



Photo credit: Northern Ontario Travel

Health Matters

Lakehead Nurse Practitioner-Led Clinic

IN THIS ISSUE

Your Prescription to Get Active

by Kyle Jessiman, Clinic Administrator

Most Canadians are not active enough in their day. Are you one of them? If you are doing physical activity that gets your heart rate up for less than 30 minutes per day, then you could be at risk of deteriorating health.

At Lakehead NPLC, we want to help you reduce this risk, and in fact improve almost all health indicators by being more active. So, we're starting 2020 off to help you in this way. **Prescription To Get Active** launched in Ontario in Spring 2018, and Lakehead NPLC is proud to be an active prescriber location!

There are abundant ways to get active, and going to a fitness centre is only one of them. You can dance, do yoga, walk outside, hike or snowshoe, cross country or downhill ski, or skate – winter is full of fun activities to get active. While these can be done outside, we're partnering with the City of Thunder Bay to offer access to the fitness facilities here as well so that patients can get oriented to what could work for you. Along with this, the resources from Prescription To Get Active can help you to be active in a fun and healthy way.

How does the program work?

Step 1: Talk to your provider at our clinic about your Prescription To Get Active. They will fill out the prescription to get active the same way they would a prescription for medication. We will also be holding a broader program for healthy weight management, starting in March. If you are interested, talk to us to register!

Step 2: Visit www.prescriptiontogetactive.com to register your prescription, receive your own Getting Started 6-week program and access to resources including fitness facilities offering free trial access.

Step 3: Start moving your way: at home or outdoors in your community; or redeem your prescription to get active at a participating activity partner for your no obligation, limited free access membership (offers vary from facility to facility). Visit www.prescriptiontogetactive.com for a complete list of participating facilities near you.

Step 4: Keep moving! Did you know that from a single session of activity such as a 10 minute walk, you can: improve your mood, concentration, strength, endurance, posture and help manage your blood sugar, cholesterol and blood pressure.



National Non-Smoking Week

January 19 to 25 is National Non-Smoking Week. Anna Kapoor, LNPLCs Pharmacist, outlines some of the reasons why quitting is important and how you can get on your way to being smoke free.

Page 2



Mindful Eating

Healthy eating is about more than just the foods you eat. It is being *mindful* of your eating habits, taking time to eat and noticing when you are hungry and when you are full. Read more...

Page 7

TIPS FOR QUITTING



Weedless Wednesday

January 22 is Weedless Wednesday, an annual event held during National Non-Smoking Week to encourage those who smoke to give quitting another try for one day. Exercise instead!



Anticipate Your Triggers

Try to delay lighting up by keeping your hands and mouth busy with other things: drink water, brush your teeth, enjoy a healthy snack, go for a walk or talk with a friend.

FAST FACTS

36 people a day

A cigarette is the only product that when used as intended, kills one in two of its users. In Ontario alone, 13,000 people are killed annually by smoking, which translates to 36 people a day. Nationwide, this accounts for 37,000 Canadian deaths.

80—90%

Tobacco use is responsible for 80 to 90% of all cases of Chronic Obstructive Pulmonary Disease or COPD.

Source: www.on.lung.ca



National Non-Smoking Week

January 19th to 25th

It's never too late to quit! More than 45,000 Canadians die every year due to smoking, and no one wants to be part of that statistic. It's important to remember that the effects of smoking are reversible. Risk of heart attack and stroke drop within 24 hours, and risk of cardiovascular heart disease is cut in ½ just one year after quitting, as well as your lung cancer risk reverting back to normal after 10 years. There are countless reasons to quit today, and we can help.

The LNPLC has a patient centered smoking cessation program designed to equip you with the tools needed to find the right way to begin your smoke free journey. You will meet with a Pharmacist trained in smoking cessation, and get a customized quit program.

No Quit Program is one-sized fits all, but there are tried and true strategies that you'll learn to use on their own or combine with the medication that is right for you. A consultation will help you understand why you smoke, help you avoid triggers and prepare you for quitting.

Treatment options include over the counter medications such as Nicotine Replacement Products, including patches, inhalers, spray, gum or lozenges, or a

new medication called CRAVV. Prescription medications include Champix or Zyban. There is a lot of old information out there regarding use and side effects of these medications. With the most up to date evidence available, we will help you find the right choice. Anytime you combine medication with counselling programs you double your rate of success in being smoke free for good.

Remember, most people require multiple tries to quit smoking, and with the right plan, it is possible to quit for good.



