

# HEALTH MATTERS

VOLUME 12—WINTER

JANUARY 2015

**THE CLINIC WILL  
BE CLOSED**

**On**

**FEBRUARY 16th  
FOR FAMILY DAY**

*Lakehead Nurse  
Practitioner-Led Clinic*

*Is on Facebook*

*And follow us on  
Twitter*

*@LakeheadNPLC*



**NATIONAL  
NON-SMOKING  
WEEK**

**JANUARY 18—24**



**WEEDLESS  
WEDNESDAY  
January 22nd**

## *Lakehead*

### *Nurse Practitioner-Led Clinic*

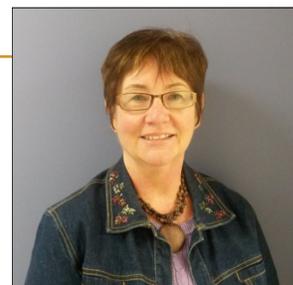
#### **SANDRA CRAWFORD, Nurse Practitioner**

LNPLC would like to recognize Sandra Crawford, DNP for her outstanding service to the patients of our clinic, and to the nursing community. Since graduating as one of the first Nurse Practitioners in Ontario nearly 20 years ago, she is now ending this chapter of her illustrious career and retiring from full time work at our clinic.

Sandra has been involved with LNPLC since its inception. She was an important part of the founding of the clinic and helped to develop the proposal and implementation of the clinic along with our Board Chair, Lynne Thibeault, DNP and a group of local NPs. She was the clinic's first Lead NP and helped to build the clinic's care team as the organization was growing.

With hopes to continue some casual practicing as a Nurse Practitioner, Sandra will also be enjoying time with her husband Joe, travelling extensively. More opportunities to visit their children in British Columbia and southern Ontario as well as longer stays at their camp.

We are very grateful for the contributions that Sandra has given the clinic, and for her role in advocating the benefits of nurse practitioner care. Many nursing and nurse practitioner students who have graduated from Lakehead University owe her a great deal for her role as clinical instructor, or as preceptor, and for those who have done placements with the Nurse Practitioners at Lakehead Nurse Practitioner Clinic.



Patients who are under Sandra's care will continue to have their health care delivered at our clinic, with Christine Miller taking over her role. We are excited for this new development in the organization, and wish Sandra all the best in her future as well.

#### **CHRISTINE MILLER, Nurse Practitioner**

Please join us in welcoming Christine Miller to the Lakehead Nurse Practitioner-Led Clinic. Christine will be starting as our new Nurse Practitioner in February!

In addition to attaining her Bachelor of Education degree, Christine completed a student placement for her PHC-NP program here at our clinic. She has been practicing as a Registered Nurse for seven years in emergency care, paediatrics and northern nursing; practicing in Lindsay, Ontario; Ottawa, Ontario; Whitehorse, North West Territories, and here in Thunder Bay.

We look forward to sharing her experience and education to primary care in providing health care to our patients at Lakehead Nurse Practitioner-Led Clinic.



*LNPLC is a teaching site for learners. The patients, primary care providers and staff play a vital role in educating health care providers to be competent and caring practitioners.*

*Please welcome the following students to our clinic*

**Christian Popa - Nurse Practitioner**

**Jenna Coderre - Nurse Practitioner**

**Amy Gusul - Registered Nurse**

**Amanda Mihalus - Social Work**



**Ready to Quit? Make a plan!  
IT'S EASIER THAN EVER TO QUIT SMOKING!**

— Anna Kapoor B.Sc.Pharm., Pharmacist

In Canada, smoking is the #1 preventable cause of death and causes 30% of all cancers, and 85% of lung cancers. It is also linked to numerous other cancers and health conditions such as lung and heart disease. There is no better thing you can do for your health than quitting smoking.

Most people need more than one attempt to quit. The average Canadian tries to quit 3.4 times before succeeding, and many people require more than 4 tries.

**UNDERSTANDING** why you smoke can help you break the cycle of addiction. Figure out what your “triggers” are, and avoid them if you can.

