



Photo credit: Northern Ontario Travel

# Health Matters

Lakehead Nurse Practitioner-Led Clinic

## Healthy Changes To Reduce Heart Disease

by Kelsey York, Nurse Practitioner

February is Heart and Stroke Month and serves as a perfect opportunity to remind us of how important it is to take care of our hearts. Many factors including age, sex, family history, medical history and heritage are working against us. These factors increase our risk of heart disease and are outside of our control. Despite this, approximately 80% of cases of premature heart disease are preventable and there are many steps we can take to protect our heart health. Here are a few healthy changes you can make to help reduce your risk of developing heart disease.

### Healthy Diet

A healthy diet can reduce your risk of heart disease by improving cholesterol, lowering blood pressure, managing body weight and controlling blood sugar levels. It is important to try and consume a well-balanced diet including 7 to 10 servings of fruits and vegetables, avoiding highly processed foods, sugary beverages and opting for whole grain foods instead of refined grains like white pasta. To help you succeed, make weekly meal plans, prepare meals at home, eat smaller more frequent meals and carry a water bottle with you to make sure you're drinking enough water.

### Exercise

Exercise can help to reduce your risk of heart disease by half. The Heart and Stroke Foundation recommends 150 minutes of physical exercise per week in 10 minute bouts. It is important to be aware of your physical abilities and increase activity levels as tolerated. Remember any activity is better than nothing and will also help to increase your energy and improve your mood!

### Smoking Cessation

Smoking tobacco can triple your risk of developing heart disease and quitting can have a huge impact on your overall health. If you are considering smoking cessation it is important to ask for help, set a quit date, and be aware of potential challenges. Speak with your NP about options to help you quit!

These are just a few of the ways we can change our behaviour to help prevent the development of heart disease. All of these strategies may take time to implement and require a commitment to change.

We are here to support you and your health!

## IN THIS ISSUE

NUTRITION  
MONTH

### Unlock the Potential of Food

Food has the potential to fuel, heal, prevent disease and bring us together. Get back to cooking and eating without the worry.

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Included in this issue are two great recipes: Crispy Chickpeas and Pumpkin Seeds with Lime (page 2) and Hearty Beef Minestrone (page 4).



### It's Not Just A Turn of the Calendar

Be proactive this year and go for what you want with active hope for an ever-better world for you and others. Let this year be a year full of building old connections, making new ones and connecting to your true self.

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# CRISPY CHICKPEAS AND PUMPKIN SEEDS WITH LIME

**RECIPE PROVIDED BY:** Canola Eat Well

**RECIPE SOURCE:** [Cookspiration.com](http://Cookspiration.com)

## RECIPE INFO

**YIELD:** –

## INGREDIENTS

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  
125 mL

grated zest from 1 medium lime  
(about 2 Tbsp/30 mL)

## INSTRUCTIONS

### STEP 1

Preheat oven to 425 °F (220 °C).

### STEP 2

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.

### STEP 3

Sprinkle with pumpkin seeds, stir and bake 5 minutes more or until chickpeas are crispy, being careful not to burn them.

### STEP 4

Remove from oven and toss with lime zest. Let stand on baking sheet 30 to 45 minutes for crisp texture and peak flavors. When completely cooled, store in airtight container at room temperature for up to 2 days.

**smokers' helpline**

CONNECT TO QUIT  
[smokershelpline.ca](http://smokershelpline.ca)  
1 877 513-5333



On Wednesday January 23, join the Canada wide movement to quit smoking.  
It all starts one day at a time !

## No Show Patients

waste valuable appointment time ...  
time that could have been given to someone else

Number of hours of appointment time lost:

August	27 1/2 hours	September	27 3/4 hours
October	16 1/2 hours	November	21 hours
	December	19 hours	

Bell Let's Talk  
Day is  
January 30, 2019.

On Bell Let's Talk Day, Bell will donate more towards mental health initiatives in Canada by contributing 5¢ for every applicable text, call, tweet, social media video view and use of our Facebook frame or Snapchat filter.



## February 27th—Pink Shirt Day



Bullying, cyberbullying and harassment jeopardize learning and can severely impact mental, emotional and physical health. Bullying is a major problem in our schools, workplaces, homes, and online.

One in five students in our schools are affected by bullying, and chances are that you or someone you know is being impacted. If you're not sure what to do, reach out to someone who can help. And remember, kindness and compassion can go a long way. If you're being bullied, bullying someone else, or see a friend who is being bullied, learn how to create a healthy environment for children and foster nourishing relationships. Visit [www.pinkshirtday.ca](http://www.pinkshirtday.ca) for resources for parents and teachers.

# Hearty Beef Minestrone

Makes 14  
cups  
(3.5 L)

A substantial, tasty, inexpensive Italian country soup. One serving is hearty enough to be the foundation of a meal.



## INGREDIENTS

- 1 lb. lean ground beef
- 1 can (28 oz/796 mL) no salt-added diced tomatoes
- 1 cup chopped onions
- 1 cup chopped celery
- 1 cup chopped green bell pepper or zucchini
- 1 cup shredded cabbage
- 1 cup diced potatoes
- 1 cup sliced carrots
- 2 bay leaves
- 1 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 tsp Worcestershire sauce
- 1 can (14 oz/398 mL) red kidney beans, drained and rinsed
- 1/2 cup elbow macaroni
- 6 cups (1.5L) water
- Freshly ground parmesan cheese (optional)

## PREPARATION

### Step 1

In a deep, heavy pot, over medium-high heat, cook beef, breaking it up with the back of a spoon, for about 8 minutes or until no longer pink. Drain off fat.

