



## The Ten Commandments For Healthy Living

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### I. Know the Conditions

- **What are the most prevalent medical conditions?**
- **Is there malaria?**
- **Are there modern, reliable medical facilities?**
- **Can you purchase the medications you need?**
- **What do you need to bring to stay well?**



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### II. Be Physically Fit to Serve

- Fitness includes:
  - Physical Health
    - Exercise
    - Healthy Eating
  - Spiritual Wellness
    - Regular devotions
    - Time alone with God
  - Emotional
    - Recreation
    - Fun/Humor



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## II. Be Physically Fit to Serve



"After an hour of aerobics, the least you could say is I'm looking good—not 'You're dripping wet!'"



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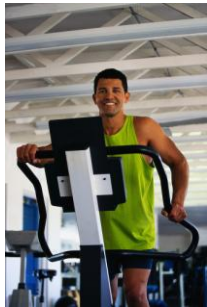
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## Commitment to Fitness

- AGWM commitment to fitness includes allowing up to \$300/year toward an exercise machine or health club membership.



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## Healthy Eating



- Avoid Fad Diets
  - Try for well-balanced, low fat, high fiber diets.
  - Remember to drink lots of fluids in dry climates

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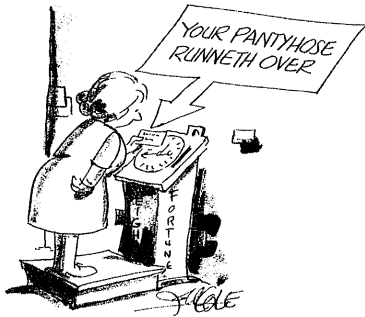
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## Healthy Eating



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## III. Be Medically Prepared to Go



- Complete Physical Exam
- Dental Care with Full mouth x-rays on file with medical services
- Eye Exam – Copy of your prescription on file with medical services



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**Baseline Mammogram**



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## Plan Ahead

- Take prescription meds for six months
- Take small medical kits/first aid for family use
- Arrange for shipping of medications that you cannot get
- Take syringes for the family in less developed destinations



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## Plan Ahead

- Develop an emergency plan before you have one
- Caring Connection has personnel on call for emergencies – 417-863-7717
- If you have an unusual medical condition, take your records with you



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## Emergency Numbers

- Dr. Jim Blessman – 515-249-9722  
[doc@blessmanministries.org](mailto:doc@blessmanministries.org)

Dr. Deb Highfill  
[dhighfill@ag.org](mailto:dhighfill@ag.org)



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## IV. Be Wise - Immunize

- A. Required Vaccine
  - **Yellow Fever – Check with centers for disease control to see if yellow fever is required in your country**

<http://www.cdc.gov/travel/>



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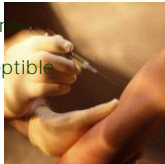
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## Immunizations

- **B. Recommended Vaccines for adults - All Destinations**
  - ✓ Tetanus-Diphtheria Vaccine (all adults, every 10 years)
  - ✓ Influenza (Flu) Vaccine (adults 50 and older)
  - ✓ Pneumococcal Vaccine (adults 65 and older)
  - ✓ Hepatitis B Vaccine
  - ✓ Measles-Mumps-Rubella (MMR) Vaccine (susceptible adults)
  - ✓ Varicella (chickenpox) Vaccine (susceptible adults)



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## Immunizations

- **B. Country Specific Vaccines that may be recommended:**
  - ✓ Hepatitis A
  - ✓ Meningococcal
  - ✓ Typhoid
  - ✓ Rabies
  - ✓ Japanese Encephalitis
  - ✓ Yellow Fever



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## Screening Prior to Immunizations

- Pregnant or seeking to be
- Immune system suppressed
- Living with someone who is immune-suppressed
- Allergic to eggs or chickens
- Allergic to Mercury or thimersol
- Allergic to neomycin or streptomycin
- Use antacids daily, surgery for ulcer or inherited lack of stomach acid.



