

HEALTH MATTERS

VOLUME 19—SPRING

APRIL 2017

**THE CLINIC
WILL BE
CLOSED**

APRIL 14

APRIL 17

MAY 22

*There will be no
Walk In Clinic*



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Lakehead Nurse Practitioner-Led Clinic



MAY IS MELANOMA AWARENESS MONTH

— By Carolan Thayer, Nurse Practitioner

It's that time of year again... the warmth of the sun has returned and we look forward to summer and a golden glow...but as most of us know, there may be a price. MELANOMA is the most serious of the skin cancers, having the potential to be fatal if not diagnosed at an early stage. It is the fastest growing form of preventable cancer.

Why it happens:

UV (ultraviolet) light can damage our DNA as early as childhood, resulting in the development of cancerous cells years later. Tanning beds, sunburns and your genetic makeup may also contribute. Melanoma can become very invasive.

What you can do:

1. Prevent damage by using sun screen (broad spectrum) applied 30 minutes prior to exposure. We seldom use enough—the average adult requires 1 to 2 “shot glasses” of sunscreen, 30 to 45 ml!
2. Covering up is obviously effective.
3. Have screening, especially if you are fair-skinned, freckled, or have a family history of melanoma. See your Nurse Practitioner for an evaluation.
4. Look for “the Ugly Duckling” mole and become familiar with the ABCDE rule:

Asymmetry—an irregular shape—one side looks different from the other

Border—irregular

Colour—different colours (brown/black; red, blue or white) in the same region

Diameter—greater than 6mm (pencil eraser size)

Enlargement—or change of colour shape or symptoms

If you have concerns, or would like to know more, speak with your Nurse Practitioner.



NURSE PRACTITIONERS ~ WITH YOU EVERY STEP OF THE WAY



Pam Delgaty, NP Crystal Kaukinen, NP Carolan Thayer, NP Christine Miller, NP Stacy Roberts, NP

NURSES WEEK 2017 emphasizes how important nurses are in our lives **MAY 8 to 14**

*For babies born
between
August 2016 and
August 2017*

*Register at
babyboxcanada.org
and pick up here !*



MEMORY SCREENING CLINICS

JUNE 20th

SEPTEMBER 19th

NOVEMBER 28th

Nutrition and Cancer Prevention

—Claudia Isfeld, Registered Dietitian



Eat a diet high in plant foods, including vegetables, fruits, whole grains, legumes, nuts and seeds.

Spring is here, time for cleaning up the remnants of winter and changing some of our bad winter habits. As **April is Daffodil month**, it has me thinking about what I can do to prevent cancer, specifically what diet changes can help to reduce my risk for cancer. The American Institute for Cancer Research (AICR) www.aicr.org recommends the following nutrition advice to reduce cancer risk.

Eat a diet high in plant foods, including vegetables, fruits, whole grains, legumes (dried beans and peas, lentils), nuts and seeds. These foods provide fibre, vitamins, minerals and phytochemicals which may be particularly helpful in cancer prevention. Animal foods like lean meats, fish and dairy are also included in a plant based diet but in smaller amounts. Include different coloured vegetables and fruits every day. Choose fresh, frozen or canned (without added salt or sugar) fruits and vegetables. Eat fruit and vegetables raw or cooked to preference.

Eat a diet low in red meat (beef, pork and lamb) and avoid processed meat.

Although eating a lot of red meat is linked to colorectal cancer, it is a good source of nutrients including protein, iron and zinc. The evidence shows that eating up to 18 ounces (cooked) of red meat per week does not substantially raise cancer risk. Swap processed meats such as ham, bacon, hot dogs and most deli meats (including processed meats made with chicken or turkey) for healthier alternatives. Instead of deli meats, choose fresh roasted meats, fish, bean spreads (like hummus) or nut butters.

Avoid sugar sweetened beverages and processed foods high in sugar, low in fibre or high in fat. These foods and the extra calories they contain can lead to obesity which is a risk factor for many types of cancer.

