

# HEALTH MATTERS

VOLUME 18—WINTER

JANUARY 2017

**THE CLINIC  
WILL BE  
CLOSED**

**JANUARY 2  
FEBRUARY 20**

*There will be no  
Walk In Clinic*



*LNPLC is on Facebook*



*Follow us on Twitter  
@LakeheadNPLC*



*www.lnplc.com*



*info@lnplc.ca*

## *Lakehead Nurse Practitioner-Led Clinic*

### **ONTARIO BABY BOXES HAVE ARRIVED! By Christine Miller Nurse Practitioner**



#### **HOW TO GET AN ONTARIO BABY BOX IN 3 STEPS**

Have you heard of baby boxes? No? Then let me share with you the exciting news that our clinic is stocked to the rafters with a supply of baby boxes! Ontario launched a recent initiative for the 2016-2017 year where new parents are provided with a baby box free of charge for infants born between August 1, 2016 and August 1, 2017. Modeled after the Finnish baby boxes, these boxes contain a mattress and crib sheet which come as a ready made safe sleep environment for baby. Safe sleep environments are very important for babies as they reduce the rates of SIDS, or sudden infant death syndrome. Also included are a bag of baby supplies with items such as diapers and clothing.

To be eligible for a box, parents must go online and watch several short videos and complete a quick quiz. The idea behind this requirement is that parental education is the mainstay to providing infants with a healthy start to life, not just the box by itself. Once your certificate is printed (you can also show us on your phone),

you bring it to the clinic to pick up your own baby box!!

#### **STEP ONE: REGISTER ON BABY BOX UNIVERSITY**

The first step is to register on Baby Box University at [www.babyboxuniversity.com](http://www.babyboxuniversity.com) as an Ontario resident. Safe-sleep Baby Boxes are provided that comply with Health Canada's bassinet standard. Baby Boxes do come with free products for baby care and development, but the primary purpose of the program is to provide a safe sleep space for all infants regardless of socioeconomic status and to engage as many parents as possible in our supportive community.

#### **STEP TWO: GET YOUR COMPLETION CERTIFICATE**

Once you have registered with an Ontario postal code, the system will automatically direct you to the Intro to Parenthood 101 Syllabus. It will take approximately 10 minutes to complete online and, once finished, you will receive a completion certificate via email. Please keep this email! Alternatively, you may snap a screen shot of your completion certificate as a picture of the certificate will also be accepted.

#### **STEP THREE: COLLECT YOUR BABY BOX**

Come to the Lakehead Nurse Practitioner Led Clinic to pick up your box!! Once you show us your certificate, you and your box will be on your way home.

#### **FAQs**

How long will the baby be able to use the Baby Box? *Cease using your Baby Box as a primary sleep space once they can pull themselves up independently. A baby who can roll, however, is perfectly safe inside his or her Baby Box, and the box will not tip over as long as it is on a sturdy surface.*

What safety standards do Baby Boxes meet? *Baby Boxes comply with ASTM, CPSC, Health Canada and EN requirements for safe infant sleeping spaces.*



**WOULD YOU LIKE TO RECEIVE YOUR COPY OF OUR NEWSLETTER BY E-MAIL ?  
E-MAIL US at**

**info@lnplc.ca**

**AND WE WILL INCLUDE YOU ON OUR DISTRIBUTION LIST**

# SHINGLES

## Did You Know?

Shingles (also known as herpes zoster) is a disease caused by the reactivation of the varicella zoster virus (VZV).

Initial infection with the VZV causes varicella (also known as chickenpox). The virus will then lie dormant in spinal nerve cells for years. Reactivation of the virus causes a painful rash called shingles.

## A SERIOUS DISEASE



**130,000**  
**CANADIANS**  
are diagnosed  
with shingles  
**EACH YEAR**

The risk of  
developing shingles  
increases with age



*Pain associated with shingles usually lessens as it heals, but for*

**1** in **5**



shingles can cause  
**post-herpetic neuralgia**

### COMPLICATIONS FROM SHINGLES

- rash, itching and tingling
- skin infections and/or scarring
- burning and/or pain



Post-herpetic neuralgia is severe nerve pain, which can last for months – or even years.

