

BIBLICAL COUNSELING MINISTRY

MOUNT ZION BAPTIST CHURCH OF GREENSBORO, INC.

Topic: Mental Health Awareness - Medications

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“Our mental health may be determined by how we treat our Temple (I Cor 6:19) whether in taking medications, exercising, eating habits, and eliminating “some” of the stress (stressors) in our lives can be directly linked to how we Bless the Body of Christ.”

Marvin Hall

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Preface

I. Orientation of Publication

The Biblical Counseling Ministry has been and will continue to hold Biblical Counseling classes to address how to handle problems that may arise within and outside of our church. So the classes will continue to be the Core of our ministry to edify the Body of Christ. In addition, with our efforts to continue to serve the body with facilitation of classes, we will do more outreach work with other ministries, leaders, and parishioners within our church and the community at large. With this view in mind, this publication can be a cornerstone as to how the Biblical Counseling Ministry will continue to make a difference in the Emotional, Physical, and Psychological well being of the Body of Christ.

II. Overview for Mental Health Awareness - Medications

As Christians, many in the body of Christ ingest various medications as prescribed by medical doctors and other mental health practitioners. This being the case, it is important to identify and recognize the fact that medications can treat and possibly control or cure many acute and chronic health problems. But, it is also important to know that medication errors account for at least 7,000 deaths in the United States per year. Also, it is determined that around 800,000 patients are emotionally, physically, or psychologically injured because of medication errors per year. Even when taking the correct medication and dosage, one must be cognizant of the fact that many medications have powerful ingredients that may interact within the human body in various ways. The interaction of medication in our body can be enhanced, inhibited, or neutralized to the point of making the medication(s) less effective with possible side effects.

With over 4 billion retail prescriptions dispensed in the United States yearly, medication mix-ups are increasing as the number of medications grow each year. "Part" of the reason for these mix-ups is that many medications have names that sound similar. When medications are phoned in to drugstores, names like Covera (a drug for hypertension) and Provera (for hormone replacement therapy) are easily confused. This is more of a marketing problem because pharmaceutical companies like to advertise their medications with "power" sounds like K's (Keflex and Kemadrin), X's (Xanax and Xanthine), and Z's (Zantac and Zoloft). These mix-ups also are attributed to "typos" on labels placed on medication containers (bottles) with incorrect medications and/or doses.

As our emotional, physical, and psychological lives are impacted daily, it is important to remember pertinent information as it relates to the administering of medications.

Some Statistics on Medications

- The No. 1 problem in treating illness today is one's failure to take prescription medications correctly, regardless of age.
- 10 percent of all hospital admissions are the result of individuals failing to take prescription medications correctly.
- 23 percent of all nursing home admissions are due to patients failing to take prescription medications accurately.
- At any given time, regardless of age group, up to 59 percent of those on five or more medications are taking them improperly.
- The average length of stay in hospitals due to medication noncompliance is 4.2 days.
- More than half of all Americans with chronic diseases don't follow their physician's medication and lifestyle guidance
- Two-third of all Americans fail to take any or all of their prescription medicines.
- 32 million Americans are taking three or more medications daily.
- Almost 29 percent of Americans stop taking their medicine before it runs out.
- 22 percent of Americans take less of the medication than is prescribed on the label.
- 12 percent of Americans don't fill their prescriptions at all.
- 12 percent of Americans don't take medication at all after they buy the prescription.

Some Statistics on Lifestyle Compliance

- From 1997-2001, an estimated 438,000 Americans died each year of smoking-related illnesses, and 34.7 percent of these deaths were cardiovascular related.
- Americans eat about 34 percent of their calories as fat, increasing their risk of developing high cholesterol.
- About 145 million American adults age 20 and older are considered overweight or obese, and of these more than 74.1 million are considered obese.
- More than half of all Americans with chronic diseases don't follow their physicians medication and lifestyle guidance.
- About 50 percent of men and 68 percent of women recognize regular medical checkups as important to staying well.
- Only about 31 percent of American adults report regular leisure-time physical activity.

Some Statistics on Physical Activity and Cardiovascular Health

- Cardiovascular disease (CVD) is the No. 1 killer in America. In 2005, 865,000 Americans died of CVD, accounting for about 35 percent of all deaths.
- Lack of physical activity is a risk factor for heart disease.
- Scientists haven't found a direct link between regular exercise and stroke. But they do know that exercise reduces the risk of other health problems, such as heart disease, which can contribute to stroke.