Cut down on alcohol. There is strong evidence that alcohol increases the risk of cancers of the mouth, pharynx, larynx, esophagus, breast, as well as colorectal and liver cancer. AICR recommends that if you drink alcohol at all, try to limit your intake to no more than two drinks a day for men and one drink a day for women.

Eat a diet low in salt.

There is some evidence that eating high amounts of salt and salt-preserved foods may increase the risk of stomach cancer. Use fewer processed foods. Check food labels and select products labeled “low sodium”. Choose canned or packaged food labeled “no added salt”. Gradually reduce, then cut out, the salt you add at the table and limit what you add in cooking. Your taste buds should adjust within a few weeks, allowing you to enjoy the true taste of food.

I must also recommend, though not nutrition related, that if you smoke you consider quitting. Talk to your NP about getting help with smoking cessation.

The Canadian Cancer Society has an interactive website that can help you identify any risk factors you may have what can be done about them. Go to: itsmylife.cancer.ca or call 1-888-939-3333 for more information.

April marks the 60th anniversary of the Canadian Cancer Society Daffodil Month. Flower and pin sales during Daffodil Month funds critical cancer research, education and advocacy initiatives as well as compassionate support programs across the country.





Caring for the Caregiver

Education Sessions



Empowerment, Education, Caring, Sharing ...
“Caregivers are not alone - there is help”.

Are you caring for an aging or disabled spouse or parent?

Join our weekly education topics

- | | |
|---------------------------------|-----------------------------|
| <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>Long Term Care Planning</i> | <i>Palliative Care</i> |

FREE!

OPEN TO THE PUBLIC



6 WEEK PROGRAM
EVERY TUESDAY from 1:30 to 3:30 PM
MAY 2 to JUNE 6

475-9595

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

What is the Value of a Beautiful Community? - Kyle Jessiman, Clinic Administrator

We can all agree that having streets and neighbourhoods that are clean is something that increases the beauty of the area by a big factor. Having more greenery is another way to connect us to the nature of our communities, rather than focusing on the asphalt roads, parking lots, and sidewalks. Living in a clean and green community has incredible benefits to our health – in terms of cleaner air, reduced feelings of stress, and simply the benefits of being outside in the sun and fresh air! It can also increase our feelings of reward when we help contribute to making an area better. If you have ever noticed a problem with litter build up where you spend your time, what have you done to help make the area more beautiful?

Removing litter, and increasing greenery are two tangible ways that you can see the benefits of community cleaning and community greening. You can plant a tree, hedge, or garden on your own property, or you can participate in a number of different city-run initiatives:

May 4 is the launch of ecoSuperior’s **Spring-Up to Clean Up**, which the Lakehead NP-Led Clinic participates in each year. We (along with hundreds of other groups) spend an hour cleaning litter and garbage that has collected over the winter, from the streets around our neighbourhood. You can get a group together too, or join a group for a larger clean-up effort, all happening this spring!

Contact ecoSuperior to get involved www.ecosuperior.org

May 27 is **Arbor Day**, where the city arranges to plant twenty or more trees in a local park. This year it’s in **Vickers Park**, again right in our neighbourhood! In the past, trees have been planted in Parkdale Park, and at the North-end Recreation Centre. This is a free, family event, so feel free to come to the park on a Saturday to help with planting and staking new trees, or to enjoy watching the park evolve. Beyond the visual improvements of this type of work, the city is also educating the public on the value of

green infrastructure. That means trees, gardens—low-impact development near water, among other projects. Even a rain garden in your own yard counts! Having trees and plants with their roots deep in the soil helps to retain storm water that would otherwise run over the ground and seep into building and other structures. There is also the benefit of giving habitat to birds, animals, and insects in native trees. They provide shade, and collect pollution from the air that saves us from breathing it in.

