

HEALTH CORNER

PEPTIC ULCER

A peptic ulcer is a sore or wound in the lining of your stomach or the first part of your small intestine (duodenum). Ulcers can occur at any age in both men and women. It happens when the acids that help you digest food damage the walls of the stomach or duodenum.

Symptom: A burning or gnawing stomach pain is the most common symptom.

- * The pain is typically felt anywhere from your navel up to your breastbone
- * Starts between meals or during the night
- * Often temporarily relieved by eating certain foods that buffer stomach acid or by taking an acid-reducing medication and lasts for minutes to hours.
- * Disappear and then return for a few days or weeks
- * Less often, ulcers may cause more severe symptoms such as: vomiting of blood — which may appear red or black, Dark blood in stools or stools that are black or tarry, Nausea or vomiting, Unexplained weight loss and Appetite changes.

Causes and risk factors: They are usually caused by an over production of acid in the stomach or by a certain bacteria (helicobacter pylori). Other contributing factors include:

- * Long-term use of non-steroidal anti-inflammatory medicines (NSAIDs) such as aspirin and ibuprofen, Efpac
- * Stress
- * spicy foods
- * fizzy drinks, Coffee (regular or decaffeinated), Large quantities of milk, Alcohol (Substances which increase acid secretion)
- * smoking

Treatment: Peptic ulcers will get worse if not treated. Treatment may include:

- * Medications to relieve pain and promote ulcer healing: to neutralize stomach acids, reduce the amount of acid produced, or coat the ulcer.
- * Antibiotics to treat H. pylori infection if infected.
- * Avoidance of smoking because it increases stomach acids and delays healing.
- * Limiting substances which increase acid secretion: Coffee (regular or decaffeinated), Large quantities of milk, Alcohol
- * Surgery for peptic ulcer is almost never needed because the drug therapy works so well

See your doctor if you have persistent symptoms that worry you. Over-the-counter antacids and acid blockers may relieve the gnawing pain, but the relief is short-lived.

ACTIVITIES WITH IN THE WEEK

♦ **Holy Hour Adoration & Abusua Praise** on Thursday 6th September at 6pm. Come along with Sacramental for blessing.

♦ **Exposition of the Blessed Sacrament** on Friday 7th September from 6am to 6pm & MyfaithMyLife Series at 6.30pm.

ST. ANTHONY PRAYER

The 13 Tuesday devotion of St. Anthony's Guild is still ongoing **at 5.30pm** in the Robing room. If you are not able to join please pray anytime by the Statue.

Don't forget to consider the bread box by the Statue. Behold the Cross of the Lord, Flee ye Powers of Darkness. **Amen, Amen, Amen.**

EMPLOYMENT OPPORTUNITY

The St. Theresa Catholic Church Credit Union is employing Mobile bankers, interested persons should kindly contact the credit Union Office for further details. Applicants should have completed SHS or above as a minimum requirement.

APPRECIATION

The Parish Priests on behalf of the Parish Pastoral Council, and the Ordination Planning Committee we would like to extend our profound gratitude and appreciation to you all for your Prayers, Presence, Gifts, Words of Encouragements and the Love you showed us before, during and after the Priestly Ordination and Thanksgiving Mass of Rev. Fr. Raguél Quansah and Sr. Mary Margaret Amorine Attipoe.

May the Good Lord richly Bless you all.

COMMERCIALS

Properties for sale

- ♦ House and Land at Tema Community 2.
- ♦ 4 bedroom house (Between McCarthy Hill and Gbawe).
- ♦ 5 bedroom at Tema Community 10.
- ♦ Hospital building at Michel Camp.
- ♦ 3 bedroom at Spintex.

Contact: 0546332775

Accommodation

A Parishioner is looking for an Executive Single room self contained around Kaneshie, North Kaneshie, Darkuman, Nyamekye and its environs.

Contact: 0249144316.



ST. THERESA'S CATHOLIC CHURCH

Purity & Love

WEEKLY BULLETIN

22ND SUNDAY IN ORDINARY TIME

2ND SEPTEMBER, 2018.



POPE'S PRAYER INTENTION FOR THE MONTH OF SEPTEMBER, 2018.

THAT YOUNG PEOPLE IN AFRICA MAY HAVE ACCESS TO EDUCATION AND WORK IN THEIR OWN COUNTRIES.

PARISH PRIEST

Rev. Fr. Michael Owusu-Ofori
0302 257 357

ASSISTANT PRIEST

Rev. Fr. Winfred Charles Lwanga Tawiah Jr
0302 257 357

GA RURAL RECTORATE

Rev. Fr. Christopher Sackey
0243-969866

GA ODUMASE RECTORATE

Rev. Fr. Pascal Ankamah
0243-345240

SUNDAY MASS

1st Mass: 7.00am
Youth Mass: 7.30am
2nd Mass: 9.30am
French Mass: 10.00am

WEEK DAY MASS

Monday, Wednesday
Thursday 6 am
Saturday 6.30 am
Tuesday & Friday 6.30 pm

OFFICE HOURS

Tuesday-Saturday: 8am-5pm, Sunday: 9am-2pm
Telephone: 030-2257357/ 050-0005252
E-mail: officesttheresa2014@gmail.com
Facebook: St. Theresa's Catholic Church
P. O. Box KN 146. Kaneshie- Accra
Website: www.minibasilica.com

JESUS TEACHES THAT IT IS THAT WHICH COMES FROM OUR HEARTS THAT DEFILES US.



