



# Health Matters

## Lakehead Nurse Practitioner-Led Clinic

### IN THIS ISSUE

## Strategies for a better sleep

by Crystal Kaukinen, Nurse Practitioner

During the summer months sleep patterns are often disrupted due to holidays, social gatherings and later evenings enjoying the short season. As we head into the fall, most people are hoping for restful nights as we start to think about getting back on a routine. When we don't get enough sleep it can affect our day to day tasks by disrupting energy levels, concentration and motivation. When deprived of sleep you may find you do not care for yourself as well, choosing to nap or eat convenience meals instead of exercising or preparing healthy foods. You may also be putting yourself or others at risk if you are getting behind the wheel or operating heavy machinery. Here are some strategies to help encourage healthy sleep habits:

**Cut out the nap** – If you are having trouble getting to sleep or having difficulty staying asleep at night, a daytime nap may be causing more harm. While an occasional short nap for those without sleep concerns is not an issue, napping on a regular basis can contribute to poor night time sleep.

**Keep a regular sleep routine** – A regular sleep routine will help to ensure your body is

ready for sleep each night. It is recommended to set a regular bedtime and wake time and to be consistent even on weekends and holidays.

**Exercise** – Maintaining a regular exercise program will improve the quality of your sleep. It is recommended that you aim for 150 minutes each week.

**Turn off electronics one hour before bedtime** – Electronic devices emit a blue light that can interfere with your circadian rhythm. This means that your body still thinks it is daytime when it is actually bedtime. Electronic activities can also be too stimulating prior to sleep.

**Keep a sleep diary** – If you are experiencing difficulty with your sleep, a sleep diary will help you and your health care provider to understand more about your routines. This will help to identify problems and help you to acknowledge and celebrate even minor improvements towards better sleep.

**Avoid nicotine and caffeine**- Nicotine and caffeine are stimulants that can interfere with sleep.

Continued on page 2



### November is Osteoporosis Month

The "silent thief" can cause bones to deteriorate without any signs or symptoms, leading to an increased risk of fracture. Learn what the risks are and how to meet your daily Vitamin D and Calcium requirements.

Page 6

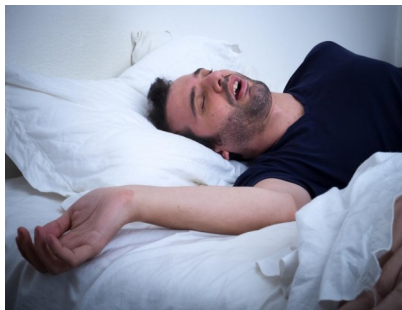


### "Food Like" ? or "Whole Food" ?

You are what you eat is as true as ever. Eating a plant based diet has been shown to be one of the best health choices we can make. How much do we know about our food supply?

Page 7

## Strategies for a better sleep (cont'd)



**Sleeping pills are not the answer** – While sleep medication can have some short term benefit, they should only be used if absolutely necessary and for a short period of time. Some medications can cause day time drowsiness which could affect your ability to drive and some medications can be habit forming. It is recommended you talk to your primary health care provider before starting medication for sleep.

**Sleep Therapy** - Consider talking to your primary health care provider about cognitive behavioural therapy (CBT). CBT works with a specialist to create a structured program that identifies and targets your specific sleep issues.

If these strategies are not effective and you are still having trouble with sleep or are experiencing continued daytime sleepiness it may be time to talk to your primary health care provider. There are several conditions that can cause increased fatigue and your primary care provider can arrange for investigations if needed.

For more information on all topics sleep related, the following websites may be helpful:

National Sleep Foundation  
<https://sleepfoundation.org>

Canadian Sleep Society <https://css-scs.ca>

Sleepio <https://www.sleepio.com>

**healthy change**  
Chronic Conditions Self-Management

A Personal Approach to  
**Improved Quality of Life**

### FREE Weekly Workshops on Chronic Disease Self-Management

- ◇ Management of pain and fatigue
- ◇ Healthy eating and exercise
- ◇ Action plans and problem solving
- ◇ Working with your health care team

To find and register for upcoming workshops:

[www.healthychange.ca](http://www.healthychange.ca) or call **807-766-2824, ext 2005**



# caring for the Caregiver

## Education Sessions



Empowerment, Education, Caring, Sharing ...  
*"Caregivers are not alone - there is help".*

**Are you caring for an aging or disabled spouse or parent?**

*Join our weekly education topics*

- |                                 |                             |
|---------------------------------|-----------------------------|
| <i>Role of the Caregiver</i>    | <i>Stress Management</i>    |
| <i>The Medical Community</i>    | <i>Meal Planning</i>        |
| <i>Community Resources</i>      | <i>Grief and Loss</i>       |
| <i>Financial Considerations</i> | <i>Legal Considerations</i> |
| <i>Long Term Care Planning</i>  | <i>Palliative Care</i>      |

