

HEALTH MATTERS

VOLUME 17—AUTUMN

OCTOBER 2016

THE CLINIC WILL
BE CLOSED

OCTOBER 10

DECEMBER 26, 27
and JANUARY 2

We're on the
Web!

www.lnplc.com

Lakehead Nurse
Practitioner-Led Clinic

Is on Facebook

And follow us on
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Get your Flu Shot!



Lakehead Nurse Practitioner-Led Clinic

How to Survive The Holidays By Pam Delgaty, Nurse Practitioner

The holidays are meant to be a time of joy and fulfillment. So why do so many people dread this time? Nothing conjures up this precious moment of dread more than the festive holiday dinner table. At the same time, many people are alone and isolated or could only dream of the abundance so many of us take for granted.

Here are some simple points to remember as we approach this time that can seem so conflicted.

STRESS IS NORMAL

- Realign your expectation
- Let go of the past
- Try and keep it simple and financially realistic

FEEL FREE TO MIX IT UP

- Some tradition is important, but change is inevitable
- Try a different location or different approach

BE TOLERANT AND FLEXIBLE

- We all have our own ideas and hopes.



LIMIT ALCOHOL

- A toast to the season is reasonable, but keep it in check.



HEALTH CARE HISTORY IN CANADA

1897 to 1919 The Federal Department of Agriculture handles federal health responsibilities until Sept. 1, 1919, when the first federal Department of Health was created.

1940 Federal Dominion Council of Health created.

1969 Ontario creates medical insurance plan with federal cost sharing.

1984 Federal legislation, the *Canada Health Act*, was passed. This established criteria on portability, accessibility, universality, comprehensiveness, and public administration.

Flu shots save lives



Get immunized!

The seasonal influenza vaccine is safe, effective and recommended for everyone 6 months of age and older, especially people at high risk of influenza-related complications.

LNPLC Flu Clinic Days

October 20, 21, 24, 25, 31

Book your appointment today !

How Is Your Food Influencing Your Health? *Part 1* — by Kyle Jessiman, Clinic Administrator



**“Eat food. Not too much.
Mostly plants.”**

— Michael Pollan, *In Defense of Food*

This mantra has really stuck with me since I first read this book by journalist and food activist, Michael Pollan. It’s so simple, yet couldn’t be more true. Many of us are lacking the nutrition that comes from eating REAL food – that is, food with ONE ingredient. We tend to overeat unhealthy processed foods that contain dozens of ingredients. But the nutrition value can be so low in many of these, that eating more does not satisfy our body’s need for what real food gives us – nutrition and vitality to continue living a healthy life.

Food security means that a family has the freedom to access the food that they need, which is healthy enough to keep them from getting sick. A family with low food security generates a 121% higher cost to the health care system than a family who can access the healthy food they need. Illnesses increase proportionally, and in correlation with a family’s level of food insecurity. This is a serious problem for all of us, because the health care dollars in Ontario are covered by all of us, and we will all need to access health care sometimes. Helping others to stay healthy by promoting more food security is an excellent way to stretch our health care dollars.

Do you have a favourite local charity which contributes to food security? (Think Roots to Harvest, Regional Food Distribution Association, Good Food Box via the Northwestern Ontario Women’s Centre) Contributing to Shelter House can help with short-term access for those in serious need. Our clinic has assisted in packing Christmas Cheer hampers during their blitz, and we continue to support local food vendors and chefs in the region who are taking the responsibility to make healthy, and extremely tasty food from what we grow and make here in Thunder Bay.

Take some time to reflect on where your food is really coming from, and what is in it. World Food Day falls on October 16th this year, and your food choices can help to improve the food system worldwide! Ask your Nurse Practitioner, or Claudia our Registered Dietitian about inexpensive, and fun ways to make your plate more healthy and tasty. And in turn, improve the health of you and those you’re eating with.

Part 2 will be presented in our Spring Newsletter.