# February 2nd

## Free Shingles Vaccine Clinic

For anyone who is 65 to 70 years of age

**YOU MUST BOOK AN APPOINTMENT**

# 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



## January is Alzheimer Awareness Month

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



## Caring for a Loved One with Dementia—Christine Miller, NP



*65 %  
of those diagnosed  
with dementia over  
the age of 65 are  
women*

*25,000 new cases  
are diagnosed every  
year*

Dementia... the dreaded disease we all hope we never end up with. It robs people of their memories, dignity and livelihoods. Not only does the patient's life change dramatically but the lives of their family members also evolve, often into the role of caregiver.

The Alzheimer Society of Canada provides us with these numbers:

- **564,000** Canadians are currently living with dementia. This will increase to almost 1 million Canadians in another 15 years
- **65%** of those diagnosed with dementia over the age of 65 are women
- **25,000** The number of new cases of dementia diagnosed every year
- **\$10.4 billion** The annual cost to Canadians to care for those living with dementia

Are you surprised by the number of Canadians living with dementia? We are all aware of the aging trend of our baby boomer population which accounts for the projected increase in the number of patients over the next decade. So let's get realistic. With numbers such as these, chances are you know someone or several people who are living with this progressive, chronic disease. So how can you help?

- Attend all medical appointments with your loved one. If the disease is in early stages

and the patient is capable of doing this by his or herself, ask them to share what went on at the appointment.

- Maintain an up to date medical record of all diagnoses, treatments, upcoming tests and visits with specialists. Organization is your friend! This also pertains to keeping a current medication list on file. I highly recommend keeping a paper copy in your wallet or purse so you can pull it out at appointments to share with your health care provider. Better yet? Bring your medication bottles to every visit as we can also check if you are due for refills.
- Take time for yourself. However overused this phrase is, the truth of it remains. Caregiving is an exhausting job at times. It often involves physically caring for the patient, getting up at nighttime, accompanying the patient to various appointments, etc. If you find yourself struggling to have time set aside for your needs and interests, schedule it out on your calendar to ensure the time is available.
- Caregiver stress is real!! Acknowledge it! Be aware it can lead to caregiver burnout which is the inability to continue caring for your loved one over the long term. Being self aware can avoid the end result of burnout.
- Be aware of both local and online supports for yourself and your loved one. Start

with the Alzheimer Society in Thunder Bay or talk to your nurse practitioner. There are many great resources we can steer you towards if needed.

- If you live a long distance away from your loved one, you can still participate as part of the caregiving team. Your role will simply be different. It may involve phone calls, snail mail, visits in person or maintaining contact online. Remaining connected through this difficult time is a way of showing you care and love your family.
- Consider long term care even if it is not needed right now. It most likely is a conversation which will occur in the future and it is better to consider all the options available now, especially when your loved one can actively participate in the conversation and share their wishes in this area.

For more information online, consider these resources:

<http://www.alzheimer.ca/en/Living-with-dementia/Caring-for-someone>

[https://www.helpforalzheimersfamilies.com/wp-content/themes/alzheimers/HelpForAlzheimersFamilies-Guide\\_final.pdf](https://www.helpforalzheimersfamilies.com/wp-content/themes/alzheimers/HelpForAlzheimersFamilies-Guide_final.pdf)

<https://www.caregiver.org/caregivers-guide-understanding-dementia-behaviors>

<http://www.dementia.com/coping-with.html#top-2>

## Stacy Roberts, Nurse Practitioner—Casual Relief



You may have seen her for a morning appointment or for a walk-in visit on Fridays.

Stacy Roberts, our casual relief Nurse Practitioner, is a life-long resident of Northwestern Ontario who completed her BScN and the Ontario Primary Health Care Nurse Practitioner Program at Lakehead University.

She has worked in various communities across Northwestern and Northeastern Ontario. She has experience working in a

variety of nursing areas including emergency, obstetrics and acute care. Stacy was instrumental in developing the Wawa Family Health Team. Stacy has a special interest in Diabetes and has completed her Diabetes Educator Certificate at Confederation College.

Stacy is happy to be a part of the LNPLC team.



