

**March is:**

- National Kidney Month
- National Nutrition Month
- Save Your Sight Month
- National School Breakfast Week - March 4<sup>th</sup> – 8<sup>th</sup>
- National Sleep Awareness Week - March 3<sup>rd</sup> – 10<sup>th</sup>
- Brain Awareness Week - March 11<sup>th</sup> – 17<sup>th</sup>
- National Poison Prevention Week - March 17<sup>th</sup> – 23<sup>rd</sup>

**March 10, 2019***In His Service,**H-3 Ministry*

*Watch over your heart with all diligence, For from it flow the springs of life. Put away from you a deceitful mouth And put devious speech far from you. Let your eyes look directly ahead And let your gaze be fixed straight in front of you. Watch the path of your feet And all your ways will be established. Do not turn to the right nor to the left; Turn your foot from evil.*

*Proverbs 4:23 - 27*

### Focus on the Kidneys During National Kidney Month in March

March is National Kidney Month and the NKF is urging all Americans to give their kidneys a second thought and a well-deserved checkup.

Kidneys filter 200 liters of blood a day, help regulate blood pressure and direct red blood cell production. But they are also prone to disease; 1 in 3 Americans is at risk for kidney disease due to diabetes, high blood pressure or a family history of kidney failure. There are more than 30 million Americans who already have kidney disease, and most don't know it because there are often no symptoms until the disease has progressed.

During National Kidney Month in March, and in honor of World Kidney Day on March 14, the NKF offers the following health activities to promote awareness of kidneys, risk factors and kidney disease:

- **Free Screenings:** On World Kidney Day and throughout the Month of March, NKF is offering free screenings to those most at risk for kidney disease – anyone with diabetes, high blood pressure or a family history of kidney failure. Locations and information can be found on the calendar on our website.



- **'Are You at Risk' Kidney Quiz:** Early detection can make a difference in preventing kidney disease so it's important to know if you're at risk. Take the online kidney quiz! <https://www.kidney.org/kidneydisease/kidneyQuiz>
- **Live Twitter Chat with Dr. Joseph Vassalotti:** The National Kidney Foundation's Chief Medical Officer, Dr. Joseph Vassalotti, will be hosting an interactive kidney Q&A on World Kidney Day, **Thursday, March 14, from 12-2 pm ET**. Ask your questions at [www.twitter.com/nkf](http://www.twitter.com/nkf) using the hash-tag #WorldKidneyDayNKF

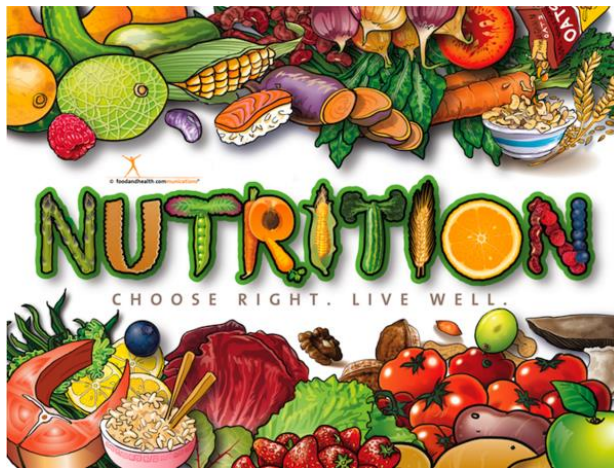
**About The Kidneys:**

The kidneys are two, fist-sized organs in your lower back. They maintain overall health through the following functions:

- Filtering waste out of 200 liters of blood each day.
- Regulating of the body's salt, potassium and acid content.
- Removing of drugs from the body.
- Balancing the body's fluids.
- Releasing hormones that regulate blood pressure.
- Producing an active form of vitamin D that promotes strong, healthy bones.
- Controlling the production of red blood cells.

**Quick Facts on Kidney Disease:**

- Kidney disease is the 9th leading cause of death in the country.
- More than 30 million Americans have kidney disease, and most don't know it.
- There are over 95,000 people waiting for kidney transplants.
- More than 590,000 people have kidney failure in the US today.



## TAKE A BITE

### HOW CAN YOU BITE INTO A HEALTHY LIFESTYLE?

#### Remember to Exercise!

When you exercise regularly, you reduce your risk of chronic diseases like diabetes and heart disease while increasing your chances of sleeping better and living longer.

Plus, physical activity can help you manage your weight.