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## Malaria Prevention



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## Malaria Prevention

- Check with for which type of anti-malaria medication you need:

<http://www.cdc.gov/travel/>

- Most common drugs
  - Chloroquine
  - Malarone
  - Mefloquine
  - Doxycycline



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### Coma in Cerebral Malaria



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### V. Protection from Environmental Hazards

- Sun, Cold and Heat Exposure
- Mosquitoes/Ticks/Insects
- Pollution



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## Sun Exposure

- Skin cancer incidence high in missionaries
- Sun exposure is cumulative
- Use sun screen with at least 15 spf
- Wear hats to keep sun off face
- Cover exposed skin in extreme heat
- Use sun glasses to prevent early cataracts




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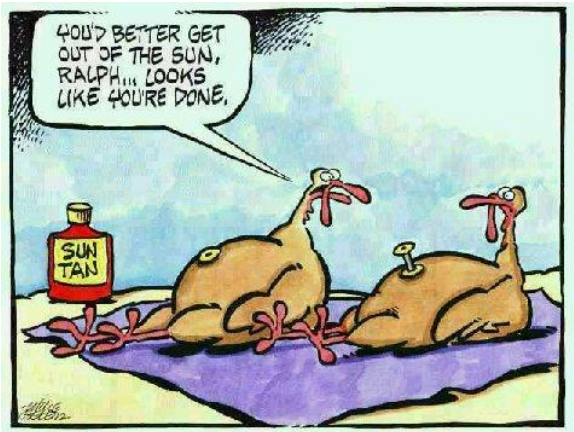
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## Cold Exposure

- Take adequate clothes and shoes
- Keeping the head warm saves body heat
- First aid for frost

Bite:

- **Slow Warming**
- Put affected area in warm not hot water
- If not water layer in coverings
- Do not rub with snow or other cold objects




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## Mosquitoes, Ticks, Insects

- Dusk to dawn most common time for malaria bearing mosquitoes



- Use screens and nets soaked in permethrin

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## Mosquitoes, Ticks, Insects



- Use insect repellent on exposed parts of body with at least 30% Deet
- Cover exposed parts when outside
- Wear long pants and high shoes in wooded or weedy areas
- Do tick check on "partner" !?



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## Ticks



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## Pollution

- Be aware of pollutants in the area
- Wear a surgical mask in heavy traffic areas
- Avoid being outdoors in rush hour
- Watch for lead paint in older homes
- Associate new allergies with pollutants



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## Protect Feet

- Wear closed in shoes to prevent parasites and jiggers
- Treat blisters and sores immediately
- Creatures like to get into feet



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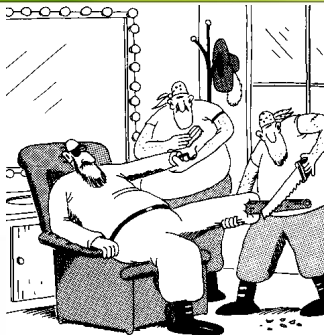
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## Pirate Pedicure



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## VI. Provide for Pure Drinking Water

- Boiling
- Filters
- Chemical

Freezing doesn't kill all parasites – don't use ice that isn't made with filtered water



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## VII. Eat Safe Food

- Keep food hot, keep it cold, but don't keep it long.
- Don't eat
  - Creamy deserts left out of fridge
  - Meat or fish undercooked
  - Fruits you can't peel
  - Raw vegetables you can't disinfect
  - Strawberries
  - Melons sold by weight



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## Solution for Disinfecting

- For fruits and vegetables



Common household bleach (5% chlorine) – 1 Tablespoon to 1 gallon of potable water for 15 minutes. Rinse in pure water.