*For babies born  
between  
August 2016 and  
August 2017*

*Register at  
[babyboxcanada.org](http://babyboxcanada.org)  
and pick up here !*



**MEMORY SCREENING CLINICS**  
**MARCH 7<sup>th</sup>**  
**JUNE 13<sup>th</sup>**  
**SEPTEMBER 19<sup>th</sup>**

# Get healthy

Excerpts from <http://www.heartandstroke.ca/get-healthy>

## Make healthy lifestyle choices

Many risk factors for heart disease and stroke are in your power to control.

### Eat well

Eating a healthy, balanced diet is one of the most important things you can do to protect your health, whether eating at home or dining out.

### Get moving

Everyone needs to be active to stay healthy. Here are some suggestions for adults 18-64:

- 150 minutes per week of moderate to vigorous physical activity.
- Twice a week, add strength and flexibility activities.
- Start slow and build intensity and duration over time.

### Maintain a healthy weight

Achieving a healthy weight is an important step in promoting your heart and brain health, and it isn't easy. Weight loss is a challenging goal and should be met with a positive attitude and patience. But it's worth it in the end.

- Assess your current habits
- Set an achievable goal
- Reward yourself for small successes

### Stress

Learn to identify the things that are causing you stress so you can deal with them effectively. Long-term stress can lead to mental health problems such as depression and anxiety. It can also increase your risk of heart disease and stroke. Recognizing your stressors is an important step. The next step is to find out how to cope with your stress. Managing your stress will help you feel better everyday and lower your risk for illness.

- Know what stresses you out
- Find your coping method
- Get rid of stress daily

## Manage your conditions

### Blood pressure

High blood pressure is the number one risk factor for stroke and a major risk factor for heart disease.

### Cholesterol

High blood cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke. As your blood cholesterol rises, so does your risk of coronary heart disease.

### Diabetes

Diabetes increases the risk of high blood pressure, atherosclerosis (narrowing of the arteries), coronary artery disease and stroke, particularly if your blood sugar levels are poorly controlled.

### Afib

Atrial fibrillation (Afib or AF) is a condition involving an irregular heart rhythm, known as an arrhythmia. It is the most common type of arrhythmia, affecting approximately 350,000 Canadians.



# 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*



# March is Nutrition Month

## Take The Fight Out of Food ! — Claudia Isfeld, Registered Dietitian

The theme for Nutrition Month 2017 is “*Take The Fight Out Of Food*”. Dietitians in Canada celebrate Nutrition Month every year with local activities, media promotions and educational materials. This March we also encourage you seek support from a Registered Dietitian (RD) to help you get the facts on nutrition related issues. RD’s are regulated health professionals you can trust for nutrition related information. You can access the services of a Registered Dietitian by consulting your primary care provider or by the ways listed below.

Although dietitian services are not covered by OHIP, there are many government funded services such as our Nurse Practitioner-Led Clinic or through Family Health Teams, Community Health Centres, Diabetes Education Programs, Hospitals and Long-Term Care Residences. Many health insurance companies also offer benefits for nutrition services by Registered Dietitians.

I am looking forward to working with all of you to achieve your nutrition and health goals in the New Year!



### Eat Right Ontario “Ask a Dietitian”

Free and reliable nutrition information is available through Eat Right Ontario, “Ask a Dietitian”.

**1. Talk to a Dietitian**      1-877-510-5102

Call toll free from anywhere in Ontario:  
Monday - Friday: 9 am - 5 pm  
Tuesday and Thursday: until 9 pm



**2. Email a Dietitian**      [www.eatrightontario.ca](http://www.eatrightontario.ca)

Receive a personalized reply within 3 business days.



**3. Visit EatRight Ontario** [www.eatrightontario.ca](http://www.eatrightontario.ca)

Find downloadable videos, menu plans, recipes, cooking tips, and articles on popular nutrition topics.



## HEARTY RED LENTIL AND BEEF SOUP



### Ingredients:

- 2 cups dried whole red lentils
- 1/3 cup pot barley
- 10 cups reduced sodium beef broth
- 1 large onion, chopped
- 2 large carrots, chopped
- 2 large celery stalks, chopped
- 2 cloves garlic, minced
- 1 pound lean ground beef
- 1 can-798 ml salt free diced tomatoes
- 1/2 tsp salt (optional)
- 1/4 tsp black pepper
- Pinch cayenne pepper (optional)
- 1 bay leaf

### Directions:

COMBINE lentils, barley and beef broth in large stock pot.

