

## July is:

- Juvenile Arthritis Awareness Month
- July 28: World Hepatitis Day
- A time to connect the symptoms of summer Asthma attacks with heat/humidity of the warm weather months
- National Ice Cream Month (See page 4/ health benefits)



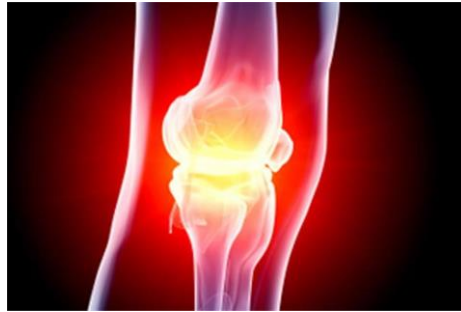
In His Service,



*TMBC Ministry*

*But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.*

1 Timothy 4:7-8 NASB



## 6 Facts on Juvenile Arthritis for Awareness Month

When you think about arthritis and joint pain, you probably associate the problem primarily with the elderly. However, the statistics suggest that it's not just the oldest and wisest among us who suffer from arthritis; there's a whole range of problems that fall under the Juvenile Arthritis (JA) umbrella, according to the Arthritis Foundation.

The foundation explains that JA (or pediatric rheumatic disease) is not a stand-alone disease; it refers to several problems related to autoimmune disorders of inflammation that can affect children under 16. In the U.S. alone, around 300,000 children are affected by JA, notes the source. In recognition of JA Month (July), let's look at 6 facts about

### 1. Juvenile Arthritis Affects more than Joints

According to the Arthritis Foundation, JA can do more than cause joint discomfort in young people. While many types of JA share commonalities like swelling, "each type of JA is distinct and has its own special concerns and symptoms", it notes. For example, some versions of JA don't fall under the classic

definition of arthritis at all; the problem can affect the eyes, skin (Juvenile dermatomyositis) and digestive system as well, according to the foundation.

### 2. One of the Early Signs of JA is Limping

While some children may not express any pain from the disease, their actions can speak for themselves. The National Institute of Arthritis and Musculoskeletal and Skin Diseases notes that JA often targets the knees and feet, creating a telltale limp in junior's walk.

The source also notes that the problem is usually worse first thing in the morning or after a nap, when the joints have a chance to stiffen. Keep an eye out for any strange walking patterns of your child, especially if you can't recall any recent accidents that would contribute to the limping.

### 3. It's not Really a Genetic Problem

While many diseases are passed down from one parent or both, The National Institute of Arthritis and Musculoskeletal and Skin Diseases notes that it's "very rare" for more than one family member to have JA.

That being said, children who have another family member who has JA are at "slightly increased" risk of developing the problem. Since JA is largely an autoimmune disease (when your immune system mistakenly attacks healthy cells), families with a history of autoimmune diseases such as Multiple Sclerosis or Thyroid inflammation may be at higher risk.

## 6 Facts on Juvenile Arthritis for Awareness Month *Continued*

### 4. Girls are More at Risk

According to HealthCentral.com, Juvenile Arthritis affects more girls than boys, and is likely to develop from ages 2 to 4 or during the adolescent/teen years (but under the age of 16).

While there doesn't seem to be any solid statistics for girls versus boys when it comes to JA cases, KidsGetArthritisToo.org notes that the most common form of J A is mild oligoarthritis (affecting fewer than five joints) that is usually found in girls aged 8-or younger.

### 5. Juvenile Arthritis Can be Fatal

Apparently arthritis and other rheumatic conditions (collectively known as AORC) in youth has accounted for deaths in the U.S., according to statistics from the Centers for Disease Control and Prevention (CDC). The source notes that between 1979 and 1998, there were roughly 50 deaths per year (of children younger than 15) attributed to the diseases.

