



But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of Him who called you out of darkness into His wonderful light. 1 Peter 2:2 (NIV)

A Prescription for Good Self-Care

Earlier this year, I made a career pivot, transitioning from inpatient pharmacy operations leadership to working in a large oncology pharmacy servicing both outpatient adult and pediatric clinics. In just a few months, I have become engrossed in the oncology pharmacy world, learning as much as I can each day. It is truly fascinating to see the continual innovation in treatments available for these indications. Through this experience, I have gained an appreciation for the increased fragility of life for individuals affected by cancer. I am personally struck when verifying oncology orders for patients within my age range of 30-40.

A recent retrospective study¹ was published in The Lancet this month that presents some staggering data obtained from analyzing over 23 million patient cases, grouping patients by birth year cohort. The analysis found that the incidence rate of cancer is two to three times higher for the 1990 birth cohort compared to the 1955 birth cohort for colorectal, kidney, and pancreatic cancers, among others. This study is, unfortunately, just one of many showing similar numbers for younger adult patients. There are several personal and societal factors that are likely contributing to this, with some controllable and some not. Here are some lessons from Scripture on how to cope with seeing these increased incidences.

We see many examples in Scripture of encouragement to take care of both our physical and spiritual bodies.

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies. 1 Corinthians 6:19-20 NIV

Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? 1 Corinthians 3:16 NIV

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:1-2 NIV

So whether you eat or drink or whatever you do, do it all for the glory of God. 1 Corinthians 10:31 NIV

As I reflect on these verses, I am inspired to take better care of myself, such as exercising, getting sleep, being cautious about what I put in my body, and not living for the world but for God. To be clear, sometimes cancer in younger adults just happens, but I cannot help but believe that following God's advice to faithfully take better care of ourselves spiritually and physically could at least help. By having good self-care as Christian pharmacists, we can also ultimately take better care of our patients, families, and friends.

Reference:

1: Differences in cancer rates among adults born between 1920 and 1990 in the USA: an analysis of population-based cancer registry data
Sung, Hyuna et al.

The Lancet Public Health, Volume 9, Issue 8, e583 - e593

[https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667\(24\)00156-7/fulltext](https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(24)00156-7/fulltext)

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**Disaster Assistance Response Team
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Samaritan's Purse is seeking to hire clinical pharmacists to serve with the **DART**, a roster of on-call staff members who respond at a moment's notice to disasters worldwide – serving as the hands and feet of Jesus in remote locations.

You can take a look at our recent work in this [video](#), and you can find more information and links to apply on our website.

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Global Missions Health Conference

Global Missions Health Conference 2024

Southeast Christian Church

920 Blankenbaker Parkway Louisville, KY 40243

November 7 to 9, 2024

CPFI will be an exhibitor at this event.

Register: <https://www.medicalmissions.com/events/gmhc-2024>
Access Archives for CPFI Publications

The Faith Script

Christianity & Pharmacy

National Student Council Newsletter

Join us for prayer!

Sunday, September 15, 2024 at 5:00 pm ET



The CPFI Past Presidents Committee was asked to implement a prayer ministry on behalf of CPFI. In March 2020, we started a weekly Prayer Meeting on Sunday evening at 5 p.m. ET, initially to pray about Covid-19 needs. **We are meeting monthly now on the third Sunday.** If you would like an invitation, e-mail Nena Lindrose at Office@cpfi.org. She will send a reminder e-mail with instructions on how to join and some suggested prayer concerns during the week prior to the meeting. We hope you will join us **Sunday, September 15 2024** for our next session. By signing up you are only committing to participate when able and praying out loud is voluntary.

Fred Eckel, Director Emeritus

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