# FREE!

OPEN TO THE PUBLIC



**6 WEEK PROGRAM**  
**EVERY WEDNESDAY 1:30 to 3:30 PM**  
**OCTOBER 3 to NOVEMBER 7**

# 475-9595

**Lakehead Nurse Practitioner-Led Clinic**  
**101—325 Archibald Street South, Thunder Bay, ON P7E 1G6**

Terry Fox Run



Sunday  
Sept. 16, 2018

# Zucchini Ricotta Rolls

Makes 18 rolls

6 to 8 servings

PREP TIME: 20 minutes

COOK TIME: 20 minutes

Take a spin on lasagna and try these zucchini rolls. With all the flavour of lasagna you can service this up as a main course or side dish with some extra pasta sauce alongside.

## INGREDIENTS

- 1 tub (475 g) ricotta cheese
- 1/2 cup (125 ml) seasoned breadcrumbs
- 2 eggs
- 1/4 cup (60 ml) each chopped fresh parsley and basil
- 2 cloves garlic, minced
- 1/4 tsp (1 ml) each salt and fresh ground pepper
- 1 cup (250 ml) tomato basil pasta sauce
- 3 zucchini, 7 inches (17.5 cm) long about 1 1/4 lb or 600 g
- 1/4 cup (60 ml) grated Parmesan cheese

## PREPARATION

1. In a bowl, stir together ricotta cheese, breadcrumbs, eggs, parsley, basil, garlic, salt and pepper; set aside.
2. Spread sauce over bottom of 11 x 7 inch (2 L) greased baking dish.
3. Thinly slice zucchini lengthwise and spread about 2 tsp (30 ml) of the ricotta mixture over each zucchini slice. Roll up and place in baking dish, Sprinkle with Parmesan cheese.
4. Bake, uncovered in 375 F (190 C) oven for 45 minutes or until zucchini is tender and top is golden.



## NUTRITION INFORMATION (PER SERVING)

Calories	180	Fat	8 g
Saturated Fats	8 g	Cholesterol	70mg
Sodium	460mg	Carbohydrate	15 g
Fibre	2 g	Sugars	5 g
Protein	12 g	Vitamin A	20%
Vitamin C	25%	Calcium *	25%
Iron	8%		

\* The percentage of calcium is based on Osteoporosis Canada's daily requirement for people 50 years of age of 1000 mg.

You will have a couple of zucchini slices left, so be sure to chop them up and use them in soups, stews, frittatas or omelets.

## PROGRAMS



### SKIN SCREENING

Held once monthly  
talk to your NP



### MEMORY SCREENING

call to book your appointment



### HEARING SCREENING

Learn to cope with hearing loss,  
improve communication and stay  
involved

Osteoporosis Canada's position on nutrition for healthy bones focuses on calcium and vitamin D while stressing a well-balanced diet which includes fiber and whole grains, vitamins and minerals and protein, while including all four food groups in Canada's Food Guide.

# Get the Flu Shot!



The  
reasons are  
all around  
**you.**

**2018 Flu Clinic ~ October 25th**  
Book your appointment today !

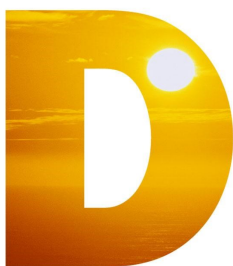
### DAILY CALCIUM & VITAMIN D REQUIREMENTS

Age	Calcium	Vitamin D
4 to 8	1000 mg	600 IU
9 to 18	1300 mg	600 IU
19 to 50	1000 mg	400 – 1000 IU
50 +	1200 mg *	800 – 2000 IU

\* Men do not require 1200 mg until age 70

If you are unable to meet your calcium needs, speak with your Nurse Practitioner or Registered Dietitian to see how you can optimize your diet for calcium or if supplemental calcium is indicated.

It is more difficult to meet your Vitamin D needs through food intake and as a result most Canadians probably would benefit from a Vitamin D supplement (specifically, vitamin D<sub>3</sub> or cholecalciferol).



#### FAST FACTS

# 1 in 3 women and 1 in 5 men

will break a bone due to osteoporosis in their lifetime.

# 80%

Fragility fractures represent 80% of all fractures in menopausal women over the age of 50.

Source: [osteoporosis.ca](http://osteoporosis.ca)



## November is Osteoporosis Month

by Claudia Isfeld, Registered Dietitian

### Did you know?

**2 million Canadians are affected by osteoporosis**

Osteoporosis is caused by low bone mass and the weakening of bone, which can lead to increased risk of fracture. Osteoporosis, known as the “silent thief,” can cause bones to deteriorate over a number of years without any signs or symptoms, until a bone breaks. While Osteoporosis can affect people at almost any age, it is most common among Canadians 50 years of age or older.

People living with osteoporosis face a reduced quality of life, reduction or loss of mobility, disfigurement, a lack of independence and in some cases, death – 28% of women and 37% of men who suffer a hip fracture will die within the following year.

