

HEALTH MATTERS

VOLUME 13—SPRING

APRIL 2015

**THE CLINIC WILL
BE CLOSED**

APRIL 3

APRIL 6

MAY 18

*Lakehead Nurse
Practitioner-Led Clinic*

Is on Facebook

*And follow us on
Twitter
@LakeheadNPLC*



**H O P E
B L O O M S**

*April is Cancer
Awareness
Month*

Lakehead Nurse Practitioner-Led Clinic

**By PAM DELGATY, Nurse Practitioner
and Clinical Director**



Health care is an ever evolving industry that has to keep pace with changes in time and society. This is well represented in nursing. Many years ago, nurses were associated with religious orders, and provided care based on physical and spiritual needs. History tells us that in 1639, the first Canadian nursing “sisters” arrived from France and started to provide care. Nurses have been the backbone of health care for over 350 years. Nursing eventually moved away from hospitals in an attempt to modernize the profession. Nurses have served proudly in the Armed Forces, as well as well as providing important public health developments with the Aboriginal communities in the North.

If you want to see how far nurses have come in Canada, or anywhere else in the world, our clinic is a shining beacon. We have a Registered Practical Nurse (RPN), a Registered Nurse (RN), and four Nurse Practitioners (NPs). Along with our Dietitian, Social Worker and Pharmacist we are able to provide complete care for all our patients in an efficient, timely, compassionate manner. We are able to do this because we all work to our full scope of practice. We recognize things we can do, and conversely recognize when we need to refer patients to our consulting physician, specialists or rehabilitative facilities. Judging by the patient satisfaction survey we completed this year, it is apparent that we are

doing a thorough job in providing first class health care.

And so, in regards to May 11 to 17 being *National Nursing Week*, we just wanted to recognize the proud heritage of nursing and the sacrifice and dedication to an ideal that has made our clinic possible.

We move ahead towards the future of an ever-evolving system, recognizing contributions of the past and the possibilities of the future.

**National Nursing Week
May 11 to May 17**



Screen for Life

Cancer screening sees what you can't

-  Breast
-  Cervical
-  Colorectal

Screening for breast, cervical and colorectal cancer saves lives. Cancer screening detects pre-cancerous changes, or cancer at an early stage when there is a better chance of treating it successfully. Screening is for individuals who do not have any cancer symptoms.



Caring for the Caregiver

Sharing Caring Supporting



Empowerment, Education, Sharing, Support ...

"Caregivers are not alone - there is help".

Each week, education topics will include:

<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>Emergency Planning</i>	<i>Palliative Care</i>

FREE!



6 WEEK PROGRAM
EVERY TUESDAY from 2:00 to 3:30 PM
APRIL 14 to MAY 19

475-9595

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

JUNE IS STROKE AWARENESS MONTH



What is a stroke?

A stroke is a sudden loss of brain function. It is caused by the interruption of flow of blood to the brain (ischemic stroke) or the rupture of blood vessels in the brain (hemorrhagic stroke). The interruption of blood flow or the rupture of blood vessels causes brain cells (neurons) in the affected area to die.

The effects of a stroke depend on where the brain was injured, as well as how much damage occurred. A stroke can impact any number of areas including your ability to move, see, remember, speak, reason and read and write.

Stroke is a medical emergency. Recognizing and responding **immediately** to the

stroke warning signs by calling 9-1-1 or your local emergency number. This can significantly improve survival and recovery.

What causes brain damage from stroke?

Blood vessels called arteries carry blood that is rich in oxygen and nutrients through the body. When an artery to the brain becomes blocked or bursts, the blood supply to a part of the brain is cut off. The longer the brain goes without oxygen and nutrients supplied by blood flow, the greater the risk of permanent brain damage. Brain injuries can also result in uncontrolled bleeding and permanent brain damage. This is usually referred to as an Acquired Brain Injury.

What are the types of stroke?

There are two main types of stroke: those caused by blood clots (ischemic stroke) and those caused by bleeding (hemorrhagic stroke).