Efforts to manage the storm water are visible all over the city: the low-impact development plantings at High St and Memorial Avenue, and the newly planted areas to maintain the banks around McVickar Creek. There is much more to come, and Ontario is launching a tree planting to encourage you to plant some trees on your property all across the province:

<https://greenleafchallenge.ca>



It’s easy to get involved in greening your community!



SKIN SCREENING CLINIC

JUNE 15th

minor treatments available

referrals for follow up

YOU MUST BOOK AN APPOINTMENT



GROUP CHAIR EXERCISE & Falls Prevention Program

This program is coming to the Lakehead Nurse Practitioner-Led Clinic and we would love to have you be a part of it!

Enjoy fun and challenging exercises at the clinic and the best part—it's free.



FREE!

DROP-IN
(no registration)
For anyone 55 plus

STARTING MAY 4TH

EVERY THURSDAY AT 2:00 P.M.

What is this program about?

VON's Exercise and Falls Prevention Program is designed to help you stay active, social, and healthy. Focusing on preventing debilitating falls by doing exercises that strengthen your upper and lower body in sitting and standing, classes include exercises specifically designed to improve your balance and endurance. We want you to feel comfortable and confident on your feet while doing your daily activities. We also give you the information and tools to help you understand what causes seniors to fall and how to prevent them.

Who can attend?

This program is specifically designed to help people who would like to:

- Improve their balance
- Improve their quality of life
- Decrease their chances of falling
- Participate in a social setting
- Learn more about preventing falls

**FOR MORE INFORMATION CALL
STEPHANIE MORRISSEAU at 344-0012, ext #260**



June 3rd
is
National
Health
&
Fitness
Day

National Health and Fitness Day (NHFD) is an initiative to make Canada the Fittest Nation on Earth, starting with marking one day, the first Saturday in June as the day when Canadians get out and get active in any way they wish.



The Benefits of Yoga— The Yoga Alliance—<https://www.yogaalliance.org/LearnAboutYoga/AboutYoga/Benefitsofyoga>

The purpose of yoga is to create strength, awareness and harmony in both the mind and body. While there are more than 100 different types, or schools, of yoga, most sessions typically include breathing exercises, meditation and assuming postures (sometimes called asana or poses) that stretch and flex various muscle groups.

The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome. Yoga can also lower blood pressure and reduce insomnia.

Stress Relief—The practice of yoga is well demonstrated to reduce the physical effects of stress on the body. The body responds to stress through a fight-or flight response, which is a combination of the sympathetic nervous system and hormonal pathways, activating and releasing cortisol—the stress hormone—from the adrenal glands. Cortisol is often used to

measure the stress response. Yoga practice has been demonstrated to reduce the levels of cortisol.

Pain Relief—Yoga can ease pain. Studies have shown that practicing yoga asanas (postures), meditation or a combination of the two, reduced pain for people with conditions such as cancer, multiple sclerosis, auto-immune diseases and hypertension as well as arthritis, back and neck pain and other chronic conditions.

Better Breathing—Yoga includes breathing practices known as pranayama, which can be effective for reducing our stress response, improving lung function and encouraging relaxation. Many pranayamas emphasize slowing down and deepening the breath, which activates the body's parasympathetic system, or relaxation response. By changing our pattern of breathing, we can significantly affect our body's experience of, and response to stress.

Flexibility—Yoga can improve flexibility and mobility and increase range of motion.

Weight Management—Yoga teachers, students and practitioners across the world find that yoga helps to support weight loss. People do not have to practice the most vigorous forms of yoga to lose weight. Yoga encourages development of a positive self-image, as more attention is paid to nutrition and the body as a whole. Regular yoga practice is associated with less age-related weight gain.

Improved Circulation—Yoga helps improve circulation by efficiently moving oxygenated blood to the body's cells.

Cardiovascular Condition—Even a gentle yoga practice can provide cardiovascular benefits by lowering resting heart rate, increasing endurance and improving oxygen uptake during exercise.