Anna Kapoor Pharmacist

Bell Let's Talk Day is
January 29, 2020



In September 2010, *Bell Let's Talk* began a new conversation about Canada's mental health. At that time, most people were not talking about mental illness. But the numbers spoke volumes about the urgent need for action. Millions of Canadians, including leading personalities, engaged in an open discussion about mental illness, offering new ideas and hope for those who struggle, with numbers growing every year. As a result, institutions and organizations large and small in every region received new funding for access, care and research from *Bell Let's Talk* and from governments and corporations that have joined the cause. Bell's total donation to mental health programs now stands at \$100,695,763.75.



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

January—Alzheimer's Month

Detecting Dementia—Signs of Alzheimer's disease or other dementias to look for. Often the symptoms are present long before diagnosis.

Look for these telltale signs:

- Does he/she struggle to think of the right words or remember names?
- Is his/her clothing clean and in good repair?
- Does he/she look thinner?
- Does he/she have difficulty following the conversation?
- Does he/she forget basic etiquette?
- Is he/she unusually quiet or do they appear sad or depressed?

- Is he/she easily distracted, agitated or overwhelmed?

Look around their home:

- Is the house unusually cluttered with piles of newspapers, plastic bags or unopened mail? Are the lights working? Is the heat on?
- Is there enough food in the house? Is food spoiling in the refrigerator?
- Are pots and pans scorched or burned?
- Do medications seem to be used appropriately?

Other warning signs:

- Memory loss beyond forgetting occasional names and appointments.



- Difficulty with abstract thinking.
- Misplacing familiar objects.

Early diagnosis is important to managing the disease effectively through education, support and treatment. Detecting the disease in the early stages also helps individuals and families better plan for the future and maintain quality of life.

There's no easy way of addressing your concerns with your family member, but it is important to discuss this with their Nurse Practitioner.

www.alzheimerthunderbay.ca

Mac and cheese with a veggie twist

Give mac and cheese a makeover by adding bite-sized vegetables into the creamy sauce. This ooey gooey recipe is sure to be a favourite. Don't have time to cut the vegetables into small pieces? No worries. Cook larger pieces a bit longer until they are tender.



Vegetarian



Kid-friendly



Freezer-friendly

PREP TIME
20 minCOOK TIME
20 minSERVINGS
4

Ingredients

- 375 mL (1½ cups) whole grain macaroni or fusilli
- 10 mL (2 tsp) soft non-hydrogenated margarine
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 carrot, finely chopped
- 125 mL (½ cup) finely chopped red bell pepper
- 125 mL (½ cup) grated zucchini
- 30 mL (2 tbsp) all purpose flour
- 500 mL (2 cups) skim milk
- 5 mL (1 tsp) chopped fresh thyme or 2 mL (½ tsp) dried thyme leaves
- 250 mL (1 cup) shredded light old Cheddar cheese
- 5 mL (1 tsp) Dijon mustard
- Pinch fresh ground pepper

Directions

1. In a pot, bring water to boil. Add macaroni and cook for about 6 minutes or until pasta is tender but firm. Drain well and set aside.
2. In a large saucepan, heat margarine over medium heat and cook onion and garlic for 1 minute. Add carrot, red pepper and zucchini and cook, stirring for about 5 minutes or until softened. Stir in flour and cook, stirring until flour is absorbed. Slowly pour in milk and stir until smooth. Add thyme. Cook, stirring for about 5 minutes or until starting to bubble. Stir in cheese, mustard and pepper. Remove from heat and stir until melted and smooth. Stir in cooked macaroni until well coated.

Tips

- ✓ What kid doesn't love mac and cheese? Ask your **little chef** to help grate the cheese using a box grater.
- ✓ Make it yours. **Personalize** this recipe by **switching up the cheese**.
- ✓ Here's how you can use frozen vegetables in this recipe. Leave out the carrots, red pepper and zucchini and substitute 500 mL (2 cups) **diced, mixed frozen vegetables** in the sauce.
- ✓ Ask your kids to choose what pasta shape they want to use. There are lots to choose from, like **penne, scoobi doo, shells and wagon wheels**.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Recipe developed by Emily Richards, PH-EC for the Heart and Stroke Foundation. Reproduced with permission from the Heart and Stroke Foundation of Canada.

™ The heart and / icon on its own and the heart and / icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada used under license.



Health Canada Santé Canada



Kids Help Phone 1-800-668-6868



Forms of Bullying

Punching, shoving, teasing, spreading bad rumours, keeping certain people out of a group, getting certain people to "gang-up" on others are all forms of bullying.

