Have poor vision
- Have diabetes
- Take certain steroid medications, like prednisone
- Have had trauma to the eye or eyes

What Are the Symptoms?

- Most people don't have any. The first sign is often a loss of peripheral, or side, vision. That can go unnoticed until late in the disease. That's why glaucoma is often called the "sneak thief of vision."
- Detecting glaucoma early is one reason you should have a complete exam with an eye specialist every 1 to 2 years. Occasionally, pressure inside the eye can rise to severe levels. In these cases, you may have sudden eye pain, headache, blurred vision, or the appearance of halos around lights.

If you have any of the following symptoms, seek immediate medical care:

- Seeing halos around lights
- Vision loss
- Redness in the eye
- Eye that looks hazy (particularly in infants)
- Nausea or vomiting
- Eye pain



What Is Glaucoma? (continued)

How Is It Diagnosed?

Your eye doctor will use drops to open (he'll call it dilate) your pupils. Then he'll test your vision and examine your eyes. He'll check your optic nerve, and if you have glaucoma, it will look a certain way. He may take photographs of the nerve to help him track your disease over time. He'll do a test called tonometry to check your eye pressure. He'll also do a visual field test, if necessary, to figure out if you've lost your side, or peripheral, vision. Glaucoma tests are painless and take very little time.

How Is Glaucoma Treated?

Your doctor may use prescription eye drops, laser surgery, or microsurgery to lower pressure in the eye.

Eye drops. These either reduce the formation of fluid in the eye or increase its outflow, thereby lowering eye pressure. Side effects may include allergies, redness, stinging, blurred vision, and irritated eyes. Some glaucoma drugs may affect your heart and lungs. Be sure to tell your doctor about any other medications you're taking or are allergic to.

Laser surgery. This procedure can slightly increase the flow of the fluid from the eye for people with open-angle glaucoma. It can stop fluid blockage if you have angle-closure glaucoma. Procedures include:

- Trabeculoplasty: Opens the drainage area
- Iridotomy: Makes a tiny hole in the iris to let fluid flow more freely
- Cyclophotocoagulation: Treats areas of the middle layer of your eye to reduce fluid production

Microsurgery. In a procedure called a trabeculectomy, the doctor creates a new channel to drain the fluid and ease eye pressure. Sometimes this form of glaucoma surgery fails and has to be redone. Your doctor might implant a tube to help drain fluid. Surgery can cause temporary or permanent vision loss, as well as bleeding or infection.

Open-angle glaucoma is most often treated with various combinations of eye drops, laser trabeculoplasty, and microsurgery. Doctors in the U.S. tend to start with medications, but there's evidence that early laser surgery or microsurgery could work better for some people.

Infant or congenital glaucoma -- meaning you are born with it -- is primarily treated with surgery, because the cause of the problem is a very distorted drainage system.

Talk to your eye doctor to find out which glaucoma treatment is right for you.

Can You Prevent Glaucoma?

No. But if you diagnose and treat it early, you can control the disease.

What's the Outlook?

At this time, lost vision can't be restored. However, lowering eye pressure can help preserve the sight you have. Most people with glaucoma who follow their treatment plan and have regular eye exams don't go blind.

How Winter Causes Indoor Air Quality Problems

Since sickness, humidity problems, and carbon monoxide poisonings increase significantly during the colder months, take some time to make sure you have the proper mechanisms in place to reduce these risks.

Ironically, people tend to worry about the unhealthy air outdoors when the air indoors is almost always worse for you. Poor indoor air quality is a global health concern that contributes to rising respiratory problems, allergies, and asthma.

How is winter weather contributing to indoor air quality problems?

Increased Insulation – When the temperatures begin to fall, homeowners are more conscious of all of the air leaks around their home. Drafts are common around rim joists, doors, windows, and where pipes and wires enter the building.

As a result, insulation and other winterization tasks are performed to lower heating bills and increase comfort.

Unfortunately, there is a downside to improving insulation around the home—a decrease in indoor air quality. When contaminants cannot escape your home, they gather and multiply quickly. These include bacteria, viruses, mold spores, and dust mites that can easily make you sick, especially if you don't have a strong immune system.

Why is this? Well, the secret to healthy indoor air quality is a delicate balance of insulation and ventilation. If your home is too tight, then air gets stuck in the home and gets more and more polluted, with very little introduction of fresh air from outside.

Modern homes and improved renovation practices have made homes more airtight, which is great for reducing energy bills, but not so great from improving air quality. When indoor air becomes trapped, it gets more and more contaminated every day. While you don't want to leave a window open during winter months, there are better ways to insulate and ventilate your home properly.

One way to do this is by installing a **heat recovery ventilator (HRV)** which introduces fresh air into the home without sacrificing all the time and money you spent on insulation improvements. It does this by extracting heat from the stale air that leaves your home and transfers it over to the channel that introduces the fresh (but cold) air into your home.

Energy recovery ventilators (ERV) are basically the same thing, but allows moisture to be transferred as well. So if you have a humidity problem in your home, the ERV can help ventilate stale air out and bring fresh air in, removing or adding moisture as necessary.

Ask your HVAC company about HRVs and ERVs and if they are a right fit for your home. And you won't have to worry about increased heating bills!

National Drug and Alcohol Facts Week

What is *National Drug and Alcohol Facts Week*®?

National Drug and Alcohol Facts Week® links students with scientists and other experts to counteract the myths about drugs and alcohol that teens get from the internet, social media, TV, movies, music, or from friends. It was launched in 2010 by scientists at the National Institute on Drug Abuse (NIDA) to stimulate educational events in communities so teens can learn what science has taught us about drug use and addiction. The National Institute of Alcohol Abuse and Alcoholism became a partner in 2016, and alcohol has been added as a topic area for the week. NIDA and NIAAA are part of the National Institutes of Health.

What happens during *National Drug and Alcohol Facts Week*®?

National Drug and Alcohol Facts Week® is an opportunity for teens to **SHATTER THE MYTHS**® about drugs and drug use. Teens, scientists and other experts come together to discuss how drugs affect the brain, body, and behaviors, in community and school events all over America.

We have planned an event in observance of *National Drug and Alcohol Facts Week*.

ALCOHOL/DRUG SEMINAR scheduled for **Sunday, February 10, 2019, at 11:45 a.m.** at Trinity M. B. Church in the fellowship hall. The preferred audience will include teenagers (13 & older) and adults. Mr. Tim Glover with Lauderdale County's Drug Taskforce will be available to present an update on current street drugs and participate in a question/answer activity.

Who are the Federal Partners for *National Drug and Alcohol Facts Week*®?

NIDA and NIAAA have many federal, state and local partners working together to get the facts about drugs to teens in communities all over America. Partners include the Substance Abuse and Mental Health Services Administration, the White House Office of National Drug Control Policy, the Office of Safe and Healthy Students in the U.S. Department of Education, and the Drug Enforcement Administration in the U.S. Department of Justice.



resources this issue

Resources: <https://www.thoughtco.com/prayerful-christian-new-years-poems-701098>
<https://www.nbdpn.org/bdpm.php>
<https://www.webmd.com/eye-health/glaucoma-eyes#1>
<https://blog.happyhiller.com/blog/how-winter-causes-indoor-air-quality-problems>
<https://www.drugabuse.gov/news-events/public-education-projects/national-drug-alcohol-facts-weekr>