**MEDICATIONS** can help lessen withdrawal and minimize the urge to smoke. Champix and Zyban are now covered on

Ontario Drug Benefit and NIHB and most private health insurance. They can double your chances of succeeding. Many people also find Nicotine Replacement products very effective.

**PREPARE** yourself and your environment with strategies to cope. Try the 4Ds: Distract, Delay, Drink Water and Deep Breathe. Make sure you choose a good time to quit, as the ideal time avoids any undue stress you may put on yourself.

**ENLIST** support of others to stay quit, especially family and friends.

**Try the Smokers Helpline**

**1-877-513-5333**

**or [smokershelpline.ca](http://smokershelpline.ca)**



Our clinic offers a Smoking Cessation program to take you through these steps and provide you with information, support and prescriptions as required giving you the best chance of success. We can help you customize your plan so it is going to work for YOU.

Book a Consultation today to get you on your way to Smoke-free health.

*Distract ...  
Delay ...  
Drink Water...  
Deep Breathe !*

## HEART SMART FAMILIES

### MOTIVATING YOUR KIDS

If you worry that your kids are more tortoise than hare, you'll be heartened by the news that a love of activity is something that can be taught and nurtured. Check out these 10 great tips from *Active for Life*. <http://activeforlife.com>

**1. Help your child move early.** It's never too late to start but it's also never too early. With infant massage and exercises you can make moving a natural part of your child's day right from the beginning.

**2. Build physical activity into your family's daily routine.** Ideally, every night after dinner your family should get up and do some form of physical activity together. It could be taking a walk, playing catch, or riding bikes. It really doesn't matter what you do as long as you are moving together. If this doesn't work with your lifestyle, see if you can find another time of day to be active together. Try starting with 15 minutes every day.

**3. Show your kids how you are physically active in your own life. What's your physical outlet?** Do you run, practice yoga, play tennis, walk the dog, or workout at the gym? Being an active role model for your kids is one of the best things you can do to encourage them to be active. If you aren't very active, it's never too late for you to start, either.

**4. Choose to walk or bike instead.** When possible get kids moving instead of sitting in a car. If there is a safe route, have them walk or bike to school on a daily basis (if they're too young to go on their own walk or bike with them). This is a great habit to get into at an early age.

**5. Expose your kids to a wide variety of activities and sports.** Kids who specialize early in a specific sport can get burned out and injured. It's important to let them try lots of different things so that they can develop a wide range of skills and find out what they enjoy. With a few exceptions, most sports do not require specialization until kids are in their early teens.

**6. Praise but don't push.** Notice when your child is enjoying an activity and cheer them on. Always keep things positive from the sidelines so they understand that you value what they are doing but that you aren't so invested in it that they feel pressure.

**7. Focus on fun.** Most kids aren't ready for competition until they are ten and up. For kids under ten, fun activities and non-competitive games keep things stress-free and allow them to have success no matter what their skill level.

**8. Spend time outdoors.** It used to be that going outside was the default move for any bored child. And going outside almost guarantees some form of physical activity. These days there are a lot of distractions that can keep kids inside and occupied for hours. It's up to us as parents to create lots of opportunities for them to play outside.

**9. Choose a daycare or preschool that incorporates physical activity.** Parents should look for a daycare that dedicates time to encouraging age-appropriate movement every day. Little kids need lots of opportunities to move and develop basic skills like running, jumping, hopping, skipping, etc. Structured and unstructured play are both essential in helping them to develop these skills.

**10. Put pressure on your children's schools.** Schools need to do their part to ensure kids are getting both quantity and quality physical activity and education. Every school should have a PE specialist who knows how to engage children of all skill levels and abilities, and can help them develop their love of moving. The same holds true for children's physical literacy. You can start by speaking to your child's teacher, principal, or parent council.



*February is Heart Month*

*Just move with your family every day and you are well on your way to being a Heart Smart Family.*

For more information on Heart Smart Families, go to the Heart and Stroke Foundation website.

They publish *Heart Smart Families* as a regular e-newsletter.