The meditative effects of yoga help many cultivate inner peace and calm.



JUNE IS STROKE PREVENTION MONTH

<http://www.heartandstroke.ca>

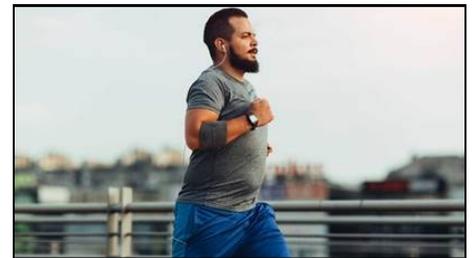


EAT WELL

Heart and Stroke encourages Canadians to eat a healthy diet, control salt intake, and be physically active to lower blood pressure. The latest results from the DASH study – Dietary Approaches to Stopping Hypertension – has confirmed these recommendations, providing more encouragement for people to choose a healthier diet. Research has shown that following a plan for healthy eating can reduce the risk of developing high blood pressure and lower already elevated blood pressure.

GET MOVING

You may see benefits within the first week of regular activity. For example, your blood pressure may improve and you could start to feel more energetic and relaxed. After three months, you may experience better health, improved posture and balance, stronger muscles and bones, more confidence and a more positive outlook on life.



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.

REDUCE STRESS

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.



PREVENTION IS KEY

MANGO BLACK BEAN SALAD

Ingredients

- 1 mango, peeled and diced
- 1 small red bell pepper, diced
- 1 cup (250 mL) drained and rinsed, canned black beans
- 2 tbsp (30 mL) fresh lime juice
- 1 tbsp (15 mL) chopped fresh cilantro (Optional—add diced red onion and a dash of chili flakes instead)
- ¼ tsp (1 mL) each salt and fresh ground pepper

Preparation time: 10 minutes
Cook time: n/a
Makes: About 3 cups (750 mL)



Directions

In a bowl, combine mango, pepper, beans, lime juice, cilantro, salt and pepper. Stir well and let stand for 10 minutes before serving for flavours to combine.

Tip

- Serve on its own, with tortilla chips or as a fresh topping for burgers, fish or sandwiches.

Per serving (1 cup): Calories: 132, Protein: 6g, Fat: 1g, Carbohydrate: 28g, Fibre: 8g, Sodium: 377mg

<https://www.eatrightontario.ca/en/Recipes/Kid-friendly-award-winning-recipes/Mango-Black-Bean-Salad.aspx>

MINI MUSHROOM OMELETTES

Ingredients

- 1 tbsp (15 mL) canola oil
- 1 pkg (227 g) sliced mushrooms
- 1 onion, diced
- 1 tsp (5 mL) Italian seasoning
- 6 slices ham or turkey (about 100 g), chopped
- 12 eggs
- ¼ tsp (1 mL) each salt and fresh ground pepper
- 1 cup (250 mL) shredded light old cheddar cheese

Preparation time: 10 minutes
Cook time: 30 minutes
Makes: 12



Directions

In a nonstick skillet heat oil over medium heat. Cook mushrooms, onion and Italian seasoning for about 10 minutes or until golden. Stir in ham. In a large bowl, whisk together eggs, salt and pepper. Divide mushroom and ham mixture among 12 lightly sprayed muffin tins. Ladle egg mixture into muffin tins. Sprinkle each with some of the cheese. Bake in preheated 350°F (180°C) oven for about 20 minutes or until golden and knife inserted in centre comes out clean.

Tip

- Try cooking up zucchini or peppers with the mushrooms to change up your omelette flavour.

Per serving (1 muffin): Calories: 138, Protein: 11g, Fat: 9g, Carbohydrate: 3g, Fibre: 1g, Sodium: 288mg

<https://www.eatrightontario.ca/en/Recipes/Kid-friendly-award-winning-recipes/Awesome-Mini-Mushroom-Omelettes.aspx>