<http://www.goodfoodboxtb.org>

rfda

Regional Food Distribution Association
of Northwestern Ontario

<http://www.foodbanksnorthwest.ca>

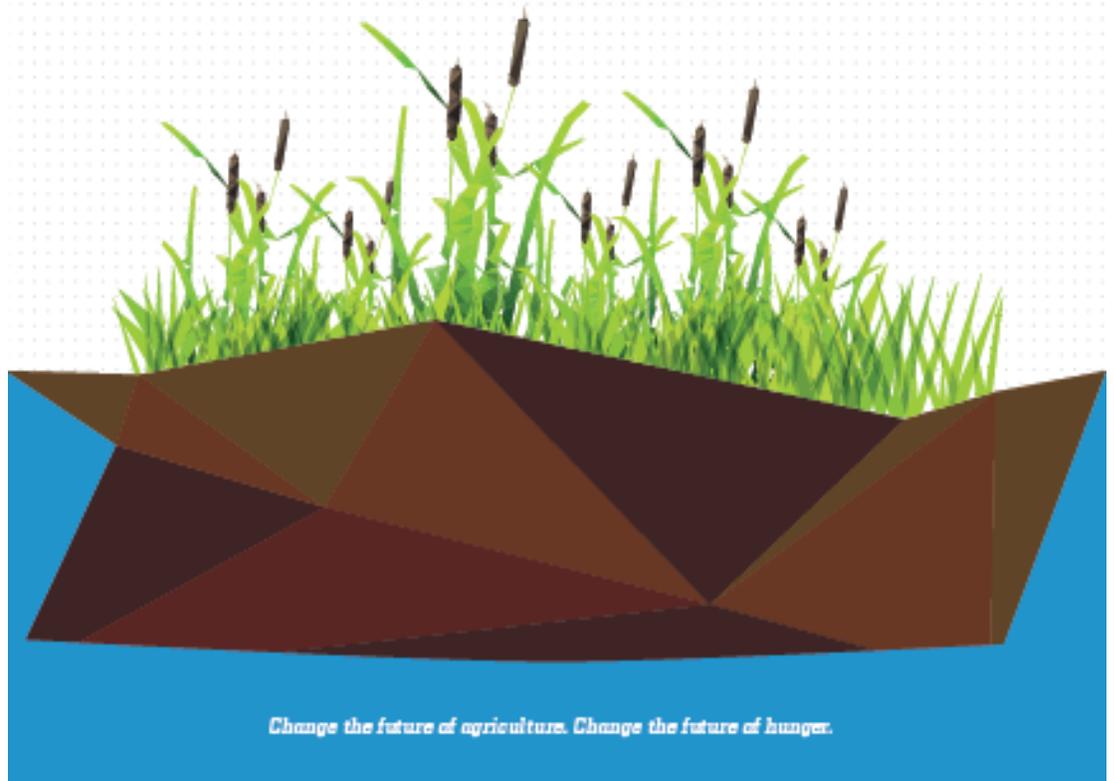


16 October 2016
World Food Day



**World Food
Day
October 16
2016**

**Climate is changing.
Food and agriculture must too.**



Change the future of agriculture. Change the future of hunger.



The more risk factors a person has, the greater the chances of falling.

Five things you can do to prevent falls:

1. Exercise daily to build strength and improve balance.
2. Wear safe footwear.
3. Have regular eye check-ups.
4. Make your home safer.
 - Remove clutter and tripping hazards.
 - Add railings on all stairs and grab bars in the bathroom.
 - Have good lighting, particularly on stairs.
5. Talk to your healthcare provider to learn more about your risk.

NOVEMBER IS



Staying Independent

Falls are the main reason older adults lose their independence.



To learn more contact
The Ontario Injury Resources Centre

<http://www.oninjuryresources.ca>

Tri-Pulse Salad— submitted by Claudia Isfeld, Registered Dietitian



Prep Time: 10 minutes

Total Time: 15 minutes

Servings: 6

INGREDIENTS

VINAIGRETTE:

- 3 tbsp (45 ml) cider vinegar
- 2 tsp (10 ml) whole grain mustard
- 2 tsp (10 ml) honey
- 2 tbsp (30 ml) canola oil

SALAD:

- 1 cup (250 ml) cooked green lentils
- 1 cup (250 ml) cooked black beans or small red beans
- 1 cup (250 ml) cooked chickpeas
- 1 cup (250 ml) finely chopped baby kale
- 1/2 cup (125 ml) finely chopped radicchio
- 1/4 cup (60 ml) dried cranberries

3 tbsp (45 ml) chopped fresh cilantro

3 tbsp (45 ml) thinly sliced green onions

To taste, salt and ground black pepper

DIRECTIONS

1. In a small bowl, whisk together vinaigrette ingredients. Set aside.
2. In a large bowl, combine salad ingredients. Toss in vinaigrette and season to taste with salt and pepper.

Nutritional Information:
Serving Size: 2/3 cup (150 ml)

Per Serving:

Calories 190

Total Fat 6 g

Saturated Fat 0 g

Cholesterol 0 mg

Carbohydrates 27g

Dietary Fibre 7g

Sugar 7g

Protein 8g

Sodium 210mg

Potassium 292mg

Folate 108mcg

Recipe by

Canadian Lentils



Pumpkin Cranberry Muffin Squares — submitted by Claudia Isfeld, Registered Dietitian

INGREDIENTS

- 2 cups (500 ml) all purpose flour
- 1 tbsp (15 ml) pumpkin pie spice
- 2-1/2 tsp (12 ml) baking powder
- 1/2 tsp (2 ml) baking soda
- 1/2 tsp (2 ml) salt
- 3/4 cup (175ml) chopped fresh cranberries
- 1/2 cup (125 ml) chopped walnuts
- 1 egg

- 2/3 cup (120 ml) packed brown sugar
- 1/2 cup (125 ml) orange juice
- 1/2 cup (125 ml) milk
- 1/4 cup (50 ml) vegetable oil
- 1 tbsp (15 ml) grated orange rind
- 3/4 cup (175 ml) cooked pumpkin puree

TOPPING

- 3/4 cup (175 ml) sugar
- 2 tbsp (25 ml) all purpose flour
- 1/2 tsp (2 ml) pumpkin pie spice

1 tbsp (15 ml) butter, softened

TOPPING: In bowl, combine sugar, flour, pumpkin pie spice and butter; set aside.