### Step 2

Stir in tomatoes, onion, celery, green pepper, cabbage, potatoes, carrots, bay leaves, salt, pepper, water and Worcestershire sauce. Bring to a boil then reduce heat to low, cover and simmer for 1 hour.

## Nutrition Information Valeur nutritive

1 cup (250 mL)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	120
Fat / Lipides	3 g
Saturated / saturés 1 g + Trans / trans	
Cholesterol / Cholestérol	17 mg
Sodium / Sodium	273 mg
Carbohydrates / Glucides	14 g
Fiber / Fibres 3 g	
Sugars / Sucres	
Protein Protéines	9 g
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	
Calcium / Calcium	
Iron / Fer	

Stir in beans and macaroni; cover and simmer for 30 minutes or until vegetables are soft and pasta is tender.

### Step 3

Ladle into warmed bowls and sprinkle with Parmesan cheese if desired.



Cookspiration®

## 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



## March is Nutrition Month

by Claudia Isfeld, Registered Dietitian

The theme for Nutrition Month 2019 is **“Unlock the Potential of Food”**. Food has the potential to fuel, heal, prevent disease, discover and bring people together. In a world where we are bombarded with nutrition information it is difficult to know what to eat. Should we embrace the newest diet trend? Should we be eating super foods? Should we eat more often or should we be fasting?

This year I hope we can all take a step back, not worry so much about specific foods or diets but get back to cooking and eating. Listen to our bodies, eat when we are hungry and stop before we are full. To paraphrase Michael Pollan from his book *In Defense of Food*:

*Eat real food more often, processed food less often. Eat the foods you enjoy, but not too much. Eat more plant foods—raw or cooked, fresh or frozen, canned or dried.*

I’ve included some recipes from the *Cookspiration* website (also available as a free app for your tablet or smart phone). Try the recipe *Crispy Chickpeas* (page 2) that you can make at home to have as a snack or top a salad, as well as a hearty soup that is always welcome at this time of year. Feel free to change the seasonings, seeds, beans and vegetables to what you have available and you can cut the recipe ingredients in half if you are cooking for one or two.

If you are interested, *Unlockfood.ca* is another great website sponsored by the Dietitians of Canada where you can find more recipes and reliable nutrition information for all age groups.



# It's Not Just Another Turn of the Calendar

by Kyle Jessiman, Clinic Administrator

I've learned a lot recently about the significance of this time of year. We recognize many holidays before we celebrate the New Year, all centered around celebrating the passage of time and the renewal of nature. It's a time for bringing family and friends together, and it's always a good time to reflect and continuously improve how we're living this life.

New Year's Resolutions are one way to focus our attention, and while some say they're hard to keep, it's as easy as you believe it to be. I'm focusing on themes and practices to adapt again this year. They've been evolving for some time, and they get refined to be healthier and more loving, as I learn more about how I'm experiencing life and sharing energy with others. I want to share a quote that has been coming up for me a lot in the last few weeks, and I've seen a lot happen because of it:

**"If you don't go after what you want in life, you'll never have it."**

Remember that you are creating your life - it's not being lived for you. If you have goals and desires then it's up to you to go after them! Life will present opportunities as long as we're here, and we can make things happen when we consciously act. So, learn what you want, introduce yourself to who you want, go to a new event or group that you want. Whatever you want that isn't harming anyone, go for it!

Be proactive. Go after what you want, and work with active hope for an ever-better world for you and others. That means being healthier, being expressive, connecting with others, and sharing ways to be better. Here are some things that I feel can help with that:

**Stop being passive, start being active** - Be the instigator, initiator, and giver within your relationships (and life in general). Take the initiative to go out of your way to set goals, make plans and work towards what you dream about. Don't let passivity make

you apathetic and lazy. Feed your inner fire and do something with it.

**Take self-responsibility** - Look after yourself. Own your actions. Take responsibility for your happiness. Don't permit yourself to become a victim who needs to be rescued. You need to be accountable for your thoughts, feelings, and choices.

**Get some fresh air and sunshine** - Sometimes simply going outside, feeling the wind and the sun against your skin is enough to pull you out of your head. Go for a short walk. Bring a friend, family, or a pet.

**Don't look at your phone when kids are in the room.** - Extend that to other family members and friends. Train yourself to leave your phone in your bag, instead of putting it on restaurant tables. Connections happen when we're actually present with someone, not the internet.

**Be assertive and stick up for yourself** - One of the best ways to start with being assertive is to define your needs. What need is not being met? Always remember that your needs and opinions are just as valid as anyone else's.

**Breathe Deeply** - Mindful breathing is such a simple technique, and one of the most powerful out there. When you focus you are essentially drawing yourself back into the present moment. Anxiety and stress develop when our minds get lost in past or future thoughts.

**Cook most meals at home and eat with friends or family** - Allow yourself exceptions now and then, but make the transition easier by meal planning.

**Host guests in your home at least once per month.** - Board games, pot luck, breakfast, afternoon tea, backyard campfire, you name it. The point is to build community while spending minimal money.

Let this be a year full of building old connections, making new ones, and most importantly, connecting to your true, loving self.

## PROGRAMS



### 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

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

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