



# Health Matters

## Lakehead Nurse Practitioner-Led Clinic

IN THIS ISSUE

## Antibiotic Resistance

By Crystal Kaukinen, Nurse Practitioner

### What is antibiotic resistance and why is it a concern?

Antibiotics are medications used to treat bacterial infections. Antibiotic resistance occurs when an antibiotic that would previously work to eliminate a bacterial infection is no longer effective. This is a concern because it means there are fewer effective antibiotics available to treat infections making them harder to treat.

### How could I get an antibiotic resistant infection?

You can get an antibiotic resistant infection the same way you pick up other infections. Some potential ways include from food, water, contaminated persons or environment and unsafe sexual practices.

### What causes antibiotic resistance?

Antibiotic resistance can be caused by the improper use of antibiotics (such as not taking prescribed medications for the recommended length of time) or using antibiotics during viral infections. Other causes include inappropriate disposal of medications and inappropriate use of antibiotics on farms.

### I went to my health care provider for a cold expecting antibiotics. Why did I not get a prescription?

Many colds are caused by a virus and not a bacteria. Antibiotics are not effective against viral illnesses. It is recommended for some bacterial infections to watch and wait to see if your body fights the illness on its own. Your health care provider will help determine the best treatment for your illness.

### What can you do?

- ◆ Don't take medications that are not prescribed for you.
- ◆ If prescribed antibiotics, take the prescription as recommended and for the full course of the treatment.
- ◆ Do not dispose of medications down the sink, toilet or garbage as they may enter the water table.
- ◆ Wash your hands frequently.
- ◆ Get your flu shot and ask your health care provider about other appropriate immunizations.
- ◆ See your health care provider if you have any questions about your illness.



### Your Rx to Get Active

For most of us, a minimum of half an hour per day being active can have great health benefits such as reducing risk of hip fractures, reducing fatigue and reducing symptoms of anxiety and depression. Get your prescription to get active !..

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### Healthy Eating—Snack Away !

Check out these perfect snacks for keeping you feeling full longer, to help rev your metabolism and prevent your blood sugar from crashing. *Crispy Chickpeas and Pumpkin Seeds*, Page 2 and *Awesome Oat Bars*, Page 4.

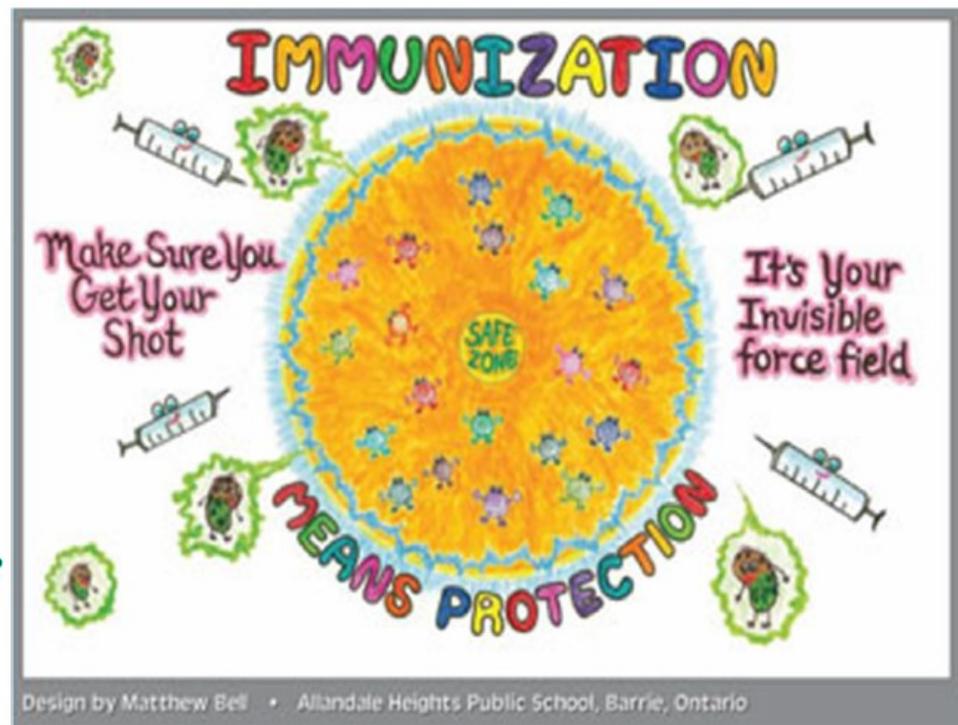
# Childhood Immunization Clinic

## Ages 4 to 6

**Tuesday  
September  
17th**

**4:30 to 7**

***You must schedule  
an appointment !***



## Crispy Chickpeas and Pumpkin Seeds

### Instructions

Preheat oven to 425 °F (220 °C).

In medium bowl, combine chickpeas, canola oil, paprika, cumin and garlic powder.

Toss until well coated. Spread mixture on large baking sheet in single layer. Bake

30 minutes or until beginning to brown. Stir every 10 minutes.

Sprinkle with pumpkin seeds, stir and bake 5 minutes more or until chickpeas are

crispy, being careful not to burn them.

Remove from oven and toss with lime zest. Let stand on baking sheet 30 to 45

*Dietitians of Canada*

<https://www.dietitians.ca>

2 cans (16 oz/455 mL) chickpeas, rinsed and well drained

2 Tbsp canola oil 30 mL

2 tsp smoked paprika 10 mL

1 tsp cumin 5 mL

1 tsp garlic powder 5 mL

1/2 cup hulled pumpkin seeds

grated zest from 1 medium lime (2 tbsp)

# Your Prescription to Get Active

By Kyle Jessiman, Clinic Administrator

If you're like me, you were spending more time outside in the summer months compared to the colder months on the horizon. Getting outside in nature in our beautiful region has so many health benefits, and when we're being active, it increases the benefits even more.