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

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



FREE  
6 WEEK WORKSHOPS

APRIL 14  
TO MAY 19

1:30 TO 3:30 PM



## Diabetes Exercise—Benefits of Resistance / Theraband Exercises

—Michele Grace, Registered Practical Nurse



Theraband exercise has swept the world because of its simplistic, convenient nature and truly profound results. The premise of Theraband exercise is that one has a strip of elastic and uses this to exercise very specific sets of

muscles. Its strongest versatility is that it can be used on almost any muscle or joint set to strengthen, tone and increase mobility.

Perhaps one of the most fantastic benefits of Theraband exercise is its simplicity. Because it does not require very strenuous activity, the physically disabled or those with chronic health conditions can participate and gain phenomenal benefits of a bit of resistance training. For people suffering with nerve conditions (diabetic

neuropathy) and other disorders, any kind of movement can be painful. Theraband resistance training empowers the user to be in total control of the level of difficulty. There is no need to stand or be uncomfortable.

A thicker band means more resistance. More resistance means harder work but bigger muscles. Shortening the length of the band you are using also provides more efficient strength training. There are over 300 exercises that can be done with

a Theraband, working every muscle in the body. Keep in mind, Therabands should not be used as a total fitness program. You should incorporate daily cardiovascular exercises as well as good nutrition. It is recommended going for a daily walk or brisk bicycle ride in addition to your Theraband exercises.

Just a reminder, consult your primary health care provider before starting any new exercise routine.

If you have been diagnosed with Diabetes you are not alone...more than 9 million Canadians are living with diabetes

### EXERCISE & DIABETES



If you have been diagnosed with Type II diabetes, insulin resistance, impaired fasting glucose or impaired glucose tolerance ... come learn how to help manage your blood sugars through exercise.

*This may be the motivation you need to take charge of your health !*

*Education topics* on diabetes management with the RPN—Diabetes Educator, Registered Dietician, Pharmacist, Social Worker and Nurse Practitioner

*Theraband Exercises* ~ Therabands are portable—you can take them virtually anywhere. Therabands are easy to use and exercises are much safer, dramatically reducing the chance of injury.

*Therabands will be provided free of charge !*

**FREE!**



**475-9595**

**6 WEEK PROGRAM**  
**EVERY TUESDAY from 2:00 to 3:00 PM**  
**MARCH 3 to APRIL 7**

## Diabetes Foot Care

—Michele Grace, Registered Practical Nurse



*Call to see your NP if you have cuts or breaks in the skin, if your foot changes colour or shape or just feels different.*



### Prevention

Your health care provider should perform a complete foot exam at least annually—more often if you have foot problems. Remember to take off your socks and shoes while you wait for your physical examination. Call or see your health care provider if you have cuts or breaks in the skin, or have an ingrown nail. Also, tell your health care provider if your foot changes color, shape, or just feels different (for example, becomes less sensitive or hurts).

### Caring for Your Feet

**Take care of your diabetes.** Work with your health care team to keep your blood glucose in your target range.

**Check your feet every day.** Look at your bare feet for red spots, cuts, swelling, and blisters. If you cannot see the bottoms of your feet, use a mirror or ask someone for help.

**Be more active.** Plan your physical activity program with

your health team.

**See your primary care provider right away** if you have any swelling, warmth, redness or pain in your legs or feet.

**Wash your feet every day.** Dry them carefully, especially between the toes.

**Keep your skin soft and smooth.** Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes.

**If you can see and reach your toenails, trim them when needed.** Trim your toenails straight across and file the edges with an emery board or nail file.

**Chiropody / Foot care.** Referrals may be necessary if you are unable to do your own foot care or if you're having problems.

**Wear shoes and socks at all times.** Never walk barefoot. Wear comfortable shoes that fit well and protect your feet. Check inside your shoes before

wearing them. Make sure the lining is smooth and there are no objects inside.

