

Health Matters

VOLUME 1, ISSUE 2

JULY 2012

WALK IN CLINIC

Mondays and Fridays

1:00 pm to 4:00 pm

*Like Lakehead Nurse
Practitioner-Led Clinic
on Facebook*

*And follow
@LakeheadNPLC
on Twitter*

**WATCH FOR
UPCOMING FALL
PROGRAMS ...**

**Chronic Disease
Management**

Celebrating Seniors !



Lakehead Nurse Practitioner-Led Clinic

Sun Damage — Carolan Thayer, Nurse Practitioner



An actinic keratosis (or solar keratosis) is a rough, scaly area of the skin that occurs over years of sun exposure. They appear reddish in colour, with a white or yellowish scale on the surface. They can be between 2 to 10 mm in size.

They often occur in areas with the most sun damage, especially the cheeks, scalp, forehead, top of the ears, nose, back of the neck, hands and arms.

RISK FACTORS ?

People with fair complexions who spend time outdoors, or those who tan in salons are at greatest risk. Those with suppressed immune systems (such as organ transplant) or those with psoriasis treated with ultra-violet light are also at risk.

WHY WORRY ?

Actinic keratoses are precancerous lesions. It can take years, and not all progress, but they can become squamous cell cancers.

WHAT TO DO ?

Practice common sense measures to prevent exposure while you are young. If these areas do develop in later years, see your practitioner for evaluation and treatment.

Thank You !

We would like to thank all of the patients of the LNPLC for allowing us to participate in your healthcare during our time at the clinic.

We have enjoyed all the wonderful learning opportunities and your patience while we completed our journey of becoming Nurse Practitioners.

Lakehead Nurse Practitioner
Students

Healthy Eating— Happy Fishing ! — by Claudia Isfeld, Registered Dietician

I encourage people to eat fish as part of a healthy diet, however we need to be aware that certain sport fish such as walleye, pike and lake trout caught in local lakes and rivers may not be safe to eat in large quantities due to toxins such as PCB's and mercury.

The Ontario government has published the "Guide to Eating Ontario Sport Fish" to help us identify the species that can be problematic and to recommend amounts safe to consume. Extra caution should be taken with children, pregnant and breastfeeding women, and women of childbearing age including teenage girls.

A copy of the guide can be viewed at www.ene.gov.on.ca/envision/guide/index.htm or you can call 1-800-820-2716 to get a free copy mailed to you. In this guide you will find detailed information for every lake in the province, so be sure to check this out before your next fishing trip.

Wild salmon and Rainbow trout are safe varieties of fish that can be eaten twice a week and are very high in heart healthy omega 3 fats. Try out the recipe on page 2 in the oven or on the barbeque.

Have a safe and healthy summer !

Broiled Cilantro Ginger Salmon



**Preparation time: 10 minutes / Marinating time: 30 minutes /
Cooking time: 7 to 10 minutes / Rimmed baking sheet, greased**

3	cloves garlic, roughly chopped	3
2 tbsp	grated gingerroot	25 mL
1/2 tsp	salt	2 mL
1/2 cup	chopped fresh cilantro	125 mL
2 tbsp	olive oil	25 mL
1/2 tsp	freshly ground black pepper	2 mL
	grated zest of 2 limes	
6	salmon fillets	6
	(about 21/4 lbs/ 1.125 kg total)	

1. Using a mortar and pestle (or a food processor), crush garlic, ginger and salt to form a paste. Stir in cilantro, olive oil, pepper and lime zest.
2. Place salmon on a plate and coat top evenly with paste. Cover and refrigerate for at least 30 minutes or for up to 2 hours. Preheat broiler, with rack set 4 inches (10 cm) from the top.
3. Transfer salmon to prepared baking sheet and broil for 7 to 10 minutes or until salmon is opaque and flakes easily with a fork.