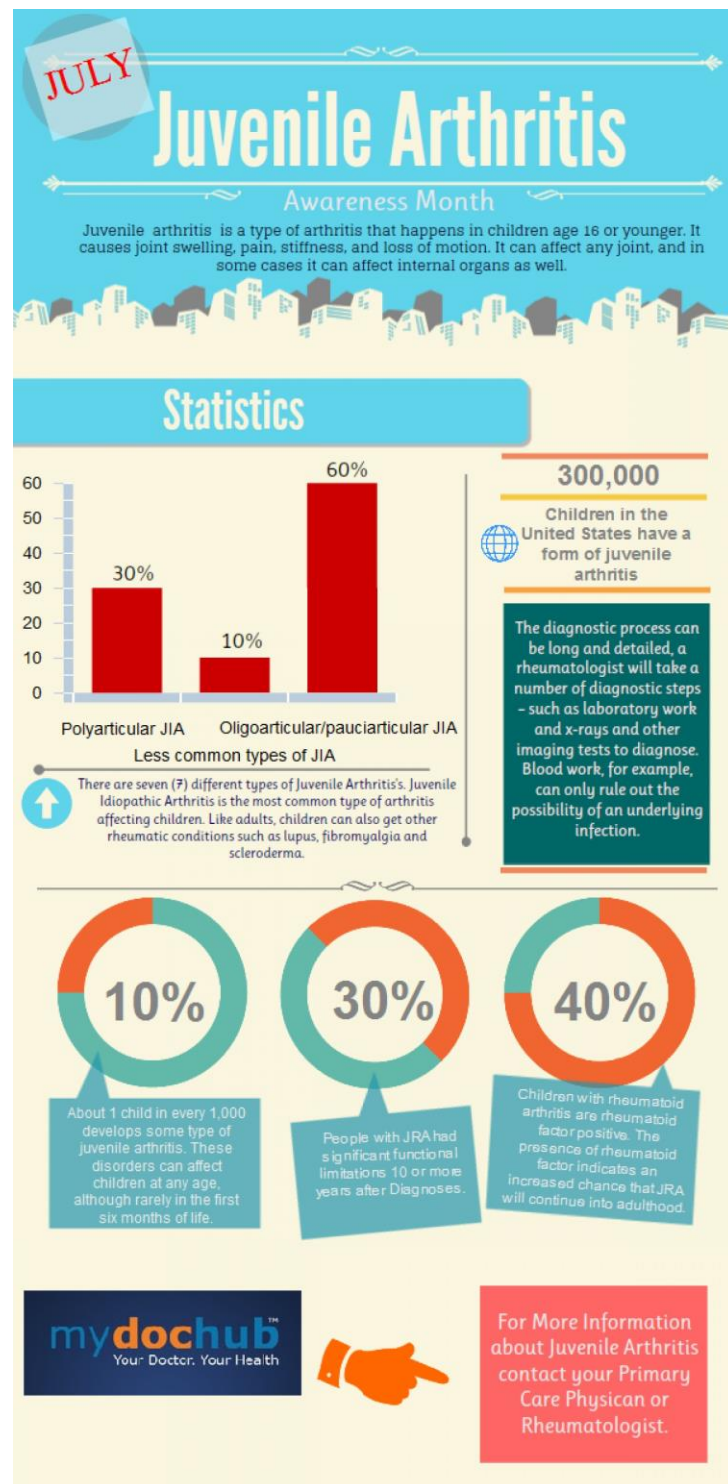
The slightly better news is that during this roughly 20-year period, the death rate related to AORC diseases fell 25-percent from 1.2 deaths per million to 0.9 deaths per million, according to the CDC. These deaths are more common among females than males, according to HealthLine.com, which paints a somewhat bleaker picture regarding JA mortality rates.



### 6. Juvenile Arthritis is Treatable

The treatments used for Juvenile Arthritis focus on improving quality of life for young people, according to the Mayo Clinic. In some cases, pain medication is the solution, but in some cases anti-inflammatory drugs (NSAIDs) are used.

Doctors may also prescribe DMARDs, a family of drugs that are designed to slow the progression of the juvenile arthritis. Chemotherapy drugs have also been used to battle JA, although in lower doses than when treating cancer patients. Physical therapy may also be part of the treatment plan to help maintain your child's flexibility and maintain muscle tone.





## What Is Hepatitis?

Hepatitis is an inflammation of the liver. It may be caused by drugs, alcohol use, or certain medical conditions. But in most cases, it's caused by a virus. This is known as viral hepatitis, and the most common forms are hepatitis A, B, and C.

