

Wesley Nurse Corner:

3 John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

Dear LWMUMC Family,

In June we have Cancer Survivor awareness day. Sunday, June 5 is National Cancer Survivor day 2022.

The theme of the day is “A celebration of life” and this day noted is to honor those who have a history of cancer, and those who support them. A survivor (per the National Cancer Survivors Day Foundation), is defined as anyone who has a history of cancer, from first diagnosis to the remainder of their life, all are considered a cancer survivor. On this day we try to honor the strength and courage of those living with a history of cancer, and to also acknowledge the researchers, patient care providers, friends, and families who have made contributions to cancer and those experiencing it. More information can be found at: <https://ncsd.org/organize-an-event/>

As our weather gets warmer and drier, we all need to make sure we are replacing our fluids. It is important to replace fluids lost through breathing and perspiration in addition to our normal losses. Many times, people do not notice they are thirsty or mistake thirst for hunger. Most of us need to drink more fluids, however, if your Medical Provider has put you on a fluid restriction, it is important you follow their instructions carefully. People with no prescribed fluid limitations need to prevent dehydration and promote hydration during the summer months and all year. Caffeine containing drinks such as sodas, coffee, and tea all can contribute to increased urination and dehydration. If they are consumed in moderation and in addition to water or other healthy fluids, they are often considered useful to be included in hydration. In large amounts, or if they replace water intake, they are considered detrimental. One is also advised to use caution with alcohol or energy drink consumption as they do significantly impact hydration and urine output. They are not considered beneficial to hydration, and if consumed, they should be taken in small amounts and paired with larger amounts of water to maintain hydration. If you are not a big water drinker, think about using some decaf, or herbal teas, or water flavorings (a twist of lemon or lime, flavor pouch etc.) in your water to help you enjoy increasing your water intake. For further information on dehydrating beverages and how to moderate consumption go to: <https://www.healthline.com/nutrition/dehydrating-drinks>

Water is important and remains the single best beverage to prevent dehydration. Other beverages can be consumed in addition to water if used in moderation. There are other contributing factors to dehydration, and depending upon circumstances, sport drinks or other electrolyte replacement may be indicated. Read more about the importance of water to preventing dehydration in this article:

<https://my.clevelandclinic.org/health/treatments/9013-dehydration>

Did you know? There is an old saying that “an ounce of prevention is worth a pound of cure.” A recent article discusses the benefits of breastfeeding in the reduction of cardiovascular disease. This is something preventive, that is both good for mom and for baby. **Research Highlights:**

- Women who breastfed at some time in their lives were less likely to develop heart disease or stroke, compared to women who did not breastfeed, according to a meta-analysis of previous studies.
- Breastfeeding was also associated with a lower risk of dying from cardiovascular disease for the women.
- Previous research has also noted that the maternal health benefits of breastfeeding are associated with a lower risk of developing Type 2 diabetes and some cancers.”

If you are interested in reading the article from the American Heart Association go to : <https://newsroom.heart.org/news/breastfeeding-reduces-mothers-cardiovascular-disease-risk-review-found>

Use citrus wedges in your water for flavor and Corn is the vegetable highlighted for the month:

Tamales are a Texas favorite and use a corn based “masa” flour. Corn can also be eaten on or off the cob, in corn casseroles, cornbread, or other family favorite recipes.

<https://www.healthline.com/nutrition/are-tamales-healthy>

This includes a basic how to prepare, easy recipe, as well as nutrition pros and cons of this favorite Mexican dish.

Try something new this month.

Your Wesley Nurse,

Bonita