

# HEALTH MATTERS

VOLUME 15—WINTER

JANUARY 2016

**THE CLINIC WILL  
BE CLOSED**

**JANUARY 1**

**FEBRUARY 15**

**MARCH 25 and 28**

*There will be no  
Walk In Clinic*



*Lakehead Nurse  
Practitioner-Led Clinic*

*Is on Facebook*

*And follow us on  
Twitter  
@LakeheadNPLC*

**COME IN FOR A  
FREE SCREENING!**

**Memory  
Screening  
Clinic**

**FEBRUARY 23rd**

## *Lakehead Nurse Practitioner-Led Clinic*

### **Antibiotic Misuse. How It Puts You At Risk...**

**By Carolan Thayer, Nurse Practitioner**

Antibiotics are a necessary and important part of health care...but there is an explosion of antibiotic resistant infections.

#### **How does this resistance happen?**

Resistant bacteria and viruses withstand the attack by antibiotics. New strains grow that go on to infect others. These strains can be serious, even deadly.

#### **What can we do?**

As patients, we need to be aware that viral infections do not require antibiotics. Your NP will assess your symptoms and deter-

mine your needs. Remember—fever, coloured sputum and a terrible cough or sore throat are often caused by viruses!

#### **How can we prevent infection?**

Wash your hands! Plain old soap and water is our best defense.

Don't add to the problem by using antibacterial soap...studies have shown that they are no more effective than regular soap and increase new strains of resistant bacteria.

Ask your NP for more information.



## COMING SOON

### **ACCESS YOUR OWN HEALTH INFORMATION SECURELY, ONLINE**

Lakehead NPLC will be part of a pilot program which would let you, the patient, log into a secure health record called *Relay Health*, to view your information. Move into this more modern and integrated health record system by providing us with your e-mail address. Your e-mail will remain secure as part of your health record and is subject to the stringent patient privacy regulations that protect your health information. Visit [www.lnplc.com/about/](http://www.lnplc.com/about/) for information on how we ensure patient privacy.



First Link Premier Lien

**January is  
Alzheimer  
Awareness  
Month!**



[www.alzheimerthunderbay.ca](http://www.alzheimerthunderbay.ca)

# EXERCISE & DIABETES

## 6 WEEK PROGRAM

**TUESDAYS from 2:00 to 3:00 PM**

**MARCH 22 to APRIL 26**



*Education topics* on diabetes management with the RPN—Diabetes Educator, Nurse Practitioner, Registered Dietitian, and Registered Nurse.

*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 ARE PROVIDED.**

# TOTALLY FREE!



**475-9595**

**open to the public**

## Draw Us A Picture of “Healthy” —Kyle Jessiman, Clinic Administrator



This year saw a change in how public health administers vaccines for children age 4 – 6, and they were not receiving them at school, as had been done previously. Our clinic offered this to our patients who wanted it, and during our Children’s Immunization Clinic we engaged the kids in a drawing and colouring contest, asking them to ‘Draw us a Picture of Healthy’. The results were fabulous, and really showed that children are full of wisdom when it comes to knowing what truly makes us healthy.



There were no vaccines drawn on the kids’ sheets. There were no pharmaceutical drugs, or surgical operations taking place. What was common in the drawings were varieties of fruits and vegetables, and sunshine helping them to grow, or a multicoloured scribbled ‘bowl of fruit’. Fresh, mountain air was drawn, as was a pink scooter and a bike helping the kids to exercise. A healthy mom as part of a loving family was drawn in one as well, or being with friends.

Congratulations to two winners who received cook books for them to work on these healthy recipes with their families and friends, and thanks to all of the kids for helping us to remember that daily healthy and loving choices are the biggest contributor to our health. Please take a look at some of the submissions up on the wall in the East hallway



*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:*

*Kaylee Heppler —Nurse Practitioner  
Leanne Christen —Nurse Practitioner  
Veronica Segbedzie —Nurse Practitioner  
Haleigh Gorrell — Registered Nurse  
Rachael Sebesta — Registered Dietician*

# Soci t  Alzheimer Society

## Detecting Dementia — Signs of Alzheimer’s disease or other dementias to look for

Often the symptoms of Alzheimer’s disease or other dementias are present long before diagnosis. These signs can be disguised during day-to-day routine but can surface as a result of the hectic pace of the holidays or the stress of change in schedule.