### What Causes the Different Types?

The type of virus that's causing your hepatitis affects how severe your disease is and how long it lasts.

**Hepatitis A.** You usually get it when you eat or drink something that's got the virus in it. It's the least risky type because it almost always gets better on its own. It doesn't lead to long-term inflammation of your liver.

Even so, about 20% of people who get hepatitis A get sick enough that they need to go to the hospital. There's a vaccine that can prevent it.

**Hepatitis B.** This type spreads in several ways. You can get it from sex with someone who's sick or by sharing a needle when using street drugs. The virus also can pass from a mother to her newborn child at birth or soon afterward.

Most adults with hepatitis B get better, but a small percentage can't shake the disease and become carriers, which means they can spread it to others even when their own symptoms disappear.

**Hepatitis C.** You get this type if you have contact with contaminated blood or needles used to inject illegal drugs or draw tattoos.

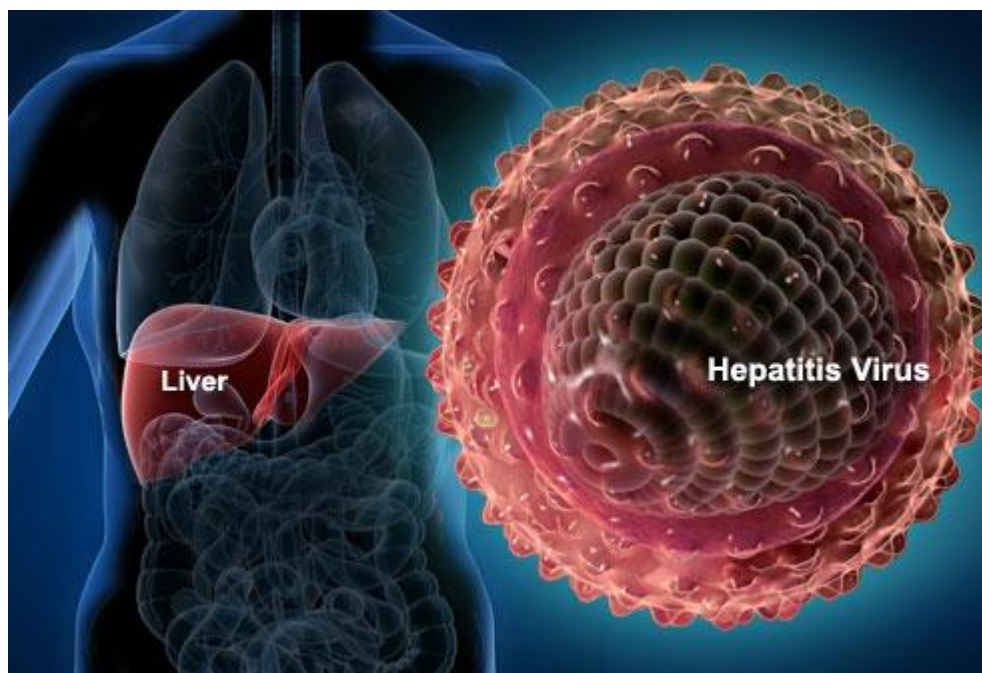
Sometimes you don't get any symptoms, or just mild ones. But in some cases hepatitis C leads to cirrhosis, a risky scarring of your liver.

**Hepatitis D** happens only if you're already infected with hepatitis B. It tends to make that disease more severe.

It's spread from mother to child and through sex.

**Hepatitis E** mainly spreads in Asia, Mexico, India, and Africa. The few cases that show up in the U.S. are usually in people who return from a country where there are outbreaks of the disease.

Like hepatitis A, you usually get it by eating or drinking something that's been contaminated with the virus.



## Heat, Humidity, and Asthma Symptoms

Hot, humid air may trigger asthma symptoms like coughing and shortness of breath. Keep summer asthma symptoms at bay with these tips.