BRING mixture to a boil, then reduce heat and simmer ingredients for 30 minutes.

MEANWHILE, prepare vegetables.

PLACE ground beef into large frying pan and place over medium heat. Cook until juices run clear and meat starts to brown, drain off any fat.

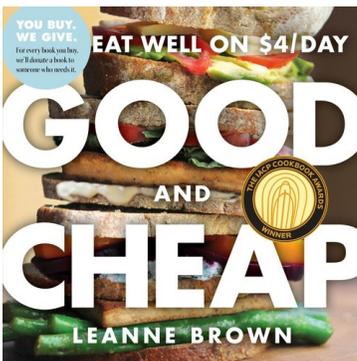
ADD ground beef and vegetables, along with remaining ingredients, to the stock pot. Further break up tomatoes with wooden spoon.

BRING mixture to a boil and simmer, stirring occasionally, for 20 to 30 minutes, or until vegetables are tender and soup has thickened.

**Makes 8 servings. Freezes well.**

Source: Adapted from Pulsecanada.com

## Good and Cheap—Eat Well on \$4/Day



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)

## How Is Your Food Influencing Your Health? *Part 2*

— by Kyle Jessiman, Clinic Administrator

**Eat food. Not too much. Mostly plants.”** – Michael Pollan, *In Defense of Food*

Another important saying of Pollan’s is

*“If it’s made FROM a plant – eat it. If it was made IN a plant – don’t.”*

Of course there is an important place for proteins and fats in human diets, and it’s important to consider the source of these nutrients. Because of the sad state of factory meat farming on our planet, it’s especially important to reflect deeply on what you’re putting in your body if you’re eating conventional meat nowadays. Are you hunting your own meat, or buying local, grass-fed animals? Those are much healthier choices for your health, the animals’ wellbeing, and the environment. There are also many plant-based proteins which are equivalent in their nutrient delivery as many meats (think lentils, beans, or broccoli).



Are you “eating the rainbow”? There are foods that grow on the Earth that come in every colour. Deep red tomatoes and peppers, oranges and pumpkins, bright yellow bananas and lemons, bright green limes or deep green kale, blueberries, red cabbage and eggplants. These colours come from phytonutrients that are very important for our bodies to stay healthy. Try to pick out a variety of colourful food the next time you stroll through the market or produce section and make some new recipes, or even juice these colourful fruits and veggies into a blend of your own!

What about growing your own food? Do you grow a backyard or community garden? Would you like to? There are a few great resources. Check out Thunder Bay Ag and Gardening Facebook group for lots of tips and answers to common gardening questions in our area. . There is space at Lakehead University’s large community garden plots. If you don’t have space in your own back yard, there are other ways to go about it! If you can buy locally-sourced, or principally organic food – you are making a statement that you want farmers to produce more of that. Supporting the local food economy is especially important for the food security of our neighbors and the health of Thunder Bay.

## National Social Work Month—March

— by Lawni Labelle-Paynter, Social Worker

In March of each year, social workers throughout the country celebrate National Social Work Month (NSWM) in recognition of the contributions of social workers to society.

### What is Social Work?

Social work is a profession concerned with helping individuals, families, groups and communities to enhance their individual and collective well-being. It aims to help people develop their skills and their ability to use their own resources and those of the community to resolve problems. The uniqueness of social work practice is in the blend of some particular values, knowledge and skills, in-

cluding the use of relationship as the basis of all interventions and respect for the client’s choice and involvement.

### What do Social Workers do?

Social workers provide services as members of a multidisciplinary team or on a one-to-one basis with the client. The duties performed by social workers vary depending on the settings in which they work (ie: clinics, child welfare, school boards, hospitals, health and community service centres, probation and parole, private practice and policy development.

Social workers provide a variety of services and duties such as: indi-

vidual and couples counselling, program development, community development, system navigation, information and referral services (community and health), support services, case management, advocacy and program development.

### Training

Social work education consists of theoretical courses and practical training at the undergraduate or graduate level.

