



EYES

St. Lucy (also known as St. Lucia) is the patron saint of the blind and people with eye problems. She is also known as a symbol of light and hope for those suffering from spiritual blindness. She lived in Syracuse, Italy, in the fourth century and decided at a young age to dedicate her life to God. She was martyred when she refused to marry a pagan suitor. It is believed that her eyes were gouged out before she was killed. Her feast day is Dec. 13.



TEETH

The next time you are plagued by a toothache, think of St. Apollonia. The third-century martyr from Alexandria, Egypt, was tortured by having her teeth pulled out of her mouth for her refusal to renounce her Christian faith. She is the patron saint of dentists and those with toothaches. Her feast day is Feb. 9.



THROAT

Is a sore throat ruining your day? Try asking for St. Blaise's intercession. The bishop of Sebastia (now known as Sivas), Turkey, lived in the fourth century and became famous during his lifetime for helping people who had objects stuck in their throats. He was arrested in the year 316 for being a Christian. On his way to jail, he was stopped by a woman whose son was choking on a fish bone. He saved the boy's life by dislodging the bone. His feast day is Feb. 3.



LUNG AND RESPIRATORY ISSUES

St. Bernardine of Siena is the patron saint for people seeking spiritual assistance with lung and breathing problems. A Franciscan missionary, he lived in Siena, Italy, in the late 14th century to the mid-15th century. When the plague struck Siena in 1400, he volunteered at a local hospital to care for the sick and the dying. The plague caused many to suffer from lung and respiratory diseases. He worked long hours in the hospital for months on end. His feast day is May 20.



KIDNEYS

It is not known if St. Benedict suffered from kidney disease, but this fifth-century Roman is known as the patron saint of people with kidney disease. His reputation as a healer, recorded in early accounts of his life by St. Gregory the Great, included miracles of both physical and spiritual restoration. July 11 is his feast day.



BREAST CANCER

Many breast cancer patients ask for St. Agatha's intercession while undergoing treatments. St. Agatha, who lived in Sicily in the third century, endured torture for her Christian beliefs and her refusal to renounce her faith. At one point, her breasts were cut off by iron shears. She was forced to live in a dungeon to await her death. However, God interceded and sent an angel to earth to restore her breasts. Her feast day is Feb. 5.



BONES

St. Stanislaus Kostka is known as the patron saint of people with broken bones. Growing up in Poland in the 16th century, he is said to have suffered numerous brutal beatings at the hands of his brother Paul. As a teenager, he entered the Society of Jesus (more commonly known as the Jesuits) but died at age 17 of a high fever. His feast day is Nov. 13.



STOMACH

The next time you get a stomach ache, try seeking help from St. Charles Borromeo, the patron saint of those with stomach ailments. A 16th-century archbishop of Milan, Italy, he was responsible for innovations in the Catholic Church, including the establishment of seminaries to educate and train priests. During his life, he was known for his efforts to promote good health. In addition to stomach ailments, St. Charles Borromeo is also known as the patron of dieters. Nov. 4 is his feast day.



Feeling SAINT-sational

Heavenly Advocates Intercede to Help Ease Aches and Pains

by Paula Katinas, Senior Reporter

PROSPECT HEIGHTS — While recently recovering from shoulder replacement surgery, I did what I usually do when I'm in pain: I looked for a little heavenly help. I decided that what I needed, along with my physical therapy exercises, was to ask for a saint's intercession to ease my way. After all, I ask for the intercession of St. Anthony of Padua when I lose my house keys. So, why not find another saintly friend to intercede on my behalf for my bum shoulder?

I soon discovered that there is no patron saint for shoulder injuries. The closest I came was St. Stanislaus Kostka, the patron saint of people with broken bones, so I directed my request to him. However, this got me thinking about the types of troubles folks have with various parts of their bodies and the saints they might be able to turn to. Here is a look at some of those saints, including a bit about their lives.