

# Spotlight Deliverance Temple

Bishop F. Stephens, Sr., Overseer

Elder Phillip K. Jackson, Sr., Pastor

## September 2011

**Mark 11:24** "Therefore I say to you whatever things you ask when you pray, believe that you receive them, and you will have them." Surely this includes healing!

## NURSES' UNIT NEWSLETTER



What You Need To Know About

### Sickle Cell Anemia

Health Awareness Monthly Calendar: September

National Sickle Cell Month  
Ovarian Cancer Awareness  
Reye's syndrome Awareness  
Prostate Cancer Awareness  
Sports and Home Eye Safety Month

### SICK AND HOMEBOUND

*Our prayers are with you...*

Mother Gibson, Sister Terri Tramel, Sister Mishell Bailey,  
Mother Moore, Sharena Vorters, April Crump, Robert Gibson,

#### PRAYER OF THE MONTH Prayer for God's Healing Presence

Dear Lord,

Touch my heart with hope, touch my mind with clarity, touch my soul with peace and touch my body with the warmth of your healing presence. Lord grant me courage to face the future, insight to understand life's trials, wisdom to discern how I can touch the lives of others and comfort of people who care about me as I reach for your loving hand. In Jesus name, Amen!

**Warning!** Do not use this information to self-diagnose. It is intended to complement, not substitute for the advice of your own physician. You should consult with your doctor, who can discuss your individual needs, symptoms and treatment

#### **A WORD OF CAUTION:**

Please do not ask our church nurse for medical advice or to hand out any medications. Only a doctor is qualified to diagnose and prescribe treatment

Sickle cell anemia is an inherited disorder in which the pigments in the red blood cells that carry oxygen are abnormal. This abnormal pigment is called hemoglobin S which causes a premature breakdown and destruction of red blood cells, and clogging of small blood vessels.

This disease which occurs primarily among Blacks causes painful sickle cell crises throughout life and damages tissue throughout the body. It can also cause pain in the bones and abdomen, slow or cause abnormal growth, weakness, fatigue, pallor, shortness of breath and rapid heartbeat.

The cause of sickle cell anemia is the inheritance of sickle cell genes from both parents. Neither of the parents has to have the actual disease itself, but if both carry a sickle cell trait (which can remain unknown without testing because it will not develop into the actual disease) there is a chance of their offspring developing the disease. For this reason Black couples should always get tested for the trait before having children.

Currently treatment for patients is aimed at easing pain during crises since there is no scientific cure for the disease. Due to improved treatments and care, people who have sickle cell anemia are now living into their forties, fifties or longer. For more information go to [www.sicklecelldisease.org](http://www.sicklecelldisease.org)

U.S. Department of Health and Human Services

Check out our bulletin board in the dining area. Each month you will find a new health subject. If you would like the Nurses' Unit to research a health subject of your choice, we will be glad to do so. Please inform Sister Gloria Legette, R.N.