

Health Promotion NEWSLETTER

Health Ministries Department of the Euro-Africa Division

<http://health.euroafrica.org/>

EDITORIAL

Dear colleagues and friends:

Are you prepared?

You may ask, prepared for what? There are people who are not prepared to live, or to study, to work, and some are not even prepared to die. When you ask someone to take over a special responsibility, or to give a lecture, it is quite rare to receive a quick and positive answer, "yes, I'm ready for it!" Isaiah was one of these special people. When he heard God's question, "Whom shall I send? And who will go for us?" he quickly replied, "Here am I. Send me!" (Isa 6:8) What an outstanding young man! The world needs more of this kind in order to make changes.

Did Isaiah know in detail what was expected from him? Certainly not. But he knew that when God calls for a task, He also provides the means to do it. The history of Moses, Joshua and many others testify about that.

Well, we are not asked to speak about something strange but about something we believe in personally, about our own convictions. The apostle Peter says, "Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have." (1 Pe 3:15) And that can happen at any time. That means that we need to be sure about what we believe, at any time and not to be ashamed of it.

He continues saying, "But do this with gentleness and respect." We shall not impose our ideas by force on other people, specially when it comes to health reform and lifestyle matters. Courtesy is always indicated! God will do the rest.

May God continue to bless your efforts and guide you with His Holy Spirit (Mar 13:11).

Yours, for better health

J. Hawlitschek

EUD Health Ministries Department

GLOBAL PARTNERSHIP IN NURSING

The General Conference Health Ministries Department in conjunction with the Loma Linda University Nursing School, are realizing special seminars in all continents in order to promote wholistic nursing care with the purpose to unite SDA nurses throughout the world in philosophy and mission. We, in the Euro-Africa Division, were privileged to host the international nursing seminar for Europe at the Theological Seminary in Cernica, Romania, from 9-12 July 2003.



Dr. Patricia Jones (left), Director, Office of International Nursing, and Lydia Cimpoeru, Loma Linda University Medical Center.

These extraordinary events are sponsored by the Ralph and Carolyn Thompson Foundation. Ms Thompson is a retired nurse herself, with a great missionary vision and love for all nurses worldwide.

There were nursing leaders and representatives from several nursing schools from west and east European countries. Among the special guests was Ms Gabriela Bocce, National Director

of Nursing from Romania. Her presence and stimulating speeches were a valuable contribution.

Besides listening to highly motivating lectures from our guests, about wholistic nursing care, the participants could also share their concerns and ideas at several workshops and round table discussions. We could realize that the opportunities and challenges of the nursing profession are quite similar all over different countries. While in the developing countries nurses suffer from lack of materials and equipment, in the developed countries nurses get exhausted by spending much time with bureaucratic reports. The human touch is still of great value for the patients in both situations and must be cultivated with effort.

It became evident that the nursing profession must be upgraded to make full use of its potential. However, we must not wait until political or social circumstances improve. Each nurse must take his/her own initiative to show the best side of nursing care. Christian nurses constitute a powerful army to alleviate human suffering and to impart new hope to many discouraged people. As channels of God's love, "nurses will not only leave *handprints* but also *heartprints*" in the patients they care for, as Dr. Pat Jones well said in her closing note!

FACTS

Tobacco and alcohol hinder the healing of wounds

People who are scheduled for a surgical intervention should absolutely stop smoking and stop drinking alcohol several weeks before the planned intervention. In fact, tobacco and alcohol can seriously slow down the healing process, as has been shown in several studies.

Source: Moller, AM et al: *Effects of preoperative smoking intervention on postoperative complications*. Lancet 2002; 359, 114-117

Passive smoking doubles the risk for heart disease

The only safe way to protect non-smokers from passive smoking is to provide a smoke-free environment in public, at the work place, and at home. A new study that was presented in 2003 at the European Cardiology Society in Vienna confirms this request.

According to this study, the risk of suffering a heart disease increases 15% in only five years and doubles after 30 years of passive smoking.

Source: Demosthenes Panagiotakos et al., *Even a little second-hand smoke is dangerous for the heart: the CARDIO2000 study*, Press Release, European Society of Cardiology Congress 2003

Pains caused by smoking

Smokers suffer frequently from pains in their back, neck, and extremities. The risk of having such pains is higher during normal occupational work, domestic activities, and even at recreation. The risk can be up to 1.6 times higher compared to people who never smoke.