When clots stop blood from flowing to the brain for a short time, a TIA (transient ischemic attack) or “mini-stroke” can happen. Stroke can happen to anyone including babies and children (pediatric stroke).

Understanding the brain and the effects of stroke

Your brain is the most complex organ in your body. It consists of more than 100 billion specialized nerve cells called neurons and it acts as a command centre for everything you do, think, sense and say. These neurons depend on the blood vessels in your brain for oxygen and nutrients. Neurons cannot duplicate or repair themselves.

Different parts of the brain control different functions. Learning what the parts of the brain do can help you understand why stroke can affect people so differently.

www.heartandstroke.ca

LEARN THE SIGNS OF STROKE

FACE is it drooping?
A RMS can you raise both?
S PEECH is it slurred or jumbled?
T IME to call 9-1-1 right away.

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JUNE 2

Memory Screening Clinics

SEPTEMBER 15

HOW IS YOUR MEMORY?

COME FOR A FREE SCREENING!

EARLY IDENTIFICATION OF COGNITIVE DECLINE WILL HELP US TO TREAT PATIENTS EARLIER



ADULT IMMUNIZATION: What vaccines do you need?

Vaccine	Who should receive it?
Tetanus	everyone, every 10 years
Diphtheria	everyone, every 10 years
Pertussis (whooping cough)	everyone, once in adulthood
Influenza	annually for people at high risk of complications from influenza and anyone who wants protection from influenza
Pneumococcal	everyone 65 and over, and people with specific medical conditions
Hepatitis B	people with medical, occupational or lifestyle risks and anyone who wants protection from Hepatitis B
Hepatitis A	people with medical, occupational or lifestyle risks and anyone who wants protection from Hepatitis A
Meningococcal	people with specific medical conditions and people living in communal residences, including students and military personnel
Measles	people who have not had the vaccine or the disease
Mumps	people who have not had the vaccine or the disease
Rubella (German measles)	people who have not had the vaccine or the disease
Varicella (chickenpox)	people who have not had the vaccine or the disease
HPV	females 9-26 years
Herpes zoster	anyone 60+
Travel vaccines	varies by destination – consult a travel health clinic, your doctor, nurse, local public health office or www.travelhealth.gc.ca

Adapted from the *Canadian Immunization Guide 2006*, National Advisory Committee on Immunization.

Ask your doctor, nurse, local public health office, or pharmacist about your specific immunization needs and about availability and possible costs of the vaccine. Doses and timing may vary depending on the vaccine and your medical history.

Immunization is not just for kids!

WHO Recommendations On Sugar Consumption

—Claudia Isfeld, Registered Dietitian



Try to avoid the use of artificial sweeteners to sweeten foods. Let your taste buds get accustomed to the taste of less sweetness.



Recently, the World Health Organization (WHO) released recommendations for sugar consumption. Believe it or not, this type of recommendation has never been made before. The use of added sugars in food and drinks is causing concern because of its association with poor dietary quality, obesity, risk of non-communicable disease as well as dental problems. Free sugars, especially in the form of sugar sweetened beverages are particularly of concern.

The WHO strongly recommends a reduced intake of free sugars throughout your life course. In both adults and children, WHO strongly recommends reducing free sugar intake to less than 10% of caloric intake.

Free sugars include sugars added to food and beverages as well as sugars naturally present in honey, syrups and fruit juices. This does not include intrinsic sugars found in whole fruits and

vegetables, or milk.

What does this mean for the average person?

10% of a 2,000 calorie diet would be approximately 50 grams of sugar, or 12 teaspoons.

Sound like a lot ?

1 can of pop has 40 grams of sugar or about 10 teaspoons.

1 cup of fruit juice has approximately 23 grams of sugar or 6 teaspoons.

It adds up quick!

Numbers aside, being aware of what we are eating and especially drinking is important. Check the nutrition label for sugar content

4 grams of sugar = 1 tsp sugar

Reduce your intake of sweetened drinks (pop, sports drinks, sugar in coffee, etc.), drink

more water and limit fruit juice to 1/2 cup per day (remember those little juice glasses?)