### Tips for Surviving Summer Asthma

Many of the strategies you can use to prevent summer asthma symptoms from flaring are the same ones you would apply to stay comfortable:

- **Keep your cool.** If you have asthma, try not put yourself in situations where you would have to inhale very hot air. This may be tough if you have a job that requires you to be outside in the heat, but consider asking for another task assignment if it's possible to spend the hottest days or the hottest parts of the day in an air-conditioned space.
- **Check in with your doctor.** You'll know fairly soon if hot, humid air poses a problem for your asthma control. The researchers who studied the effects of hot air saw asthma symptoms occur within as little as four minutes of inhaling the hot and humid air. Don't feel as though you have to endure worsening symptoms. Talk to your doctor about possibly changing your medication dose or scheduling, at least until the weather cools down.
- **Get allergies under control.** If you suspect that you're allergic to a summer trigger, such as mold or grass pollen, ask your doctor about getting tested and taking allergy medications. This will prevent an asthma exacerbation caused by an undiagnosed allergy. Also discuss ways to limit exposure to those allergens that trigger your asthma.
- **Pay attention to the air quality index.** Tune in to local news and weather programs that offer air quality information in the mornings so you can plan your day. Smartphone users can download a new "State of the Air" app from the American Lung Association, available for iPhones and Androids. You can also check air quality online. If air quality is poor, try to stay inside or, if you'll be driving, keep the windows closed and the air conditioning set to "recirculate" so you don't pull pollutants into the car from the outside.
- **Stay indoors on hot, humid days.** If going out into the sauna-like summer is too much for your asthma, stay inside with the air conditioning on, especially during the heat of the day.
- **Run errands early.** On days when heat, humidity, and air quality are going to be unpleasant, try to take care of any must-do errands early in the day, before the uncomfortable conditions set in.
- **Be careful at the pool.** Swimming is a recommended exercise for asthmatics, and in the summer it reduces your chances of becoming overheated. However, some people find that their summer asthma symptoms are triggered by the chlorine added to most pools for water safety. If chlorine triggers symptoms in you, find another activity or exercise program, such as an indoor fitness class.
- **Keep indoor humidity low.** Even if you can't control the weather, you can control your home environment. Set your indoor humidity to 50 percent or lower to cut down on dust mites, mold, and humidity-related allergens that grow in warm, moist environments.

## Benefits of Ice Cream

There is no denying that ice cream isn't exactly a health food. Its main ingredients are cream, milk, sugar and flavoring. That being said, ice cream does provide your body with a handful of key **nutrients**, including bone-strengthening **calcium** and **phosphorus**, blood-pressure-lowering **potassium** and energizing **B vitamins**.

### HOW TO MAKE HOMEMADE ICE CREAM IN A BAG

#### What You'll Need

- Ice Cubes
- 1 cup half and half
- 1/2 cup Kosher salt
- 2 tablespoons sugar
- 1/2 teaspoon vanilla extract
- 1 pint-size ziplock bag
- 1 gallon-size ziplock bag
- Any of your favorite ice cream mixins



#### Serves 1

**Step 1: Measure Ingredients:** Combine the half and half, sugar and vanilla extract in the pint-size bag. Seal the bag tightly, so that none of the liquid will leak out.

**Step 2: Prep Ice Bag:** Fill the gallon-size ziplock bag halfway with ice cubes. Sprinkle Kosher salt over the ice cubes.

**Step 3: Zipping Bags:** Insert the pint-size bag filled with ingredients into the bag of ice and salt. Seal the gallon-size ziplock bag. If the bag begins to leak, don't hesitate double bagging it to reduce the mess.

**Step 4: Shake It Up!** Shake the bag for 5-10 minutes until the ice cream mixture begins to harden. Feel the small bag to determine the consistency of your ice cream. Once satisfied with the consistency, remove the small bag from the bag of ice.

**Step 5: Enjoy!** Open the small ziplock bag and add any desired mixins that you want. Feel free to eat the ice cream right out of the bag or, if you prefer, scoop it into a bowl.



#### resources this issue

Resources: <https://www.activebeat.com/your-health/children/6-facts-on-juvenile-arthritis-for-awareness-month/>  
<https://www.webmd.com/hepatitis/ss/slideshow-hepatitis-overview>  
<https://www.webmd.com/hepatitis/understanding-hepatitis-basics>  
<https://www.everydayhealth.com/asthma/heat-humidity-and-asthma-symptoms.aspx>  
<http://www.instructables.com/id/How-to-Make-Homemade-Ice-Cream-in-a-Bag/>