Source: KT Palmer et al, *Smoking and musculoskeletal disorders: findings from a British national survey*, in Annals of the Rheumatic Diseases 2003.

Eating Breakfast Helps to Prevent Obesity and Diabetes

"Your mother always told you to eat your breakfast." Now we know some of the reasons why it's good for us. Eating breakfast has beneficial effects on appetite, insulin resistance, and energy metabolism. An 8 year study including 2,059 men and women (part of the CARDIA study) looked at breakfast habits and risk of developing obesity or insulin resistance syndrome (a precursor to diabetes).

Over the 8 years, white men who ate breakfast daily were 39% less likely to become obese, and 37% less likely to develop insulin resistance syndrome compared to those who didn't eat breakfast regularly. White women were 55% less likely to become obese and 53% less likely to develop insulin resistance syndrome if they ate breakfast daily. These amazing reductions in risk of obesity and insulin resistance include adjusting for exercise patterns, smoking, alcohol use, and demographic data.

In addition to breakfast frequency, the quality of breakfast was also important. For example, whole grain breakfast cereals were associated with a reduction in insulin resistance, whereas refined cereals were not.

Eating a good breakfast is one way to help to prevent obesity and insulin resistance which leads to diabetes!

Source: Pereira MA et al. *Reported breakfast habits and incidence of obesity and insulin resistance syndrome: The Cardia Study*, Circulation, P35, Feb 25, 2003

Physical Activity Cuts in Half Risk of Mortality

Another study confirms the strong relationship between physical activity and survival¹. This study looked at the physical activity habits of 9136 Puerto Rican men for 12 years. They found that those men who were most active (top 25%) had 46% decrease in mortality from any cause compared to sedentary men (after adjusting for age). This same protective relationship of physical activity was also observed in overweight and obese men. Over 1100 men were obese (BMI 30+). When you looked at the obese men who were most active, their mortality rate for the 12 years was 56% less than sedentary obese men. These are amazing differences! These data show that regular physical activity is a strong predictor of survival, even in overweight individuals. If you can't get skinny, at least exercise regularly. You may cut in half your risk of dying in the next 12 years.

Source: Carlos Crespo DrPH, et al. *The relationship of physical activity and body weight with all-cause mortality*, Annals of Epidemiology Nov 2002; 12:543-52

FADS AND QUESTIONS ON NUTRITION

Acrylamide in foods - the new toxin

In the preparation of food several byproducts are formed. Some foods obtain a brown color by heating as a result of a chemical reaction between glucose (present in sugar) and aminoacids (components of proteins). This reaction is called the Maillard-reaction in honor of Louis Camille Maillard, who discovered such substances. These brown colored substances are desired in many instances by the food industry because of their characteristic aroma.

However, some of these substances are quite toxic and carcinogenic. One example is **benzopyrene**, which is produced in the combustion of tobacco in the cigarettes, and as a result of frying meat. Another such substance is **acrylamide**, which was found abundantly in fried potatoes, overheated granola, roasted bread, and specially in coffee. Remember that acrylamide gives the dark brown color to these foods. Acrylamide is not present in natural foods.

Acrylamide in high doses damages the central nervous system. It also produces cancer and damages the genes. This substance is soluble in water and is easily distributed in the body through the blood circulation. Experts suspect that it passes also to the mothers' milk.

The World Health Organization (WHO) recommends not to surpass an intake of more than 1 microgram per kilo body weight per day. A 10 year old child weighting 33 kg that eats 1 bag of fried potatoes (200g) ingests about 1000 micrograms acrylamide, which is 6 times the maximal daily allowance.

In recent analysis of different kinds of bread it was found that the brown exterior crust contains a high amount of acrylamide. This substance is also found in cookies and other highly heated foods as mentioned before.

Content of acrylamide in different foods (micrograms/kg)

Bread	30-60
Crisp bread	370-1900
Zwieback	20-35
Pommes frites	1500
Potato chips	2300
Potato flakes	20-100
Breakfast cereals	100-1400
Dry fruits	<30
Coffee (powder)	200-300
Coffee (liquid)	170
Caramel candies	<20
Egg fried	<30
Cookies	60-1090

To keep the ingestion of acrylamide low it is therefore recommended to:

- ! minimize the ingestion of potato chips
- ! avoid toasting bread and granola too dark
- ! avoid baking or frying with temperatures over 170 °C
- ! avoid drinking coffee and dark roasted substitutes

For more detailed information see also the following websites:

<http://www.dvg-online.de/Stellungnahmen/Stellungnahmen.html>

<http://www.bag.admin.ch/verbrau/e/index.htm>

REPORTS FROM THE FIELD

Health Weeks in Slovakia

"Thank you very much for the Health Advisory CDs you sent me. These are again excellent materials that will help our ministry very much.