**It is important to know what your risks are** so that you can play an active role in protecting your bone health. Make an appointment to talk to your Nurse Practitioner about what you can do to help

reduce your risk. Risk factors include smoking, certain medications, age, calcium and vitamin D intake among others.

Complete the online “Know Your Risk” tool on the osteoporosis website below to find out what your risks are.

<https://osteoporosis.ca/risk>

**Calcium and Vitamin D** are essential nutrients for proper bone health. Vitamin D helps to increase the absorption of calcium, ultimately building stronger bones.

**It is best to get your calcium from food sources first.** Not sure how much calcium you need or if your diet contains enough? The calcium calculator can help:

<https://osteoporosis.ca/bone-health-osteoporosis/calcium-calculator>

**Exercise is an important step towards protecting your bones**, as it helps slow the rate of bone loss, and builds muscle strength, which can prevent falls.

## PROGRAMS

# How Much Do We Know About Our Food Supply ?

by Kyle Jessiman, Clinic Administrator

Unless we have hours and hours to do independent research, the knowledge we have about our food supply could be based on advertising, and what we see on grocery store shelves that looks appealing (that's also advertising).

Grocery manufacturers are very skilled at making us want to buy their products, some of which are not really food if you look at the full list of ingredients. There's a term being used presently – "food-like products" which encompasses everything that is sold as something we eat, but is not made of anything resembling whole food: something with one ingredient.

Try this: next time you go shopping, pick up a box of conventional chicken nuggets or flavoured cookies and read the list of ingredients. Aside from a mention of what you would think is in this food-like product, there are a handful (or more) of unrecognizable chemicals, fillers, and preservatives that are not food. This isn't even to mention the chemical fertilizers and herbicides sprayed on the ingredients before they're harvested. Some of the most-common ingredients (corn, soy, canola, oats) are some of the most-sprayed crops today.

It may seem fine to eat, because it tastes like a type of food we know, and doesn't necessarily make us instantly feel ill. However, food companies have become experts in developing artificial flavours that taste like literally anything! Further, our bodies are not as good at processing these chemical and processed ingredients as they are at digesting food that we've been eating forever – up until the mid-1900's when industrial agriculture and food production started to take over from real farming. Before that time, there was no such thing as 'organic' farming – because EVERYTHING was organic! Nowadays, organic food can largely avoid these chemicals, so whenever possible, I'd encourage making that switch.



Even better is going to your local farmers market and discussing this with the growers themselves – it's the closest you can get to the food you're eating.

Remember that one of our most important freedoms is the freedom to eat what we choose. That choice will determine the nutrients and vitamins and amino acids and other building blocks that digest and become our bodies. You are what you eat is as true as ever, and we are now a lot of chemicals and fillers. But our bodies are incredibly resilient, and can cleanse us of these toxics if we feed it with the nutrition it's really calling for.

Is your body feeling sluggish or your mind foggy? Speak to your NP and our Registered Dietitian about your nutrition. It's one of the most important aspects of determining how healthy we are. If you are eating an organic whole-foods, plant-based diet, it's been shown to be one of the healthiest choices we can make. It's taken me time to make this switch (I'm talking years here) but I couldn't be happier with the benefits I'm feeling. Not to mention the bounty of flavours, colours, and local restaurants that are serving this to our community today. I encourage you to try it!



## FREE SHINGLES VACCINES

anyone 65 to 70 years old

ask for more details



## SMOKING CESSATION APPOINTMENTS ARE AVAILABLE

Ask for more details



## DIABETES FOOT CARE

With Sarah Taylor, RPN

14 women died in Montreal  
December 6, 1989.

Women die in domestic violence  
every year in Canada.

First mourn. Then work for change.

Statistics from the Canadian Centre for Justice Statistics. Concept and design: Joss Madenhan



Ontario Nurses' Association

December 6 is the National Day of Remembrance and Action on Violence Against Women

# Walk In Clinic—What's Appropriate ?



## *Appropriate visits include:*

- colds, sore throats
- pregnancy tests
- urinary tract infections
- minor injuries
- diarrhea
- rashes
- fever
- pre-op examinations



## *Inappropriate visits include:*

- completion of forms
- medication refills
- management of chronic illness (diabetes, asthma, hypertension)

**YOU WILL NOT BE SEEN AT WALK-IN  
YOU WILL NEED TO BOOK AN APPOINTMENT**

Emergency conditions such as chest pain or severe injury should be directed to Emergency or call 911.



A late-arriving patient throws a health care provider's schedule into a tailspin. Your provider appreciates being able to know you and care for your medical needs, but chronic late arrivals hurt this relationship and is not fair to other patients on the schedule who are kept waiting.

**We have a policy that if a patient arrives 10 minutes after their scheduled appointment time, the front desk will ask them to reschedule.**



[www.lnplc.com](http://www.lnplc.com)

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