Some Statistics on Physical Activity and Cardiovascular Health *cont'd*

- The relative risk of coronary heart disease associated with physical inactivity ranges from 1.5 to 2.4, an increase in risk comparable with that observed for high cholesterol, high blood pressure or cigarette smoking.
- Surveys show that 30.8 percent of Americans age 18 or older engage in regular leisure-time physical activity.
- In 2007, 57.7 percent of male high school students and 49.4 percent of female high school students attended PE classes but only 33.2 percent of males and 27.3 percent of females attended classes daily.

Some Statistics on High Blood Pressure

- High blood pressure (hypertension) was the underlying cause of death for 57, 356 Americans in 2005 and a primary or contributing cause of about 319,000 deaths.
- One in three adults has high blood pressure.
- The cause of 90 percent to 95 percent of the cases of high blood pressure isn't known; however, this disease is easily detected and usually controllable.
- In 2005 the death rates per 100,000 population from high blood pressure were 15.8 for white males, 52.1 for black males, 15.1 for white females and 40.3 for black females.

III. Summative Information for Mental Health Awareness – Medications

Statistics have proven that millions of people skip or do not take medications correctly. Sometimes they quit taking it altogether which can impact their lives with dire consequences. Stress(stressors) experienced on a daily basis can probably be solved with a peaceful retreat to points of interest such as leisure activities. Without leisure activities it could lead to chronic illnesses that may manifest itself emotionally, physically, or psychologically.

To avoid this is to remember “Some” tidbits. They are as follows:

- Before leaving the doctor’s office with a new prescription, ask detailed questions including: How and when do I take this? When do I quit? What food, drink, other medicines or activities should I avoid while using this medicine? What is it supposed to do? How do I know if it’s working? What are its possible side effects?
- Bring to each doctor’s appointment a complete list of all prescription and nonprescription medicines you take, so the doctor can check if a planned new drug will interact badly with an existing one. If you use one pharmacy exclusively, the pharmacist can print out a prescription list for you.
- If you have problems understanding the instructions that come with the medicine, ask the pharmacist for help. There may be a simpler brochure, large-print instructions, or translations into languages other than English.
- If you forget doses get information on setting up pill boxes at the beginning of each week with morning, noon, and night doses in separate compartments.

Technology that is under development will include talking pillboxes that sound an alarm when doses are missed.

- Wording “could be” confusing

Take two tablets twice daily. Does this mean a total of two, or a total of four? A more clear instruction could read: Take two tablets in the morning and two tablets at night.

- Remember:

Unless told by your physician that it is okay, never orally take medications with coffee, grapefruit or orange juice, or sodas. When water is not available, swallow medication whole with the natural assistance of saliva.

IV. **A Proven Strategy For Medications and Mental Health**

“Meditation/Prayer can help with the Administration of Medications”

Meditation/Prayer has been around for as long as we all can remember. Most people recognize meditation/prayer as a spiritual practice and they often neglect to see the health benefits of the art of meditation/prayer. How does meditation/prayer help? Many doctors today are implementing meditation/prayer into the treatment plans for life threatening diseases as well as reversing mental illnesses. There just seems to be no end to the great benefits of meditation/prayer.

How does meditation/prayer help you medically? Meditation/prayer can lower your oxygen consumption and it can even assist in decreasing your respiratory rate, which can help with many different types of lung conditions as well as relaxation. It can also be very helpful for heart patients as it helps to increase the patient’s exercise tolerance, making their muscles and heart stronger. Using meditation/prayer daily can help you to build your immune system as it increases the activity of the natural-killer cells that kills the bacteria and germs which can reduce your chances of catching viruses and possibly lower emotional distress.

Lastly, meditation/prayer is highly regarded and recommended as a part of one’s daily regimen which can help in many ways when dealing with medications. When we bless ourselves with knowledge, we can be a blessing to the body of Christ in advocating not only about medications, but also mental health as well.

(“Study to shew thyself approved unto God, a workman that needed not to be ashamed, rightly dividing the Word of truth”). II Timothy 2:15 KJV

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Disclaimer

This Publication of Medications is not intended to stipulate that people should or should not adhere to taking medications of any kind, but only to Bless the Body of Christ to present our Temples (Body –Mind-Spirit) before God with excellence at all times.