

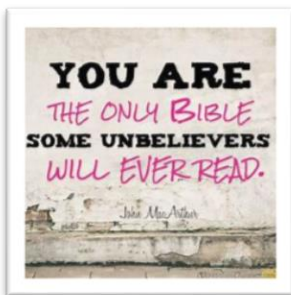
**March is ..**

- National Endometriosis Awareness Month
- National Kidney Month
- National Traumatic Brain Injury Awareness
- World Kidney Day (March 12)
- National Youth Violence Prevention Week (March 30–April 3)

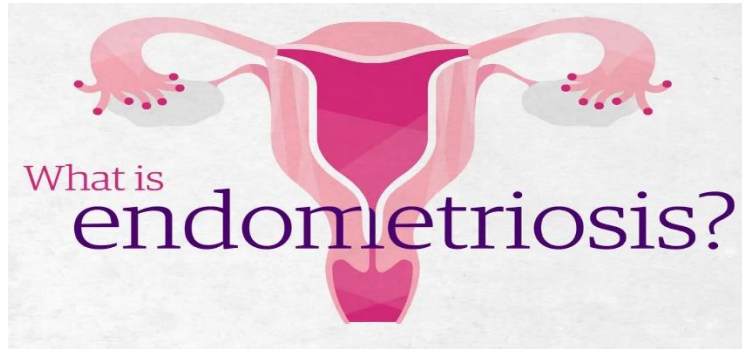
*In His Service,**H-3**Ministry*

*'Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.'*

III John 1:2 NAS



256.766.9958  
[info@tmbcal.org](mailto:info@tmbcal.org)  
 606 S. Marietta Street  
 Florence, AL 35630



Endometriosis is a disorder in which tissue similar to the tissue that forms the lining of your uterus grows outside of your uterine cavity. The lining of your uterus is called the endometrium.

Endometriosis occurs when endometrial tissue grows on your ovaries, bowel, and tissues lining your pelvis. It's unusual for endometrial tissue to spread beyond your pelvic region, but it's not impossible. Endometrial tissue growing outside of your uterus is known as an endometrial implant.

The hormonal changes of your menstrual cycle affect the misplaced endometrial tissue, causing the area to become inflamed and painful. This means the tissue will grow, thicken, and break down. Over time, the tissue that has broken down has nowhere to go and becomes trapped in your pelvis.

This tissue trapped in your pelvis can cause:

- irritation
- scar formation
- adhesions, in which tissue binds your pelvic organs together
- severe pain during your periods
- fertility problems

Endometriosis is a common gynecological condition, affecting up to 10 percent of women. You're not alone if you have this disorder.

## ENDOMETRIOSIS TREATMENT

Understandably, you want quick relief from pain and other symptoms of endometriosis. This condition can disrupt your life if it's left untreated. Endometriosis has no cure, but its symptoms can be managed.


Medical and surgical options are available to help reduce your symptoms and manage any potential complications. Your doctor may first try conservative treatments. They may then recommend surgery if your condition doesn't improve.

Everyone reacts differently to these treatment options. Your doctor will help you find the one that works best for you.

It may be frustrating to get diagnosis and treatment options early in the disease. Because of the fertility issues, pain, and fear that there is no relief, this disease can be difficult to handle mentally. Consider finding a support group or educating yourself more on the condition. Treatment options include:

- Pain medications
- Hormone therapy
- Hormonal contraceptives
- Gonadotropin-releasing hormone (GnRH) agonists and antagonists
- Conservative surgery
- Last-resort surgery (hysterectomy)

A FACT SHEET FROM THE OFFICE ON WOMEN'S HEALTH



## Endometriosis

Endometriosis, also called “endo,” happens when the lining of the uterus (womb) grows outside of the uterus. It affects about 5 million American women. The most common symptom is pain. The pain happens most often during your period, but it can also happen at other times. Endometriosis may also make it harder to get pregnant. Several different treatment options can help manage the symptoms and improve your chances of getting pregnant.

You might be more likely to get endometriosis if you have:

- Never had children
- Menstrual periods that last more than seven days
- Short menstrual cycles (27 days or fewer)
- A family member (mother, aunt, sister) with endometriosis
- A health problem that blocks the normal flow of menstrual blood from your body during your period

**Q: What are the symptoms of endometriosis?**

**A:** Symptoms of endometriosis can include:

- **Pain.** Women with endometriosis may have many different kinds of pain. These include:
  - Very painful menstrual cramps. The pain may get worse over time.
  - Chronic (long-term) pain in the lower back and pelvis
  - Pain during or after sex
  - Intestinal pain
  - Painful bowel movements or pain when urinating during menstrual periods
- **Bleeding or spotting** between menstrual periods
- **Infertility**, or not being able to get pregnant
- **Stomach (digestive) problems.** These include diarrhea, constipation, bloating, or nausea, especially during menstrual periods.