Online ~ kidshelpphone.ca



Cyberbullying

Cyberbullying and cyberharassment are also known as online bullying. It has become increasingly common, especially among teenagers. Cyberbullying is when someone, typically teens, bully or harass others on the internet, particularly on social media sites.

FAST FACTS

1 in 7

One in seven Canadian children aged 11 to 16 are victims of bullying. In the majority of cases, bullying stops within 10 seconds when peers intervene, or do not support the bullying behaviour.

51%

51% of all teens have had negative experiences with social networking. The most commonly experienced form of cyberbullying is when someone takes a private email, IM, or text message and forwards it to someone else or posts the communication publicly.

Source: <http://www.stopabully.ca/bullying-statistics>



PINK SHIRT DAY - FEBRUARY 26th

Why A Pink T-Shirt? The idea comes from two incredible Nova Scotia high school students in 2007. When a fellow student was being bullied for wearing a pink shirt, they decided to take a stand. They went out and bought pink shirts to give to fellow students to show their support for a boy who was being bullied simply for wearing a pink shirt.

TIPS FOR PARENTS & CAREGIVERS

IF MY CHILD IS BEING BULLIED:

- Listen to your child entirely before reacting.
- Involve your child in finding solutions.
- With your child's help, create a team of support for you and your child (teachers, school counselors, trusted family members, etc.).
- Help your child learn how to cope with stress and anxiety.
- Build your child's capacity to respond effectively to the bullying by:
 - * Abstaining from violence.
 - * Not counter-bullying.
 - * Help your child to build their self-esteem by:
 - * Engaging them in activities they enjoy.
 - * Praising their good efforts and accomplishments.
 - * Remind your child that you love them.
 - * Know when the problem is getting too big for them, and seek appropriate intervention.

IF MY CHILD IS ENGAGING IN BULLYING BEHAVIOUR:

- Stay calm and be firm—let your child know that bullying is not acceptable.
- Find out what motivates your child to bully. Encourage an open and honest discussion.
- Use non-violent and age-appropriate consequences; set rules.
- Discuss how your child can take steps to repair damage caused by bullying behaviour.
- With your child's help, create a team of support for the both of you (teachers, school counselors, trusted family members, etc.).
- Be a positive role model in your child's life. Be aware of how you use your own power.

Source: <http://www.stopabully.ca>

Corn, bean and squash soup (Three Sister's soup)

Corn, beans and squash make this a hearty soup to keep you warm on those cold nights.



Vegetarian



Freezer-friendly



PREP TIME
20 min



COOK TIME
25 min



SERVINGS
8

Ingredients

- 10 mL (2 tsp) canola oil
- 1 medium onion, diced
- 4 carrots, chopped
- 4 garlic cloves, minced
- 4 celery stalks, chopped
- 2 L (8 cups) no salt added vegetable broth
- 1 butternut squash, cubed
- 375 mL (1½ cups) corn kernels, frozen
- 2 cans (2 x 540 mL/19 oz) no salt added kidney beans, drained and rinsed
- 10 mL (2 tsp) dried thyme (or 60 mL/4 tbsp fresh)
- 5 mL (1 tsp) pepper

Directions

1. Heat oil in a large saucepan. Add onions and sauté over medium heat, stirring often until golden, about 2 minutes.
2. Add carrot, garlic and celery and sauté for another 8 minutes, or until softened.
3. Add vegetable broth and bring to a boil.
4. Turn down heat and add cubed squash. Simmer, covered, for 8 minutes, stirring occasionally.
5. Add beans, corn, thyme and pepper. Stir and simmer another few minutes, until squash is soft with a fork.

Tips

- ✓ Serve this soup hot with **crusty whole grain bread**.
- ✓ Want **leftovers** for lunches? Refrigerate for up to 2–3 days or freeze for up to 2 weeks.
- ✓ Have a can of corn in the pantry? Use **canned corn** instead of frozen—make sure to drain and rinse it first.



Health Canada Santé Canada

Canada



Mindful Eating

by Alexia Grano, Registered Dietitian

Healthy eating is about more than just the foods you eat. It is being *mindful* of your eating habits, taking time to eat and noticing when you are hungry and when you are full. The core principles of mindful eating include being aware of the nourishment available through the process of food preparation and consumption, choosing enjoyable and nutritious foods and acknowledging food preferences nonjudgmentally, recognizing and honoring physical hunger and fullness cues and using wisdom to guide eating decision.