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# Diarrhea

- Dehli Belly
- Casa Blanca Curse
- Hong Kong Dong
- Congo Crud
- Montezuma's Revenge**
- Mexico's Misery**
- Thailand Tummy



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You can never be sure of the mode of disposition you may need to use



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## Oral – Fecal Contamination

If feces were florescent



All the world would glow at night!

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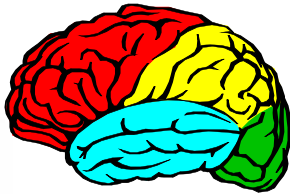
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## Famous Quote

“I have come to the conclusion that a good set of bowels is worth more than any quantity of brain....”



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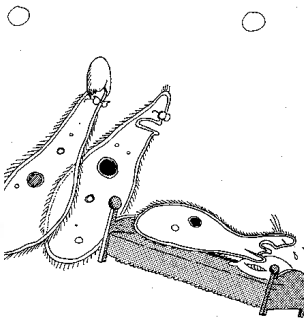
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## Amebic Dialogue



Now Betty Sue we know you are upset. Breaking up is hard to do. But as we always say, “there are always more protozoa in the intestine.”

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## More Humor???

That's not quite the stool sample we had in mind, Mr. O'Donnell.



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## VIII. Be Wary Where you Swim

- Local bodies of water often contain harmful parasites which enter your body through the skin
- Deadly snakes are often there too!
- And, what you recreate in, others may defecate in....!



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## Easy Flush System



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## IX. Be Wary of Animals

- Consider any animal on the loose, rabid
- Cats transmit more rabies than dogs
- Bites can transmit other diseases besides rabies
- Monkeys are dangerous – **don't pet** them
- Rodents.....

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### Rodents - Beware

Rodents bite and dung can cause disease in some places




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### Poultry - Beware

#### Global statistics of avian influenza

Human Cases of confirmed Avian Influenza A (H5N1)  
(as of 15 March 2006)

Country	2003		2004		2005		2006		Total	
	Cases	Deaths	Cases	Deaths	Cases	Deaths	Cases	Deaths	Cases	Deaths
Cambodia	0	0	0	0	4	4	0	0	4	4
China	0	0	0	0	8	5	7	5	15	10
Indonesia	0	0	0	0	17	11	11	10	28	21
Iraq	0	0	0	0	0	0	2	2	2	2
Thailand	0	0	17	12	5	2	0	0	22	14
Turkey	0	0	0	0	0	0	12	4	12	4
Vietnam	3	3	29	20	61	19	0	0	93	42
<b>Total</b>	<b>3</b>	<b>3</b>	<b>46</b>	<b>32</b>	<b>95</b>	<b>41</b>	<b>32</b>	<b>21</b>	<b>176</b>	<b>97</b>

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## Prevention of Avian Flu

- Avoid direct contact with poultry, including chickens, ducks, or geese that appear to be well, farms, or live-animal markets. Avoid touching surfaces contaminated with poultry feces (droppings) or fluids.
- Wash your hands frequently or use alcohol hand sanitizers. Always wash your hands if you are handling raw poultry for cooking.
- Do not eat undercooked eggs or poultry (pink meat).
- Monitor your health and consult a doctor if you develop symptoms (see above) within 10 days of having close contact with birds. Let your doctor know about your travels, symptoms, and contact with birds.



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## X. Be Wary of Modes of Transportation

The number one cause of death in missionaries is auto accidents. Kenya leads the world in deaths by car accidents.

Avoid:

- Road travel at night
- Motorcycles – Please wear helmets and pray
- Bicycles on busy, public roads
- Public transportation – crowded buses, etc. . .

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## Hazardous



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Not as Hazardous



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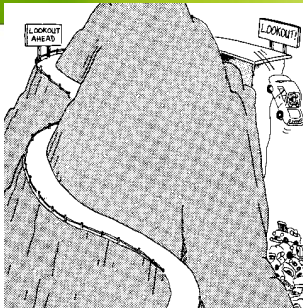
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And lastly, remember



Seat belts save lives.....usually

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