NUTRIENTS Per Serving

Calories: 251	Protein: 17 g
Fat: 18.8 g	Carbohydrate: 1 g
Saturated Fat: 2.6 g	Fiber: 0 g
Sodium: 136 mg	

Very high in: thiamine, niacin, vitamin B6, vitamin B12, pantothenic acid **High in:** folacin, magnesium **Source of:** vitamin C, riboflavin, zinc

MAKES 6 SERVINGS

Eileen Campbell

This was a major hit with our taste panel. Broiling the fish on one side only keeps it moist, delicious and full of flavor.

TIPS

This can also be cooked on a barbecue with two or more burners. Preheat one side to medium, place salmon on the other side and close the lid. This indirect cooking method is great for delicate proteins like fish. There will be enough heat to cook the salmon without burning it or drying it out.

PLANNED EXTRAS

Extra salmon is great served cold with a salad.

Diabetes Food Choice Values Per Serving

4 1/2 Meat & Alternatives

Diabetes and the Importance of Self-Monitoring—by Michele Grace, RPN

Self-monitoring is a technique that people with diabetes use to measure their own blood sugar levels. This allows you to know your blood sugar level at any time and helps prevent the consequences of very high or very low blood sugar. Monitoring also enables tighter blood sugar control, which decreases the long-term risks of diabetic complications.

Self-monitoring allows people with diabetes to:

1. Measure the effect of nutrition, physical activity, stress and anti-diabetic meds on blood sugar.
2. Identify episodes of hypoglycemia and hyperglycemia and react quickly.
3. Modify their behavior with respect to nutri-

tion, physical activity, anti-diabetic meds and stress as needed.

4. Measure the impact of these changes on blood sugar.
 5. Feel confident, safe and independent in the management of their diabetes.
- * Always bring your meter and log all appointments with all healthcare professionals *



Insect Repellents: Q and A — by Anna Miele Kapoor, BScPhm, Pharmacist

What ? Products to aid in reducing bites from mosquitoes and ticks. Use a product with a Pest Control Product registration number.

Why ? Mosquitoes and ticks can cause a range of diseases, but in Canada West Nile Virus and Lyme Disease are the only significant health concerns. Check labels for protection against ticks.

When ? While enjoying outdoor activities; most species of mosquitoes are most active at dawn and dusk, and around water.

Who ? Most products are designed for individuals over 6 months of age.

DEET: use up to 30% for adults and children over 12 years. Lasts about 6 hours.

DEET: use up to 10% for children 2 to 12 years. Lasts about 3 hours. Apply a maximum of 3 times per day.

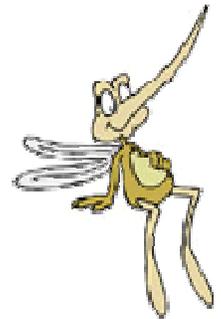
DEET: use up to 10% for children 6 months to 2 years. Lasts about 3 hours. Apply a maximum of 1 time per day.

Apply to clothing and hats and only exposed skin, not under clothing. Avoid hands if they will be placed in or near their mouth.

