

## **Health Ministry Team News**

*Your faith has made you whole.* Lk. 48:8

Thanks to all parishioners, nurses, helpers who contributed to making SEAS a healthier parish. Our blood pressure screenings have helped some at SEAS to improved health as you can see below.

### **BLOOD PRESSURE STATS for SEAS 2007-2008**

<b>TOTAL NUMBER OF PEOPLE SERVED</b>	<b>111</b>
<b>TOTAL NUMBER OF BPs TAKEN</b>	<b>144</b>
<b>TOTAL FOLLOW-UP CALLS</b>	<b>18</b>
There may be a few more done soon	
<b>NUMBER OF NEW MEDS STARTED OR CHANGED</b>	<b>9</b>
<b>LIFESTYLE CHANGES with improved BP</b>	<b>5</b>
<b>BP IMPROVED SINCE 1<sup>ST</sup> SEEN AT SEAS</b>	<b>11</b>
<b>NEW DIAGNOSIS OF NEW DISEASE</b>	<b>3</b>
<b>REFERRALS TO MD</b>	<b>30</b>
<b>REFERRAL TO ER</b>	<b>2</b>
<b>RECOMMENDED BP RECHECKS</b>	<b>19</b>

### **TOPICS DISCUSSED:**

**DIET**  
**EXERCISE**  
**SODIUM INTAKE**  
**MEDICATION**  
**SLEEP**  
**ALCOHOL**  
**WEIGHT LOSS**  
**CAFFEINE**  
**SMOKING**

### **OTHER**

MD f/u suggested taking a daily BP at home  
Several report they started checking BP at home regularly  
Many expressed gratitude for this ministry

*“Sing to the Lord a new song of praise in the assembly of the faithful.”* Ps. 149:1