### When visiting with family this season, look for these telltale signs:

- Does she struggle to think of the right words or even remember your name?
- Has she forgotten to buy gifts...or bought gifts that are out of character? Does she seem surprised by the gifts she bought for others?
- Is his clothing clean and in good repair?
- Does she look thinner?
- Does he have difficulty following the conversation?
- Does she forget basic etiquette?
- Is he unusually quiet or does he appear sad or depressed?
- Is she easily distracted, agitated or overwhelmed?

### Also, look around the 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? Or is food spoiling in the refrigerator?
- Are pots and pans scorched on the bottom?
- Do medications seem to be used appropriately?

### Take note of these other warning signs:

- memory loss beyond forgetting occasional names and appointments
- performing familiar tasks with difficulty
- disorientation with time and place
- poor judgement
- difficulty with abstract thinking
- misplacing familiar objects

**There’s no easy way of addressing your concerns with a family member you suspect may have dementia. But it’s important they see a family doctor to rule out treatable physical conditions that can cause dementia.**

**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.**

Alzheimer Society Thunder Bay 180 Park Avenue, Suite 310, Thunder Bay, ON P7B 6J4 345-9556

**For practical advice and support this holiday season, contact your local Alzheimer Society. For crisis situations at night or on the weekend, call Telehealth Ontario (1-866-797-0000).**

# HEART SMART FAMILIES

## Small changes that make a big difference

More Canadians than ever are surviving heart attacks and strokes, even though these events are serious and can be life-threatening. In fact, the death rate from cardiovascular disease has declined more than 75 per cent over the past 60 years, and last year alone this resulted in 165,000 survivors. But there is still cause for concern.

According to a new report from the Heart and Stroke Foundation, not all survivors are able to make the healthy changes needed to make the best recovery possible and help avoid another event. Based on a poll of 2,000 survivors and their loved ones, survivors report success with eating healthier, quitting smoking, and reducing alcohol consumption. However, many survivors report that they struggle to maintain a healthy weight, to be physically active and to reduce stress.

“After going through a major event like a heart attack, it may be daunting to think about making many changes all at once,”

says Dr. Beth Abramson, spokesperson for the Heart and Stroke Foundation and author of *Heart Health for Canadians*. “What people don’t realize is that small changes over time can make a big difference. This can be as simple as choosing a piece of fruit over a sugary or salty snack, or getting off the bus a few stops early to walk a bit more.”

Here are some tips that can help everyone – whether they are living with cardiovascular disease or not – get started on a healthier path:

**Let the Food Guide guide you.** Follow Canada’s Food Guide and ensure that half your plate is vegetables, one quarter meat or alternatives such as beans, lentils or tofu, and one quarter grains such as rice or pasta. Add in a glass of milk or some yogurt and fruit.

**Planning makes perfect.** Plan your meals each week and make a list before heading to the grocery store.

Cook healthy meals in bigger batches and freeze them.

**Accept all substitutes.** Use healthier fats, for example olive oil instead of butter. Use fresh or dried herbs, spices, flavoured vinegars or lemon juice instead of salt to enhance flavour. In baking, cut the fat content by using fruit sauce and replace white flour with whole wheat.

**Find what moves you.** No need to go to a gym, just do whatever you enjoy – any activity can have a positive impact. And remember, if you are pressed for time, you can work in activity in 10-minute bouts.

**Mix it up.** Try new foods such as a new fruit or vegetable each time you shop, and choose a new recipe to try each week. Vary your exercise as well: yard work one day, an exercise class the next, and a ski or bike ride after that. Play in the park with the kids or take a walk with a friend or neighbour.