In most provinces the Bachelor of Social Work is the minimum educational requirement for entry into the profession. A four year undergraduate program is required for a bachelor’s degree.



**Lawni Labelle-Paynter**  
Social Worker

For more information on social work practice in Canada, visit the Canadian Association for Social Work website at:

[www.casw-acts.ca](http://www.casw-acts.ca)

## Research, Education, Health System Planning and You

—by Chris Sikkerbol, Administrative Assistant and Privacy Officer

Did you know that your personal health information may be used for research projects, including those that are designed to improve health care?

### Planning and Management of the Health Care System

We are allowed to give your personal health information to certain organizations that are responsible for planning and managing the health care system. These organizations compile personal health information to help study and plan the delivery of health care. Currently, the law allows us to give your personal health information to:

**Cancer Care Ontario**, the Ministry of Health's principal advisor on cancer issues, which manages the Ontario Cancer Registry and other cancer care programs.

**The Canadian Institute for Health Information**, an independent organization that maintains statistics and analysis about the performance of the Canadian health care system, the delivery of health care services and the status of Canadi-

ans' health.

**The Institute for Clinical Evaluative Sciences**, an independent organization that does research to improve health care and the delivery of health care services.

**The Pediatric Oncology Group of Ontario**, which works to ensure that all of Ontario's children have access to advanced diagnosis, treatment and other cancer care services.

### Facilitating Health Care

We are also allowed to give your personal health information to certain organizations that gather health information to improve and make health care delivery easier. These organizations carry out important work, such as keeping track of which people need special health care services, like treatment for a particular disease, to make sure they get the care they need.

If relevant, we can give your personal health information to:

**Cardiac Care Network of Ontario**, an advisory body to the Ontario Ministry of Health and Long-Term Care which

coordinates all advanced cardiac services for adults throughout Ontario, and maintains a registry of cardiac services for this purpose.

**Inscyte Corporation**, an information system that manages health care services for cervical disease.

**London Health Sciences Centre**, which maintains the Ontario Joint Replacement Registry to collect data on hip and knee joint replacements.

**Canadian Stroke Network**, which maintains the Canadian Stroke Registry and conducts research and training to reduce the impact of stroke.

**Children's Hospital of Eastern Ontario**, which facilitates and improves the provision of health care for mothers, infants and children.

Excerpt from *Your Health Information and Your Privacy In Our Facility*, Information and Privacy Commissioner of Ontario  
[www.ipc.on.ca](http://www.ipc.on.ca)

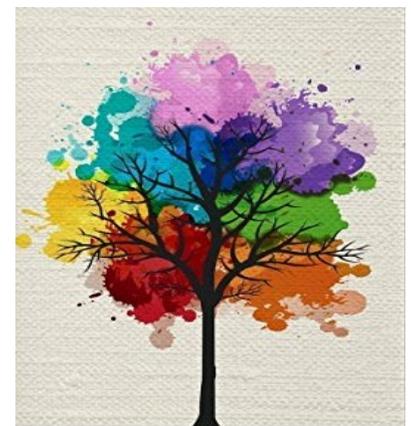


*Research projects are needed to improve quality of care, patient safety and health outcomes.*



**Lakehead Nurse Practitioner-Led Clinic is a teaching site for learners. Students include Nurse Practitioners, Registered Nurses and medical students from the Northern Ontario School of Medicine. The patients, primary care providers and staff play a vital role in educating health-care providers to be competent and caring practitioners.**

**If you have concerns about students being involved in your care, please raise this issue with your provider.**



## Community Engagement—Christmas Cheer Campaign

Health is determined by so much more than a visit to your primary care provider. 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 staff and Board of Directors have made efforts at supporting this for our patients and community wherever we can.

LNPLC staff and Board members volunteered their services again this year for the Thunder Bay Christmas Cheer Fund.

Over two days, our volunteers filled boxes for families that would provide food for a week and toys for the kids over the holiday season.

LNPLC staff also donated over 40 pounds of food!

There were more than 800 community volunteers working to sort and organize all the donations the week before hampers were picked up.

Together with approximately 350 other community volunteers over those two days, LNPLC staff volunteered to help families in need have a little Christmas cheer !



### *Helping out the Christmas Cheer Campaign packing food hampers*

