

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,

As many as 1 out of every 7 people may have chronic kidney disease and may be unaware of this. In an effort to address this issue, the Wesley Nurse, LWMUMC, and the Texas Kidney Foundation are partnering to bring you a free "Kidney Health Check" screening event. This event will be providing general education and checks on blood pressure, blood glucose, blood creatinine, BMI, and an e-GFR. You will be provided information on your results and can discuss this with your provider. If any anomalies are found they will provide general guidance including following with your Health Care Provider and actions you can take to help promote your best health. COMING SOON! Watch for more information and directions on how to sign up for the event. SAVE THE DATE: It is planned for Thursday October 22, 2020. (It will be held at the Church in the parking lot and the Fellowship Hall: 800 Wright Street. You will be requested to wait in your car until you are called for your screening appointment. Masks will be required and personal distancing and other Covid-19 protective measures will be followed. If any known Covid 19 exposure or symptoms of illness one should cancel and stay home and follow CDC and Texas Department of State Health Services recommendations.) Event details and sign up should be available soon. You may contact the Wesley Nurse, Bonita, if you have further questions (325-267-6019 or 325-247-4011).

Nationally, we have recently celebrated contact lens health week. I would like to share a few reminders to help prevent eye infection/problems for contact wearers. Basic eye and hand hygiene tips apply to everyone but these tips are especially for those who wear contacts and are recommended by the CDC. You can follow here for additional information on healthy contact lens care and wear. <https://www.cdc.gov/contactlenses/infographic-one-pair-of-eyes.html>

Tips to help contact wearers prevent eye infections :

See your eye doctor yearly or more often if recommended or if having problems. Ask them how to care for your contacts and case.

General Rules for Contact Safety:

(Handwashing has always been important to prevent eye infections and is recommended prior to touching your eyes or contacts. It is even more important pay deliberate attention to proper handwashing at this time of Covid 19 infection.)

1. Wash and dry hands prior to touching the contacts. (or your eyes in general)

2. Avoid Sleeping in contacts (The exception would be if your eye doctor told you it was OK)
3. Remove your contacts before showering, hot tubs or swimming
4. Always use contact solution when you clean/rinse them and do not use spit or water.
5. Always store them in CONTACT SOLUTION (NOT water)
6. Replace contacts per your eye doctor's recommendation
7. Scrub and rinse your case daily with solution, dry it with clean tissues, store it upside down (caps off)
8. Replace your case every three months or more.
9. Never mix new solution with old (always use new solution for contacts or to disinfect your case)
10. Use only the recommended (by your eye doctor) solution.
11. Remove your contacts and phone your eye doctor to evaluate any eye redness, pain, or blurring of your vision
12. Be prepared- ALWAYS carry a pair of glasses with you in case you need to remove your contacts.

Another safety tip for our eyes is to remember to wear sunglasses to protect ones eyes from UV radiation. According to the CDC: (<https://blogs.cdc.gov/yourhealthyourenvironment/2018/06/25/summer-sun-safety-protect-yourself-from-uv-radiation-2/>) It is recommended to wear a wraparound type of sun glasses and one which will protect from both UVA and UVB radiation.

A fun and healthy recipe you may wish to try is the US Department of Agriculture My Plate lettuce wraps and pepper boats. You can find directions at :

<https://www.choosemyplate.gov/recipes/myplate-cnpp/fiesta-lettuce-wraps-and-pepper-boats>

This can provide a quick southwestern style meal (serves 4) which is nutritious and easy to prepare. Give it a try!

Your Wesley Nurse,

Bonita