In July we had again our Summer Health Retreat with 130 participants.

We also received 5 sets of the Health Expo panels - one set has already been used with success. It was on May 28, 2003 in Trencin, at 'Health Days', where we had our booth, measuring body fat and blood pressure, selling literature, promoting the NEW START program, and inviting people to visit our local Health Club. People's reactions were very positive. We even screened 4 people with a very high risk of cardiovascular disease because of their high blood pressure. They were immediately sent to their GPs.

I hope that the work in Slovakia will continue with the help from above and that the Medical missionary work will become the right hand of the Personal Ministry's evangelism."

Sent by Bohumil Kern, Health Ministries Director, Slovakia.

LITERATURE & MATERIALS

"Diet, Life Expectancy, and Chronic Disease", by Gary E. Fraser, Oxford, 2003.

This book explains the methods used in the different Adventist Health Studies (and other studies on vegetarians) and points out the newest findings. If you are looking for scientific data to support the inspired counsels of E.G. White, then this is the right book for you. The language is easy to understand. It is a great resource book for every Health Ministries leader.

ISBN 0-19-511324-1

Price: US 60,- (special prices may be obtained initially by ordering through the Health Department.)

Adventists and addictions

Addictions are often denied within our church. However it becomes more evident that there is a need to address this issue with openness and respect.

An entire issue of the Adventist Review was dedicated to this important matter. It is filled with professional articles and can be downloaded from <http://www.adventistreview.org/> (see "past issues" and look for July 31, 2003).

We suggest you to write an article for your local church paper or journal.

CONVENTIONS AND SEMINARS

NEWSTART programs in Romania

All year round. There are also special programs for German-speaking groups and soon for English-speaking groups as well.

Place: Health Promotion Center in Herghelia.

☎ +40-65-324 010

Fax +40-65-168 007

E-mail: herghelia@fx.ro

AMALF Congress, France

Date: 07-10 November 2003

Place: Paris

Subject: Obesity.

☎ +33 (0)2 31 80 63 38

Loma Linda School of Public Health

The annual congress "Healthy People" will be from 9-12 March 2004.

Special topics are: Spirituality and Health. Culture in Health Care. Child Health.

For program details and registration see the internet: www.llu.edu/llu/sph/cpe/events.html

German Nurses Congress (Friedensauer Schwesternschaft)

Date: 04-09 May 2004, Waldpark, Germany

Topics: Wholistic care in nursing. Prayer with patients. Conflict resolution.

☎ +49-711-4481950

E-mail: zentrale@dvg-online.de

KEY DATES 2003



December 1 World AIDS Day
Distribute the SDA AIDS-pamphlet.
Focus on Biblical principles of prevention.

THOUGHT OF THE MONTH

"Great opportunities to help others seldom come, but small ones surround us every day."

Sally Koch

The *Health Promotion* NEWSLETTER is a quarterly report about new health promotion materials, conventions, important addresses, working strategies, etc. For best effectiveness we kindly ask you to share such information with your co-workers and also to supply to our department pertinent information to be published. Let us unite in the proclamation of God's health message!

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International Nursing Congress
9-12 July 2003 - Cernica, Romania



Panel discussion about the need and benefits of wholistic care.

From left to right: Roxana Cazan (Romania), Betty Winslow (LLU), Gabriela Bocsec (national leader of nursing in Romania), Lydia Cimpoeru (LLU Medical Center), Adalgita Constantinescu (Braila Nursing School), Patricia Jones (General Conference and Loma Linda), Teodora Gheorghita (Hergheia Health Center).



▲ Sister Carolyn Thompson (left) receiving a certificate of recognition for her outstanding support of the wholistic nursing care program.



▲ Sister Zvezdana Crnogorac (left), Director, Nursing School of the Adriatic Union College, Croatia, presents the structure and plans of her institution and explains how spiritual care is integrated in their nursing program.

Notice: These pictures are available as JPG files and can be sent to you via e-mail upon request.