

# Health Matters

VOLUME 1, ISSUE 1

APRIL 2012

## Lakehead

## Nurse Practitioner-Led Clinic

### WALK IN CLINIC

*Mondays and Fridays*

*1:00 pm to 4:00 pm*

*Like Lakehead Nurse  
Practitioner-Led Clinic  
on Facebook*

*And follow  
@LakeheadNPLC  
on Twitter*

### WATCH FOR UPCOMING PROGRAMS

*Chronic Obstructive  
Lung Disease*

*Asthma*

*Diabetes*

*NATIONAL NURSING  
WEEK is MAY 6-12*

### Our First ! — by Sandra Crawford, Nurse Practitioner

This has been a productive first year for the Lakehead Nurse Practitioner-Led Clinic. Since opening the clinic doors in November 2010, 3,200 patients have been registered. We continue to accept applications with the hopes of acquiring additional Ministry of Health funding for more nurse practitioners.

In March a Chronic Disease Program was initiated that will be running for 6 consecutive weeks, with the hopes of repeating it again in the coming year. Programs focused on Chronic Obstructive Lung Disease, Asthma and Diabetes are currently being developed. More information for registering for these program will follow in upcoming newsletters.

“Health Matters” will be published four times a year in April, July, November and February to provide healthy eating, safety and health information along with a feature article.

Your comments and ideas are important to the clinic, so you are invited to complete the comment section on the back of the newsletter and drop it into the comment box located at reception.

The clinic staff would like to take this opportunity to thank all of our patients and we look forward to another year of providing health promotion, education and care.

*Yours in Health !*



### Did You Know ?

by Lindsay Lunny, Social Worker

Deep breathing can be an effective way to help reduce stress and anxiety. It's a portable exercise you can do on a daily basis.

**How to do it:** To begin with a simple breathing exercise, breathe in deeply through your nose trying to draw the air deep into your belly. Hold for 2 seconds and then slowly exhale through pursed lips.

## Healthy Eating— Sweet Potato ðFriesö

Submitted by Claudia Isfeld,  
Registered Dietician

1 lb sweet potatoes, cut lengthwise	
Into 6 wedges .....	500g
2 tsp vegetable oil .....	10 ml
1/4 tsp paprika .....	1 ml
1/8 tsp garlic powder .....	0.5 ml
Black pepper	

Place potatoes in a bowl. Add oil, paprika and garlic powder. Season to taste with pepper. Toss to coat. Transfer to non-stick baking sheet. Bake in 375F (190 C) oven for 25 minutes or until tender and golden, turning once.

Makes 4 servings.



### NUTRIENTS Per Serving

Calories: 103    Protein: 5 g    Fat: 2.3 g    Carbohydrate: 16 g    Saturated Fat: 0.4 g    Fiber: 2g    Sodium: 265 mg

**High In:** folacin

**Source of:** thiamine, riboflavin, niacin, Vit. B6, pantothenic acid, calcium, magnesium, iron, zinc, fibre

Source: Dieticians of Canada

## Lakehead

### Nurse Practitioner-Led Clinic

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## CALENDAR OF EVENTS

- April ~ Cancer Awareness Month**  
April 22 *Earth Day*  
April 21—28 *National Immunization Awareness Week*
- May ~ Food Allergy Awareness Month**  
~ **Foot Health Awareness Month**  
May 6—12 *National Nursing Week*  
May 7—13 *National Mental Health Week*
- June ~ Stroke Awareness Month**  
June 4—10 *National Sun Awareness Week*

**OUR MISSION:** *Lakehead Nurse-Practitioner-Led Clinic is committed to providing comprehensive primary health care to the clients of the clinic. The health care team will provide high quality health care services demonstrating professionalism, integrity, warmth and caring, facilitating optimal health and wellness.*

### Safety Tip by Anna Miele Kapoor, BScPhm, Pharmacist



The weather is getting great and we are all heading outdoors! Remember to practice Safe Sun by following these tips...

Minimize sun exposure by avoiding the times that **UV rays** are at their highest, between 11 am-4pm. Remember that rays penetrate clouds, water, sand and concrete and reflect and intensify rays. Find

**shade** or make shade under an umbrella or near a building.

**Cover up** with loose fitting clothing and a wide brimmed hat, and use sunglasses to protect your eyes. Did you know that 80% of skin cancers occur above the neck?

Use a broad spectrum **SUNSCREEN** with UVA and UVB protection. It

should be at least SPF15. Apply about 20 minutes before exposure and reapply often, especially after sweating or swimming. Don't forget your lips. Use a good lip moisturizer with sunscreen. **Check your skin** for moles or new skin lesions, and report changes to your health care provider.

It takes only a few minutes of outdoor exposure to get your vitamin D, but most of us in our northern location need supplementation, so go ahead and supplement with 1000u of **Vitamin D** per day.

*Enjoy your day in the safe sun!*

#### HOLIDAY CLINIC HOURS

CLOSED	Good Friday	April 6
CLOSED	Easter Monday	April 8
CLOSED	Victoria Day	May 21

## We'd Love To Hear From You !

COMMENTS: \_\_\_\_\_  
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YOU CAN ALSO E-MAIL YOUR COMMENTS TO: [lnplc@shaw.ca](mailto:lnplc@shaw.ca) or post your comments on Facebook and Twitter  
If you would like to receive "Health Matters" by e-mail, please let us know at [lnplc@shaw.ca](mailto:lnplc@shaw.ca)