Coming to your healthcare appointments at the LNPLC is an important part of your health, no matter who you are here to see. But what are you doing between appointments to keep your body in its most vital and resilient state? What about keeping your mind in a low-stress, content and mindful state?

Something that is free for you and free for the health care system can have amazing benefits: If you're getting the minimum recommended amount of physical activity, then you have an increased chance of achieving a happy, healthy state to live in, and achieving better cardio-respiratory health – one of the top indicators of health status.

For most of us, that is a minimum of half an hour per day being active. This can mean whatever you like – walking, swimming, going to a gym or a fitness class, yoga, hiking, dancing – really anything where you're moving your body! Bring your family, friends, or pets and make it a fun activity for everyone.

If you can be active for just 30 minutes per day, you are meeting an important health milestone. According to DocMikeEvans in his popular YouTube video '23 ½ hours,' in his work with his patients, a regular regimen of at least 30 minutes per day of exercise (mostly walking) had the following benefits:

- Number 1 treatment of fatigue
- Reduction in pain from knee arthritis by 47%
- Decrease the progression of Alzheimer's and Dementia by 50%
- Reduce the risk of hip fracture in post-menopausal women by 41%
- Reduce symptoms of Anxiety and Depression by 40-50%
- Reduce overall risk of death by 23%

(source: DocMikeEvans '23 and ½ hours: What is the single best thing we can do for our health' <https://www.youtube.com/watch?v=aUalnS6HIGo>)

We're developing a weight management program this winter, where your provider can actually give you a prescription to get active, and link you with a recreation facility so it's as easy as possible to find your best way to get active. You can check out the program here: [www.prescriptiontogetactive.com](http://www.prescriptiontogetactive.com)

If you are wondering about ways to increase your cardio-respiratory health, being active is the best way to do it. Talk to your health providers about what will work best for you.



## PROGRAMS



### SKIN SCREENING

Talk to your NP or call to book your appointment



### MEMORY SCREENING

JUNE 11th

call to book your appointment



### HEARING SCREENING

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

# Get your Flu Shot!



## 2019 Flu Clinic October 24th

### BOOK YOUR APPOINTMENT TODAY !

## Awesome Oat Bars



*Optional: use 1/2 to 3/4 cup of any combination of the following: dried cranberries, raisins, chopped dates, coconut, flax seeds. Throw in a few chocolate chips or rainbow chips for fun.*

3 cups quick cooking oatmeal (not instant)

1 tsp cinnamon

1/2 tsp salt (optional)

1/3 cup butter or margarine

1/2 cup liquid honey or maple syrup or brown sugar

1/4 cup (or less) of water (depending if you want a tender or stiffer bar)

1/2 tsp vanilla

### Instructions

In a large bowl, combine dry ingredients.

In a medium pot, melt the butter over medium heat. Stir in the honey/syrup/sugar, vanilla and water. Allow to bubble gently.

Add the dry ingredients and mix thoroughly. Be careful not to let it burn. Remove from heat.

Grease an 8x8 baking pan. Press mixture in the pan. Allow to cool slightly and cut into 10 bars. Cool completely and wrap individually for lunches.

Freezes well.



## ***DONA J. REE, NP***

The Thunder Bay Nurse Practitioners community is mourning the loss of one of their own. Dona J. Ree passed away August 29, 2019 after a brief illness.

The Lakehead Nurse Practitioner Clinic (LNPLC) exists today partially as a result of Dona's efforts. The development of the LNPLC was a joint effort among a number of nurse practitioners and Dona played an instrumental role throughout the developmental process.

Dona was born and raised in Thunder Bay. She began her nursing career as a Registered Practical Nurse at McKellar Hospital emergency department. Her enquiring mind lead her to pursue further education to become a Registered Nurse. This pursuit for knowledge brought her to Lakehead University for her Bachelor of Science in Nursing (BScN) and Nurse Practitioner (NP) certificate and then to the University of Toronto for her Adult Nurse Practitioner Certification and Masters Degree.

Dona provided health care to patients in a variety of areas including outpost nursing, primary health care, long term care and acute care, the latter returning her to hospital service until her retirement.

Throughout her Nurse Practitioner career Dona was an advocate for nurse practitioner education and practice. This passion lead her to assume a position on the Ontario Nurse Practitioner Association Board as the North West Regional Rep for 2 consecutive terms and then as Finance Director.

When the opportunity arose to submit a proposal for a NP-Led Clinic Dona did not hesitate to volunteer her time. Once the proposal was successful she became part of the inaugural board of directors for the LNPLC.

Dona's passing leaves a hole in the hearts of Thunder Bay Nurse Practitioners. However, to perpetuate her passion for NPs and their continuing education, she has left an endowment for NP education for NPs at the Thunder Bay Regional Health Sciences Centre. For those interested, donations can be made in Dona's name to the *Dona J. Ree Endowment Fund* at TBRHSC.

Thank you Dona for your passion and commitment to nursing, your community and your patients.



MONDAY	1:00 pm	to	3:30 pm
TUESDAY	4:30 pm	to	7:30 pm
WEDNESDAY	1:00 pm	to	3:30 pm
THURSDAY	4:30 pm	to	7:30 pm
FRIDAY	1:00 pm	to	3:30 pm
SATURDAY	10:00 am	to	1:30 pm



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.ca](http://www.lnplc.ca)

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