Being mindful of your eating habits means being aware of:

How you eat – is eating rushed, mindful, distracted, or secretive? In our technological, on-the-go society, exploring the process of eating can be eye-opening.

Why you eat – may include an exploration of triggers such as physical hunger, challenging situations or visual cues, which often stem from stress, fatigue or boredom.

What you eat – examine the factors people consider when choosing food, such as convenience, taste, comfort and nutritional value.

When you eat – the answer may depend on the clock, physical hunger cues or emotions.

Where you eat – at the computer, in front of the television, alone at a dining room table, staff room, etc.

How much you eat – quantity may be decided by physical fullness cues, package size or habit.

How to be Mindful of your Eating Habits

Create a healthy eating environment. Eating environments change depending on where you live, learn, work and play.

- Use smaller plates, drink from smaller cups, repackage or purchase single-serving sizes, place unhealthy foods out of sight and order smaller portions at restaurants.
- Sit down – driving in your car or standing in

the kitchen while eating does not allow for your mind or body to register the food you have consumed.

- Remove digital distraction – limit the amount of time you eat at your desk, in front of the TV or while looking at your phone
- Use your senses—Being mindful of the foods you eat encourages you to pay attention to the aromas, textures, flavours and taste of food. Pay attention to your likes and dislikes using these senses. Chewing your food thoroughly and eating slowly allows our body to register once we are full so it helps to eliminate over eating.

Rate Your Hunger

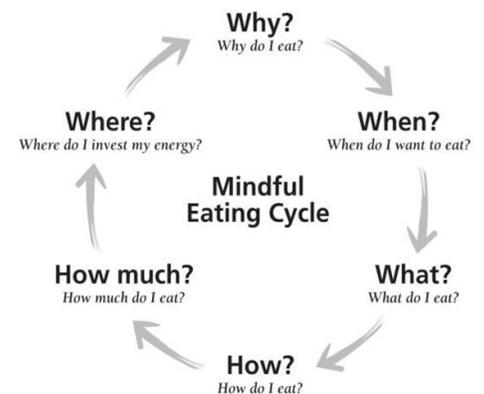
- Create a hunger scale ranging from 0 to 10 (0 being the most hungry and 10 being the least hungry)
- What does 0 feel like physically when you're extremely hungry? (headache, irritation, shakiness, fatigue?)
- What does a 10 feel like when you're as full as you can imagine? (i.e. nauseous, bloated, fatigued, swollen, feelings of shame or guilt?)
- Where are you right now on a scale of 0 to 10? What do you notice about your body that made you choose that number?

Technique: Eating Food Mindfully

- Observe the appearance and texture. Is there an aroma?
- Place a small amount of the food in your mouth, and do not chew it. After 30 seconds, start chewing.
- What did you notice about the flavour or texture before you started chewing the food? After you started chewing?
- How does that compare with your typical experience?

Practicing Mindful Eating Habits Can Help You:

- Make healthier choices more often
- Make positive changes to routine eating behaviours
- Be more conscious of the food you eat and your eating habits
- Create a sense of awareness around your everyday eating decisions
- Reconnect to the eating experience by creating an awareness of your:
 - ◇ Feelings
 - ◇ Thoughts
 - ◇ Emotions
 - ◇ Behaviours



MARCH IS
NUTRITION
MONTH



PRESCRIPTION TO GET ACTIVE

How it works



STEP 1: Talk to your healthcare provider about your Prescription To Get Active.

STEP 2: Visit our website to register your Prescription To Get Active and receive your own Getting Started 6-week program and valuable resources.



STEP 3: Start moving your way:
Option A Get more active at home or outdoors within your community.
Option B Take your Prescription To Get Active to one of our participating recreation member facilities to redeem the special offer they have arranged exclusively for you.

STEP 4: Maintain moving and much more.



Did you know that from a SINGLE session of activity (like a short 10 minute walk) you can: Improve your mood, concentration, strength, endurance and posture, and help manage your blood sugar, cholesterol and blood pressure?

www.PrescriptionToGetActive.com

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

Walk In Clinic—What's Appropriate ?

Appropriate visits include:



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

Inappropriate visits include:



- completion of forms
- pre-op exams
- medication refills
- child immunizations / vaccinations
- ear flushes
- screening tests or labs (ie: paps)
- management of chronic illness (diabetes, asthma, hypertension)

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



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

Lakehead Nurse Practitioner-Led Clinic

101 – 325 Archibald Street South
Thunder Bay, Ontario P7E 1G6

Phone: 807-475-9595
Fax: 807-475-9797



info@lnplc.ca