<http://www.heartandstroke.com>



*February is Heart Month*



**6 WEEK PROGRAM  
EVERY TUESDAY  
1:30 to 3:30 pm  
MAY 3 to JUNE 7**

*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>          |                             |

**IT'S FREE!**



**open to the public**

# March is Nutrition Month

**Take a 100 meal journey: Make small changes one meal at a time** — Claudia Isfeld, Registered Dietitian

This is the theme for Dietitians of Canada's national Nutrition Month for 2016. As we start a new year, we often think about making healthy changes to our lifestyle. Taking small steps towards changing our habits can be easier than you think. Some small food changes you may want to consider include:

*Eating less meat.*

*Using fewer processed foods.*

*Cooking at home more often.*

*Increasing fruit and vegetable intake.*

*Drinking fewer sugar sweetened drinks.*

Whatever you feel you want to try, keep in mind that small changes can lead to big rewards where our health is concerned. Try the following recipe for half—veggie burgers as a small change in your usual burger that will provide the same burger taste with half the meat.



## Half-Veggie Burgers

2 cups cooked brown or green lentils, roughly mashed (cook them yourself or used canned lentils)

1 cup finely chopped onion

1 lb lean ground beef (or other ground meat)

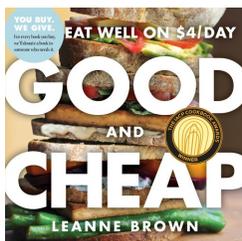
1 egg

1/2 tsp garlic powder or 1 tsp fresh minced garlic

Salt and pepper to taste (optional)

Mix together and form into patties. Cook as desired in a skillet, under the broiler or on the barbeque as you would any burger. Serve with your favourite burger toppings.

Adapted from "Good and Cheap, Eat Well on \$4/day" by Leanne Brown.



Leanne Brown, a food-studies scholar and avid home cook has compiled a cookbook, *Good and Cheap ~ Eat Well on \$4/Day*. Leanne thinks that everyone should eat great food every day. Eating well means learning to cook. It means banishing the mindset that preparing daily meals is a huge chore or takes tremendous skill. Cooking is easy—you just have to practice.

Download a free pdf copy at [www.leannebrown.com](http://www.leannebrown.com)

**Starting  
January 2016**

**GLUCOMETER TESTING &  
EDUCATION APPOINTMENTS**

**Call to book your  
appointment**

## Community Engagement—Kyle Jessiman, Clinic Administrator

Health is determined by so much more than a visit to our primary care providers. There is much research on the ‘social determinants of health’ and how they are linked to an individuals’ likelihood of getting sick later in life. Things like food security, housing, income security, strong community bonds, and good education are equally important when it comes to staying healthy. Our clinic and staff have made efforts at supporting this for our patients and community wherever we can.

Recently, staff volunteered their time to help pack Christmas Cheer food hampers during the

2015 blitz. We also raised funds to support local residents with grocery assistance at this time of year. Along with our continued support of the Locally-Grown Good Food Box, our contributions are helping to strengthen the availability of healthy, local food that is available to all Thunder Bay residents. We encourage you to support this by buying locally whenever you can.

We’ve also partnered with EcoSuperior as one of 120 community groups partnering in ‘Spring Up to Clean Up—a brief effort where our staff cleans litter from around our

clinic’s neighbourhood in May. These combined efforts have made many areas of the city much more clean, green, and beautiful. EcoSuperior also hosted a session on Green Cleaning and Personal Care Products, to help reduce toxins going into our bodies and environment. Do you see an opportunity to join or start an effort to beautify an area of the city that you frequent?

For the new year, our Board of Directors has also begun a process of supporting these social determinants of health for local residents in other ways, and we will continue

to update on how this is being done. We welcome your suggestions or comments on how we can help with this, or other initiatives that you know are having a great impact.

Together, we are making the places we live, more happy, loving, and livable. Focus on keeping good relationships, supporting our neighbourhoods, and sharing love and wisdom with those close to us, and the giving will show returns in many ways.



*Spring Up to Clean Up*



*Supporting the locally grown Good Food Box Program*

*Helping out the Christmas Cheer Campaign packing food hampers*