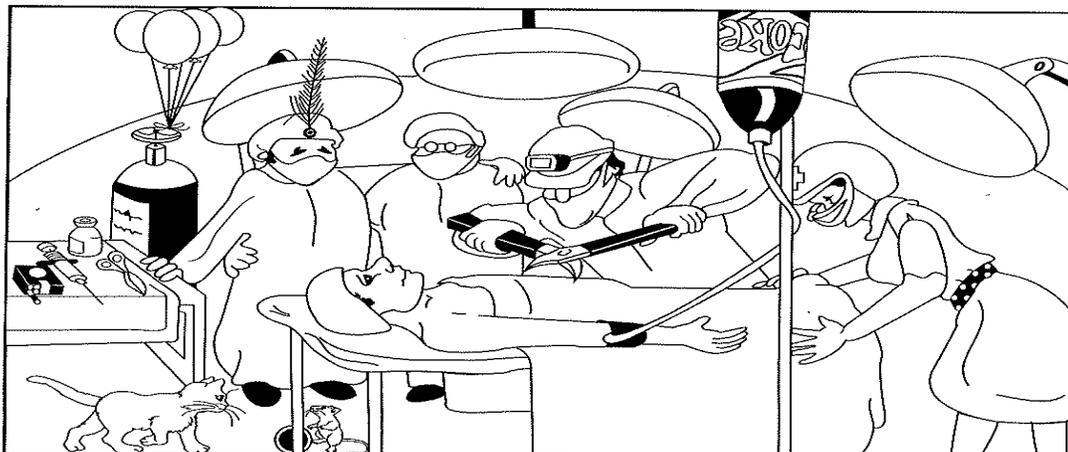
SOYBEAN OIL 2% BLOCKER: Lasts 3 1/2 hours for mosquitoes and 8 hours for black flies. No age restrictions.

CITRONELLA: Lack of data. Read labels for restrictions. Not for infants and toddlers.

Cover up with a mosquito net, long sleeve clothing, full pants and closed shoes. Tuck clothes in and avoid most active times for insects. The first bites of the season are always the worst, but some people are more sensitive to bug bites, so using an antihistamine for the season will help control the reaction. There are many products available for treating bites after they occur from anti-itch dabbers to Hydrocortisone creams ... ask your Pharmacist !



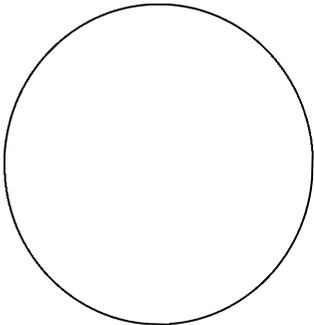
Things in the operating room have been crazy since the new doctor came to the hospital. We count 12 things wrong in this picture. How many can you find?



Self Care — by Lindsay Lunny, Social Worker

When was the last time you did something just for you? Something for pure enjoyment with no “should” or “have-to” attached to it? Responsibilities and mundane life tasks are ever present in our lives so it can be pretty easy to lose our work/pleasure balance. When this happens we can often find ourselves exhausted, irritable, unmotivated, more emotional and generally unhappy ... and we have no idea how we got there.

If you're wondering about the state of your own life balance, it can be helpful to create a pie chart—you can use the circle below:



Now simply divide the circle up into:

Responsibility Activities—your have-to do and should list

Enjoyment / Pleasure Activities—I really want to

You can also think of it in terms of energy; things that give you energy and things that drain your energy.

See if your life seems balanced. Did you run out of ink colouring in the responsibility portion? If your life is in balance, congratulations! If not, ask yourself if there is anything you could do differently to improve the balance.

Self care is a very important (but often forgotten) part of keeping ourselves mentally, emotionally and physically healthy. Here are some simple suggestions for self-care:

Read a book, take a bath, watch a movie, go for a walk, sit in nature, nap, exercise, eat good meals, have a massage, play music, create, learn to say no to things you do not want to do, take time to sit in quiet, journal, spend time with a friend who gives back to you, get a baby-sitter, don't answer your phone ...

Lakehead

Nurse Practitioner-Led Clinic

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HOLIDAY CLINIC HOURS

CLOSED	Civic Holiday	August 6
CLOSED	Labour Day	September 3

OUR MISSION: Lakehead Nurse-Practitioner-Led Clinic is committed to providing comprehensive primary health care to the clients of the clinic. The health care team will provide high quality health care services demonstrating professionalism, integrity, warmth and caring, facilitating optimal health and wellness.

We'd Love To Hear From You !

COMMENTS: _____

YOU CAN ALSO E-MAIL YOUR COMMENTS TO: lnplc@tbaytel.net or post your comments on Facebook and Twitter
If you would like to receive our newsletter by e-mail, please let us know at lnplc@tbaytel.net