If you haven't been exercising at all, talk with your doctor about ways to start slow. Go for a walk with a friend or try a beginner exercise class.

If you start slowly and keep going, you'll reap health benefits and reduce your risk of injury or burnout.

Find ways to make exercise fun. Meet up with a friend, join a gym class, or find new places to explore. The possibilities are endless! What works for you?



#### It's Time to Mix Things Up!

It's National Nutrition Month®! The theme this year is "Bite Into a Healthy Lifestyle." Feeling inspired but not sure where to start? Here are a few great ways to build a healthy lifestyle...

- **Make Smart Choices.** Do you know what's really in your food? How many calories? How many nutrients? The more you know, the wiser your decisions can be. If you're shopping in the grocery store, look at the Nutrition Facts labels of foods before you put them in your cart. If you're dining out, look up the menu online.
- **Eat and Drink Fewer Calories.** Keep empty calories to a minimum and focus on foods like fresh fruits, fresh vegetables, lean protein sources, low-fat dairy products, and whole grains. These are all keys to a healthful and balanced diet that's rich in nutrients.



# Make The Most Of Save Your Vision Month

Save Your Vision month is held every March and aims to increase awareness regarding good eye care. Organized by the American Optometric Association, the main focus of this event is to encourage more people to go for regular eye exams. With computers becoming an everyday part of people's lives, the risk of eye strain and damage is higher than before. Apart from ordinary eye care, this month specially focuses on eye care in the work place with an emphasis on employers to take eye care and health seriously.

## Taken For Granted

Save Your Vision Month reminds many people of a rather shocking thing, that most of us take our vision for granted. Seeing is one of the easiest things to do in the world- you just have to open your eyes. Apart from that, so much of our lives are based on visual stimulation. From work to entertainment, our eyes form a large part of our everyday lives. Unfortunately, most of us don't think about actual eye care until something goes wrong. It's important to note that just like visiting the dentist regularly is important, regular eye checks are also important.

Some of the benefits of regular eye exams are very apparent. For instance, if the power of your eyesight is decreasing or faulty, corrective measures can be taken immediately. This is much healthier compared to putting up with eye strain until it becomes a real problem to see. Eye checks can also tell you a lot about your general state of health. For example, diabetes is very often diagnosed via an eye exam. Other diseases like glaucoma can be quickly detected and treated by going for regular eye tests.

## Eye Care At Work

Today, almost every work place is fitted with computers, whether it's a corporate office or a small library. One of the biggest problems of continued and persistent computer use is eye strain. Many people who use computers for long stretches of time tend to complain about symptoms like dry eyes, blurry vision and eye strain. While it might not be feasible to cut down on computer use, there are a number of ways to maintain good eye care and health while you work. First of all, regular eye exams are a must and it's important to tell your doctor how much computer work you do each day. When using your computer, make sure that you stop for breaks at regular intervals. It's a good idea to just get up and walk to a window and just have a look outside. Allowing the eyes to look away from the screen, particularly at something soothing can be very resting for the eyes.

One problem many computer users face is a problem they probably aren't even aware of- that is the fact that they don't blink. When staring continuously at your monitor, you will blink a lot less than normal- this is what causes the problem of dry eye. When working at your computer, make a conscious effort to blink as much as possible. In fact, closing your eyes for a few seconds can really help as well. If you still face a problem, consider buying artificial tears and applying them to keep your eyes moist. If possible, install a humidifier in your work area.

The way you sit at your computer also plays a big role in the health of your eyes. Make sure the monitor is about 20 inches away from your eyes. The top of the monitor should be tilted a little below your eye level. Also make sure that you keep your monitor free of dust and fingerprints, as these can greatly reduce clarity. Last but definitely not least, remember that eating healthy can indeed improve the health of your eyes. Eating plenty of fresh vegetables and fruits as well as getting a good night's sleep are all important ways to preserve the health of your eyes. During this Save Your Vision Month, it's important to take the necessary steps towards better eye care.



**THE 20-20-20 RULE**  
Reducing the effects of Computer Vision Syndrome

EVERY 20 MINUTES...	...TAKE A BREAK FOR 20 SECONDS...	...AND LOOK AT AN OBJECT 20 FEET AWAY.

Computer Vision Syndrome (CVS) is one of the most common stress injuries in the workplace. Caused by staring at a computer monitor for too long, CVS can cause headaches, blurred vision and dry or watery eyes.

Follow the 20-20-20 Rule and give your eyes the break they deserve.