**Q: Who gets endometriosis?**


**A:** Endometriosis is most common in women in their 30s and 40s.

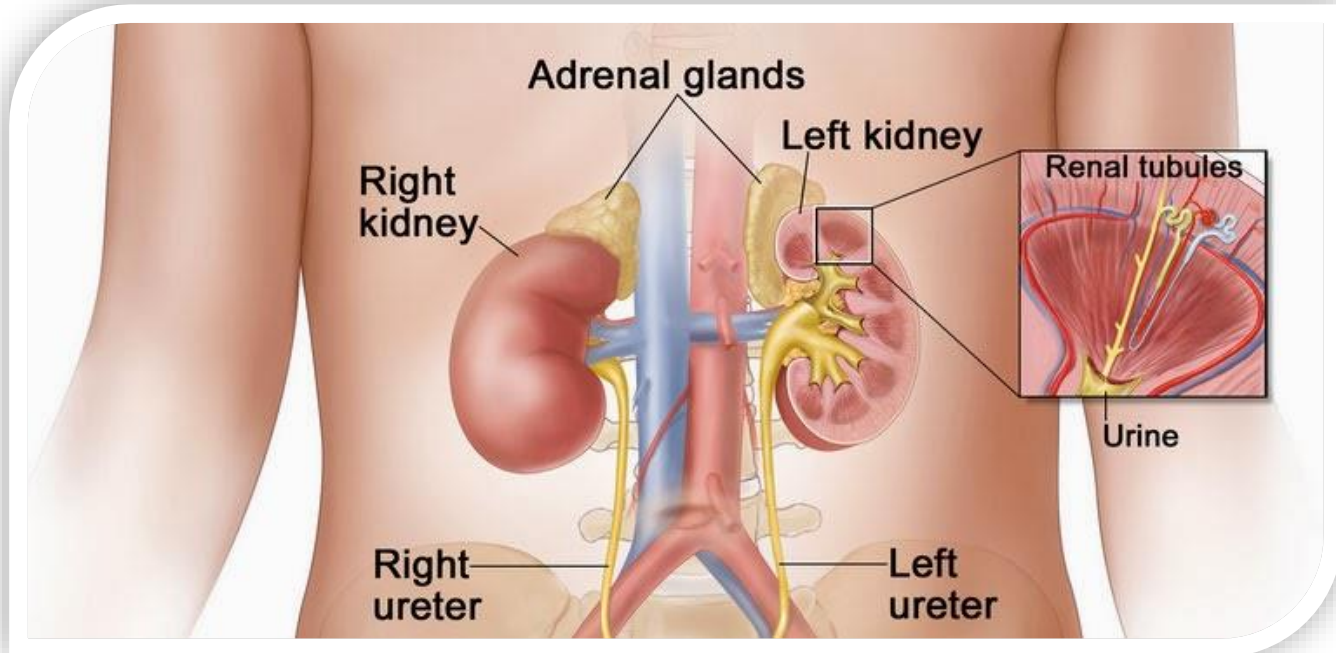
**Q: How is endometriosis diagnosed?**

**A:** Your doctor will talk to you about your symptoms and do or prescribe one or more of the following to find out if you have endometriosis:

- **Pelvic exam.** During a pelvic exam, your doctor will feel for large cysts or scars behind your uterus. Smaller areas of endometriosis are harder to feel.
- **Imaging test.** Your doctor may do an **ultrasound** to check for ovarian cysts from endometriosis. The doctor or technician may insert a wand-shaped scanner into your vagina or move a scanner across your abdomen. Both kinds of ultrasound tests use sound waves to make pictures of your reproductive organs. **Magnetic resonance imaging (MRI)** is another common imaging test that can make a picture of the inside of your body.
- **Medicine.** If your doctor does not find signs of an ovarian cyst during an ultrasound, he or she may prescribe medicine to lessen your pain. If your pain gets better with medicine, you probably have endometriosis.

[www.womenshealth.gov](http://www.womenshealth.gov) | 800-994-9662





## WHAT ARE KIDNEYS?

The kidneys are two bean-shaped organs in the renal system. They help the body pass waste as urine. They also help filter blood before sending it back to the heart.

The kidneys perform many crucial functions, including:

- maintaining overall fluid balance
- regulating and filtering minerals from blood
- filtering waste materials from food, medications, and toxic substances
- creating hormones that help produce red blood cells, promote bone health, and regulate blood pressure

## WHAT CAN YOU DO FOR YOUR KIDNEYS?

Kidney diseases are silent killers, which can largely affect your quality of life. There are several ways to reduce the risk of developing kidney disease.