**Protect feet from hot and cold.** Wear shoes at the beach or on hot pavement. Don't put your feet into hot water. Test water before putting your feet in it just as you would before bathing a baby. Never use hot water bottles, heating pads, or electric blankets. You can burn your feet without realizing it.

**Keep the blood flowing to your feet.** Put your feet up when sitting. Wiggle your toes and move your ankles up and down for 5 minutes, 2 or 3 times a day. Don't cross your legs for long periods of time. Don't smoke.

**Get started now.** Begin taking good care of your feet today. Set a time every day to check your feet.



## Stop Diabetes from Knocking You Off Your Feet



*Diabetes Foot Care is now being offered ... check with your Nurse Practitioner*

## CANADIAN LENTILS—Claudia Isfeld, Registered Dietician

Canada is a large producer of some of the world's best lentils! Lentils are a versatile, inexpensive, convenient and nutritious food. They are high in fibre, protein, folate, iron and magnesium making them a heart smart choice and inexpensive meat alternative. One cup of cooked lentils has 15.6 grams of fibre and 18 grams of protein. That is more than double the fibre in a cup of bran cereal and the similar amount of protein as 2 ½ oz. of meat or fish.

Lentils are most commonly found in the grocery or bulk store as large green or red split lentils, and can be purchased both dry and canned. Dry lentils do not require soaking time before cooking. Canned lentils are pre-cooked for convenience but do have added sodium, so adjust the salt in the recipe to reflect this.

FYI - rinsing canned lentils under running water will remove about 60% of the sodium con-

tent. Whether dry or canned, lentils are easy to cook with and can be used in everything from soups, stews, and salads to dips and desserts.

If you are interested in more information on Canadian lentils, as well as a vast selection of recipes, go to [www.Lentils.ca](http://www.Lentils.ca). I've included a my favourite from the website for you to try.

If you don't have quinoa, you can substitute rice or couscous in the Thai Lentils recipe.

**Happy, healthy cooking!**



## March is Nutrition Month

The theme for this year's celebration is *Eating 9 to 5—Eating Well at Work*. Watch for local activities, tips for workplaces, as well as national information sponsored by Dietitians of Canada including “*Cookspiration*”, a free app for iPhone, iPad and Android devices. This app is designed to help you find healthy, inspired meal ideas to suit your lifestyle and get nutrition information at your fingertips.

## COCONUT THAI CURRY LENTILS WITH QUINOA—[www.Lentils.ca](http://www.Lentils.ca).

### Ingredients

6 cups quinoa, cooked  
 1 Tbsp (15 mL) canola oil  
 1 whole medium onion, finely diced  
 3 Tbsp (45 mL) red Thai curry paste (add more for extra zing)  
 1 can (400 mL) coconut milk  
 2 whole medium tomatoes, diced  
 2 cups (500 mL) cooked or canned lentils, drained and rinsed  
 3 Tbsp (45 mL) chopped fresh cilantro (keep a few leaves for garnish)  
 1/2 tsp (2 mL) salt  
 1/2 tsp (2 mL) black pepper

### Directions

In a sauté pan, cook onion in canola oil on medium heat until golden in colour.  
 Add tomatoes and sauté for 2-3 minutes.  
 Stir in curry paste and cook for 3 minutes.  
 Add coconut milk and simmer until moisture has reduced by half.  
 Add cooked lentils and simmer until mixture thickens, approximately 5 minutes.  
 Add fresh cilantro to coconut lentil mixture.  
 Place a ladle of mixture over a portion of cooked quinoa, garnish cilantro and serve.

### Nutritional Information

#### Per Serving:

Calories 370  
 Total Fat 19 g  
 Saturated Fat 13 g  
 Cholesterol 0 mg  
 Carbohydrates 40 g  
 Fibre 9 g  
 Sugars 4 g  
 Protein 12 g  
 Sodium 330 mg  
 Potassium 570 mg  
 Folate 171 mcg

**Yield:** 6 cups (1.5L) coconut Thai curry lentils and 6 cups (1.5L) quinoa

**Serving Size:** 1 cup (250 ml) coconut Thai curry lentils and 1 cup quinoa