## National School Breakfast Week

Mark your calendar for National School Breakfast Week—**March 4-8, 2019!** The #NSBW19 theme is “Start Your Engines With School Breakfast,” which is designed to show parents, students, and school officials the benefits of fueling up for the day with a healthy school breakfast.



## National Sleep Awareness Week

**National Sleep Awareness Week**, observed in March and sponsored by the *National Sleep Foundation*, is an opportunity to stop and think about your sleep habits, realize how much they impact your well-being, and take a step toward improving them.

**National Sleep Awareness Week** and *The National Sleep Foundation* stress that adults need seven to nine hours of sleep per night, and less may pose serious consequences to a person's health and safety. For example, the Centers for Disease Control and Prevention (CDC) has found that people who reported sleeping six hours or less per night were significantly more likely to fall asleep while driving than those who reported sleeping seven to nine hours nightly.

According to the *Journal of Clinical Psychiatry*, trouble sleeping could be a red flag in young adults who are at risk of suicide. Researchers interviewed and monitored the sleep of 50 university students who had made previous suicide attempts. Those who fell asleep at different times each night, had insomnia, or had nightmares were more likely than others to have suicidal thoughts during the three-week study. Variable sleep-timing, the strongest predictor of suicidal thoughts, were a better predictor than even symptoms of depression. Treating sleep disturbances could help reduce the risk of suicide.

## Brain Awareness Week

**Brain Awareness Week** is the global campaign to increase public awareness of the progress and benefits of brain research. It unites the efforts of partner organizations from around the world in a week-long celebration of the brain every year in mid-March. It was founded by the Dana Alliance for Brain Initiatives in 1995 and is coordinated by the Dana Foundation. Strategic partners include the Society for Neuroscience, the Federation of European Neuroscience Societies, and the International Brain Research Organization.

Types of events held each year are: lectures, panel discussions, neuroscience lab tours, art exhibitions, brain fairs, and lessons for school students. The Dana foundation offers free materials and event-planning advice on its website.

## National Poison Prevention Week

National Poison Prevention Week is designated as the third week in March every year to highlight the dangers of poisonings and how to prevent them.

Accidental poisonings are a leading public health problem.

- More than 2 million poisonings are reported each year to the 56 poison control centers across the country.
- More than 90 percent of these poisonings occur in the home.
- The majority of non-fatal poisonings occur in children younger than 6 years old.
- Although children younger than 6 years accounted for about half of all the poison exposure calls to poison center in 2010, adults accounted for 92 percent of all poison-related deaths reported to poison centers.
- Poisoning is now the leading cause of death from injuries in the United States as reported by the Centers for Disease Control and Prevention, National Center for Health Statistics.

When spring is approaching, there are numerous things to keep in mind to help prevent accidental poisonings. Simple tips can keep your family safe as you begin spring cleaning and working in your yard.

### Household Cleaners and Other Chemicals

- Lock up pesticides and household chemicals out of the reach of children – preferably in a high cabinet.
- Keep poisons in the containers they came in with the original label intact. Do not use food containers to store household cleaners and other strong chemicals.
- Never mix chemicals. Doing so can create a poisonous gas.
- Turn on fans and open windows when using strong chemicals. Wear masks or respirators when recommended.
- Do not expose your skin to strong chemicals. Drain openers, toilet cleaners, rust removers, and oven cleaners can cause burns.
- Never sniff containers to see what's inside.
- Discard old or outdated products. First aid advice on those containers may be incorrect or outdated.

### resources this issue

Resources: [https://www.kidney.org/news/monthly/Focus\\_KidneyMonth](https://www.kidney.org/news/monthly/Focus_KidneyMonth)  
<https://foodandhealth.com/blog/wp-content/uploads/2015/02/NutritionMonthHandout20151.pdf>  
[https://www.healthstatus.com/health\\_blog/eyes-contacts-lasik/make-the-most-of-save-your-vision-month/](https://www.healthstatus.com/health_blog/eyes-contacts-lasik/make-the-most-of-save-your-vision-month/)  
<https://schoolnutrition.org/meetings/events/nsbw/2019/>  
<https://www.personalizedcause.com/health-awareness-cause-calendar/national-sleep-awareness-week>  
[https://en.wikipedia.org/wiki/Brain\\_Awareness\\_Week](https://en.wikipedia.org/wiki/Brain_Awareness_Week)  
<https://www.cincinnatichildrens.org/service/d/dpic/poison-prevention-week>