



Spirituality and Health

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Spirituality

- What does this mean for you?
- How does spirituality impact your health?
- What are ways to meditate?



Meditation

- Describe feelings now
- Meditate
- Describe feeling afterwards



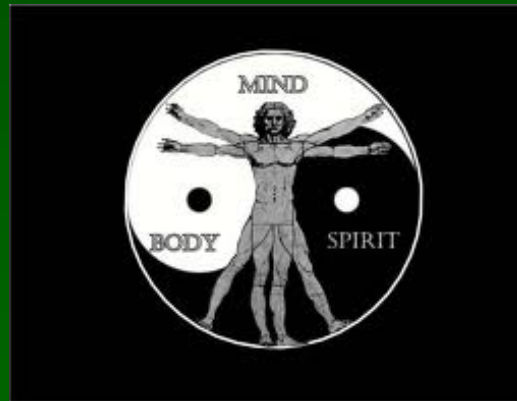
Spirituality Inside Me

■ How is spirituality related to health?

◆ Body

◆ Mind

◆ Spirit



Picture Source: avesseloflight.com and dr89015.com



Medical Evidence of Spirituality

- People who feel they are spiritual have the following benefits over those who are not spiritual:
 - ◆ Less suicide
 - ◆ Less smoking
 - ◆ Less drug and alcohol abuse
 - ◆ Less stress
 - ◆ More likely to feel satisfied with life



Medical Evidence of Spirituality

■ Spirituality Research has shown the following:

- ◆ Lower rates of depression
- ◆ Less high blood pressure
- ◆ Less stress
- ◆ Better health
- ◆ Stronger immune system



Medical Evidence of Spirituality

- One study with older people found that people who are religious involved were less likely to become medically disabled or depressed

(Idler, et al. 1997. Religion among disabled and nondisabled persons II: attendance at religious services as a predictor of the course of disability)

- Older people who regularly attended religious services had healthier immune systems than those who didn't

(Koenig, et al. 1997. *Attendance at religious services, interleukin-6, and other biological parameters of immune function in older adults*)

- They were also less likely to have high blood pressure

(Koenig H.G, et al. 1998. *The relationship between religious activities and blood pressure in older adults*)

- Open heart surgery survival- Individuals who consider themselves religious were three times more likely to survive than non-religious people

(Oxman, et al. 1995. *Lack of social participation or religious strength and comfort as risk factors for death after cardiac surgery in the elderly*)



How can I improve my spiritual health?

- Identify positive things in your life
 - ◆ Inner Peace
 - ◆ Comfort
 - ◆ Strength
 - ◆ Love and Connection



How can I improve my spiritual health?

- Set aside time every day to do the things that help you spiritually
 - Doing community service or volunteer work
 - Praying
 - Meditating
 - Singing devotional songs
 - Reading inspirational books
 - Taking nature walks
 - Having quiet time for thinking
 - Doing yoga
 - Playing a sport and having fun
 - Attending church or temple services
 - Forgiving yourself and others



Forgiveness

- What it is?
- How to do it?
 - ◆ Examples:
 - ◆ Pope John Paul II
 - ◆ Amish Grace
 - ◆ Nelson Mandela



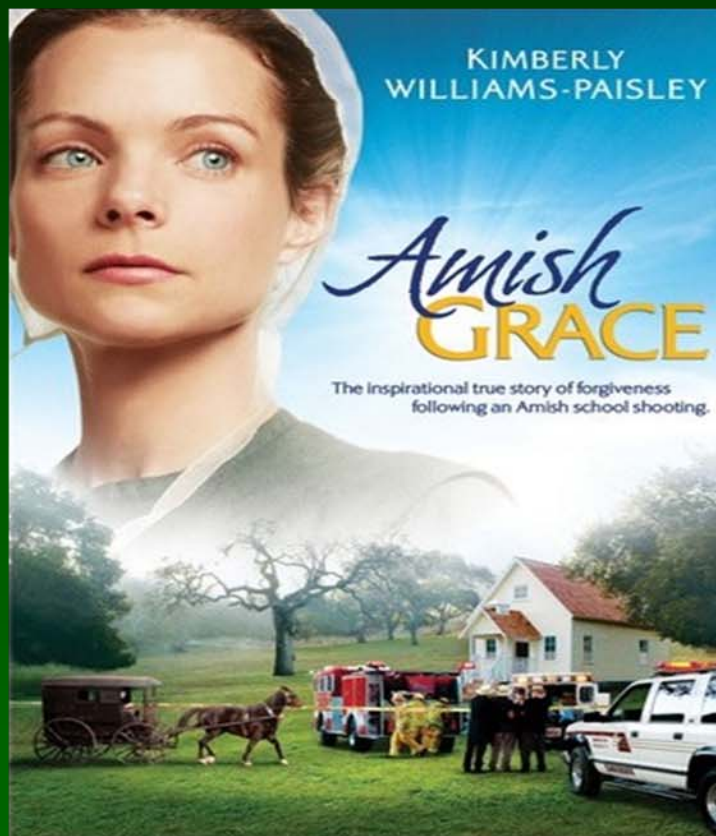
Pope John Paul II



Picture Source: <http://www.popejohnpaul.inhispeace.com/forgiveness.htm>



Amish Grace



Picture Source: blog.christianitytoday.com



Nelson Mandela



Picture Source: nelsonmandelabay.gov.za



What does my doctor need to know about my spiritual beliefs?

- It is important for your doctor to know how your spirituality might affect your feelings and thoughts about your illness
- If you think your spiritual beliefs are affecting your health care decisions or your ability to follow your doctor's recommendations, tell your doctor.
 - ◆ Motivation
 - ◆ Support
 - ◆ Jehovah's Witness- blood products
 - ◆ Scientology- restricted use of medications
 - ◆ Christian Science- natural healing- no medications



Questions???

- Thank you!

- If you have questions, contact:

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