Decrease added sugars in yogurt by mixing plain yogurt and fruit flavoured yogurt together to “dilute” or add your own fruit to plain yogurt.

Cut the sugar in your baked goods by half.

Check labels of cereals, snacks and condiments (BBQ sauce, ketchup, salad dressings, etc.) and choose lower sugar varieties or limit portions.

Try to avoid the use of artificial sweeteners to sweeten foods. Let your taste buds get accustomed to the taste of less sweetness.

For more information or to read the report in detail, it can be found at www.who.int.

Source: Guideline: Sugars intake for adults and children.



Positive Steps to Wellbeing

Exercise regularly—Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy. Get outside, preferably in a green space or near water. Find an activity you enjoy doing, and just do it !



Diabetes Foot Care

is now being offered ... check with your Nurse Practitioner

STRESS AND THE STUDENT —Jennifer Valente—Social Worker

The life of a student can be exciting and fun. For a high school student it's about first dates, semi-formals and driving lessons. For a post-secondary student it's about living on your own for the first time, new friendships and taking classes in subjects that you enjoy. However, the life of a student also comes with significant amounts of stress—broken hearts, finances, home sickness and substantial amounts of pressure to succeed and excel in the classroom. Recent research has shown that stress in the classroom, as early as kindergarten, is on the rise and more prominent than previous generations (Shanker, 2014). The stress that

a student experiences has been linked to mental health concerns such as anxiety, depression, social isolation and fatigue in all levels of schooling across Canada. While school boards across the country are working to address this and adapt accordingly, here are some things that you can try at home to help manage the stress.

Elementary School

- Teach your child how to engage in deep breathing when they are feeling overwhelmed.
- Ensure there is a safe place to talk about how they are feeling—both positive and negative—about day-to-day happenings but also the stress they are feeling.

- Provide younger children with the language they need—label the stressed feeling and encourage them to talk about it and come up with solutions.

- Ensure opportunities for other activities that can relieve stress—healthy eating, active lifestyles, socialization, etc.

- Stay connected with your children's teachers to ensure they are not falling behind or struggling and they are getting the support they need.

High School / University

- Stay organized. This way you can ensure that you are prepared for tests or assignments as they occur. Use an agenda or large calendar. Try not to procrastinate and set small home-

work goals for each day.

- Ensure you have “down time” to spend with friends, or doing something you enjoy. Make sure you eat properly and get enough sleep—a well-rounded schedule is important.

- Ask for help as soon as you feel stressed/overwhelmed. Guidance counselors, social workers and school nurses trained in mental health are available to support you as well as parents and close family members. The earlier you ask for help the easier it is to refocus and gain control.

- Limit alcohol consumption. This can increase symptoms of anxiety/depression and lead to procrastination.



Positive Steps to Wellbeing

Relax ! Make time for you! Chill out and relax. Find something that suits you—different things work for different people.

Breathe ! Imagine a balloon in your belly, inflating and deflating as you breath in and out.

HOMEMADE GUACAMOLE & TORTILLA CHIPS

Ingredients

2 ripe avocados, peeled and mashed
 1 tomato, chopped (optional)
 1 garlic clove, minced or 2 ml garlic powder
 1/2 cup plain yogurt
 1/3 cup tomato salsa
 2 tbsp green onion, chopped (optional)
 2 tsp lemon or lime juice
 1 tsp ground cumin (or to taste)
 1 tsp chili powder (or to taste)
 8-10 whole wheat tortillas

Directions

Preheat oven to 350 degrees F.

In a large bowl, combine avocados, tomato, garlic, yogurt, salsa, green onion, lemon or lime juice, cumin and chili powder.

In batches, place tortillas directly on the middle rack of preheated oven and toast, turning once, for 10 to 15 minutes or until golden brown and starting to crisp. Check to make sure they are not too brown.

Let cool on a wire rack, then break into dipping size pieces.

Serve guacamole in a dish with toasted tortilla chips on the side.