SQUARES: In large bowl stir flour, pumpkin pie spice, baking powder, baking soda and salt. Stir in cranberries and walnuts.

In separate bowl beat egg; mix in brown sugar orange juice, milk, oil and orange rind. Blend in pumpkin puree. Pour over mixture and stir just until moistened. Spoon into greased 8-inch (2 L) square cake pan. Sprinkle with topping.

(Alternatively, spoon batter into 12 large greased or paper-lined muffin cups, filling to top. Sprinkle with topping. Bake 30 to 25 minutes or until firm to the touch.)

Bake in 375 degree (190C) oven for 35 to 40 minutes. Turn out onto wire rack and let cool. Cut into squares.

Serve warm or at room temperature.

Nutrients per serving:

1 square—Protein: 3.0 g / Fat: 8.0 g / Carbohydrate: 37.0g / Calories: 224 / Fibre 1.0 g



December 6 is the **NATIONAL DAY OF REMEMBRANCE AND ACTION ON VIOLENCE AGAINST WOMEN** in Canada. This day marks the anniversary of the murders in 1989 of 14 young women at l'École Polytechnique de Montréal. **They died because they were women.**

#DECEMBER6

Reflect. Remember.
TAKE THE PLEDGE.

Canada

Why a National Day of Remembrance and Action on Violence Against Women?

As well as commemorating the 14 young women whose lives ended in an act of gender-based violence that shocked the nation, December 6 represents an opportunity for Canadians to reflect on the phenomenon of violence against women in our society. It is also an opportunity to consider the women and girls for whom violence is a daily reality, and to remember those who have died as a result of gender-based violence. And finally, it is a day on which communities can consider concrete actions to eliminate all forms of violence against women and girls.

November and December are important months for raising awareness of gender-based violence in Canada and around the world. In addition to the National Day of Remembrance and Action on Violence Against Women on December 6, the International Day for the Elimination of Violence Against Women takes place on November 25 and marks the first day of the 16 Days of Activism Against Gender Violence, which ends on December 10, with International Human Rights Day.



#6DÉCEMBRE

#DECEMBER6

Ease Heartburn Without Prescription Drugs

—Submitted by Claudia Isfeld, Registered Dietitian



*Keep the middle loose!
Avoid tight fitting waistbands or tight belts.*

Do you have heartburn every now and then especially after a very large or spicy meal? This is an uncomfortable but not a serious situation. In this instance an antacid like Rolaids or Tums can provide relief.

If you experience heartburn more often, you may be able to decrease the frequency of heartburn through some diet and lifestyle changes. Some people are even able to stop using their prescription heartburn medications with a few simple changes such as:

Watching what you eat - Try to avoid foods that you know give you heartburn (everyone is different). The most common culprits are:

- Alcohol, coffee and other caffeinated beverages such as cola

- Fried or greasy foods
- Spicy foods, hot sauces
- Tomato based foods like pasta sauce, pizza sauce, salsa, and chili
- Garlic and onions
- Citrus fruits and juices such as oranges, lemons, grapefruit and pineapple (which is not citrus)
- Chocolate and peppermint

Try not to overeat. Eating large meals causes stomach acid to back up into the esophagus causing heartburn. Better to have a small meal and a between meal snack if needed.

Avoid lying down or going to bed for two hours after eating.

Stop smoking. Enough said.

Lose extra weight you may be carrying. Even losing a few pounds can improve heartburn symptoms.

Avoid tight fitting waistbands or tight belts. Keep the middle loose.

Sleep with your head elevated. About 30 degrees or 6-8 inches if heartburn is worse at night. Use extra pillows or try putting wooden blocks under the top legs of your bed.

If you have tried these lifestyle changes and still experience heartburn more than twice a week for several weeks, speak with your nurse practitioner. You may have GERD (gastroesophageal reflux disease) and a prescription medication may be required.

Source:

choosingwiselycanada.org


 Government of Canada / Gouvernement du Canada

National Seniors Day

October 1

Celebrating the continuing contributions of Canada's seniors

HOLIDAY HOURS

December 25th **CLOSED**

December 26th **CLOSED**

December 27th **CLOSED**

December 28th **OPEN 8:30 to 4:30**

December 29th **OPEN 8:30 to 4:30**

December 30th **OPEN 8:30 to 4:30**

January 1st **CLOSED**

January 2nd **CLOSED**

January 3rd **OPEN 8:30 to 4:30**