### Keep fit, Be active

This can help to maintain an ideal body weight, reduce your blood pressure and the risk of Chronic Kidney Disease.

The concept “On the move for kidney health” is a worldwide collective march involving the public, celebrities and professionals moving across a public area by walking, running and cycling. Why not join them – by whatever means you prefer! Check out the events section of the WKD website for more information.

## Eat a healthy diet

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This can help to maintain an ideal body weight, reduce your blood pressure, prevent diabetes, heart disease and other conditions associated with Chronic Kidney Disease.

Reduce your salt intake. The recommended sodium intake is 5-6 grams of salt per day. This includes the salt already in your foods. (around a teaspoon). To reduce your salt intake, try and limit the amount of processed and restaurant food and do not add salt to food. It will be easier to control your salt intake if you prepare the food yourself with fresh ingredients.

## Check and control your blood sugar

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About half of people who have diabetes do not know they have diabetes. Therefore, you need to check your blood sugar level as part of your general body checkup. This is especially important for those who are approaching middle age or older. About half of people who have diabetes develop kidney damage; but this can be prevented/ limited if the diabetes is well controlled. Check your kidney function regularly with blood and urine tests.

## Check and control your blood pressure

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About half of people who have high blood pressure do not know they have high blood pressure. Therefore, you need to check your blood pressure as part of your general body checkup. This is especially important for those who are approaching middle age or older. High blood pressure can damage your kidneys. This is especially likely when associated with other factors like diabetes, high cholesterol and Cardio-Vascular Diseases. The risk can be reduced with good control of blood pressure.

Normal adult blood pressure level is 120/80. Hypertension is diagnosed if, when measured on two different days, the systolic blood pressure readings on both days is  $\geq 140$  mmHg and/or the diastolic blood pressure readings on both days is  $\geq 90$  mmHg (WHO).

If your blood pressure is persistently elevated above the normal range (especially if you are a young person), you should consult your doctor to discuss the risks, the need for lifestyle modification and medication treatment.

The American Heart Association and the American College of Cardiology revised the guidelines for high blood pressure (2017) and suggested that high blood pressure should be treated earlier with lifestyle changes and medication at 130/80 mm Hg rather than 140/90 mm Hg. However, not all health organizations around the world have adopted this recommendation. Best to consult your doctor.

## Take appropriate fluid intake

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The right level of fluid intake for any individual depends on many factors including exercise, climate, health conditions, pregnancy and breastfeeding.

Normally this means 8 cups, approximately 2 liters (quarts) per day for a healthy person in a comfortable climate condition.

This needs to be adjusted when in severe climate condition. Your fluid intake may need to be adjusted if you have kidney or heart or liver disease. Consult your doctor on the appropriate fluid intake for your condition.

### Don't smoke

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Smoking slows the flow of blood to the kidneys. When less blood reaches the kidneys, it can decrease their ability to function normally. Smoking also increases the risk of kidney cancer by about 50 per cent.

### Don't take over-the-counter anti-inflammatory/pain-killer pills regularly

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Common drugs such as non-steroidal anti-inflammatory (NSAIDS)/ pain-killer (e.g. drugs like ibuprofen) can harm the kidneys if taken regularly.

If you have kidney disease or decreased kidney function, taking just a few doses can do harm to your kidneys. If in doubt, check with your doctor or pharmacist.

### Get your kidney function checked if you have one or more of the 'high risk' factors

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- you have diabetes
- you have hypertension
- you are obese
- you have a family history of kidney disease

## NATIONAL BRAIN INJURY AWARENESS MONTH – MARCH



National Brain Injury Awareness Month in March alerts us to the causes and aims to eliminate the stigma surrounding brain injuries.

When it comes to brain injuries, not a single injury or person is the same. The month is dedicated to improving awareness of brain injuries. Providing quality support for people with brain injuries and understanding of their needs will improve their outcomes for the future. Changing the perspective of the world to understand how brain injuries work is a difficult task.

While anyone can suffer from a brain injury, it's important to remember that everyone is a person first. They are not their injury. Each person has hopes and dreams, and they are not their injury. Each injury affects a person differently. How we support the person and treat the injury will require understanding and patience.

## Prevention

Learning the signs of a concussion and when to seek medical attention can mean the difference between a mild and a severe injury. Repeat injuries require additional attention.

Two types of brain injuries are traumatic and non-traumatic. **Traumatic brain** injuries occur as a result of motor vehicle accidents, sports or recreational injuries, domestic violence, falls and other external forces. Causes of **Non-traumatic** brain injuries begin internally due to disease, poisoning, a hereditary condition, lack of oxygen, stroke, or other internal medical condition.

According to the Department of Defense, one of the keys to recognizing a concussion and getting treatment early is identifying these symptoms:

- H – headaches or vomiting
- E – ears ringing
- A – amnesia, altered consciousness or loss of consciousness
- D – double vision and/or dizziness
- S – something is wrong, or not quite right

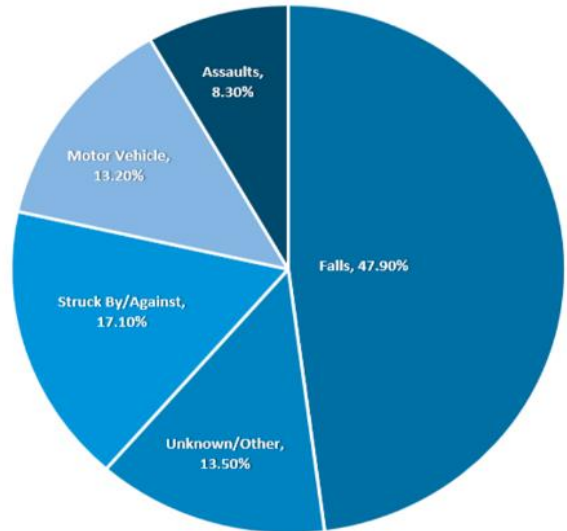


## BRAIN INJURY FACTS & STATISTICS



- Every 9 seconds, someone in the United States sustains a brain injury.
- An acquired brain injury (ABI) is any injury to the brain that is not hereditary, congenital, degenerative, or induced by birth trauma.
- More than 3.5 million children and adults sustain an ABI each year, but the total incidence is unknown.

- Typical causes of ABI include:
  - Electric Shock
  - Infectious Disease
  - Lightning Strike
  - Near Drowning
  - Oxygen Deprivation (Hypoxia/Anoxia)
  - Stroke
  - Seizure Disorder
  - Substance Abuse/Overdose
  - Toxic Exposure
  - Tumor



- Traumatic brain injury (TBI) is type of ABI. A TBI is caused by trauma to the brain from an external force.
- The number of people who sustain TBIs and do not seek treatment is unknown.
- One of every 60 people in the U.S. lives with a TBI-related disability. The annual impact of TBI in the U.S. is significant:
  - At least 2.5 million people sustain a TBI
  - 2.2 million are treated for TBI in Emergency Departments and Trauma Centers
  - 280,000 are hospitalized
  - 50,000 die
- Every day, 137 people die in the United States because of a TBI-related injury.
- At least 5.3 million Americans live with a TBI-related disability.
- When someone sustains a brain injury, many people are affected:
  - Survivors and their parents, spouses, siblings, extended families, and friends
  - Healthcare providers
  - Insurance companies
  - Attorneys
  - Educators
  - Government agencies
  - Employers of all types

## NATIONAL YOUTH VIOLENCE PREVENTION WEEK – SPREAD THE WORD!



### Get Social about National Youth Violence Prevention Week!

Help spread awareness about @nationalsave's #NYVPW through newsletters, blogs, facebook, twitter, instagram, and other social media! Create your own #violencefree posts or use the following. Be sure to #NYVPW!

*Newsletter:*

***PARTICIPATE IN NATIONAL YOUTH VIOLENCE PREVENTION WEEK***

Everyone can play a role in preventing youth violence. National Youth Violence Prevention Week (March 30 – April 3, 2020) is a great time to get involved. The goal of this week long campaign is to raise awareness and to educate students, teachers, school administrators, counselors, school resource officers, school staff, parents, and the public on effective ways to prevent or reduce youth violence.

National Youth Violence Prevention Week (March 30 – April 3, 2020), organized by **Students Against Violence Everywhere (SAVE)** and **Sandy Hook Promise**, is celebrating its seventeenth year. During this week-long national education initiative, various activities will demonstrate the positive role young people can have in making their schools and communities safer. Each day of the week focuses on a specific violence prevention strategy. These include: **knowing the signs, promoting respect and tolerance, being an upstander, resolving conflicts peacefully, and uniting in action**. Campaign strategy sponsors offer activities and information to support each day's focus. We also are delighted to announce that a number of other organizations have joined as community partners to bring a variety of perspectives and resources to the campaign.

**resources this issue**

<https://www.healthline.com/health/endometriosis>  
<https://www.womenshealth.gov/files/documents/fact-sheet-endometriosis.pdf>  
<https://www.worldkidneyday.org/facts/take-care-of-your-kidneys/8-golden-rules/>  
<https://www.kidney.org/africanamericanhealth>  
<https://nationaldaycalendar.com/national-brain-injury-awareness-month-march/>  
<https://nationalsave.org/>