

# Health Matters

VOLUME 3, AUTUMN

SEPTEMBER 2012

## Lakehead Nurse Practitioner-Led Clinic

**WALK IN CLINIC**  
Mondays and Fridays  
1:00 pm to 4:00 pm

**THERE WILL BE  
NO WALK IN  
CLINIC  
ON SEPT. 28th**

Lakehead Nurse  
Practitioner-Led Clinic

Is on Facebook



And follow us on  
Twitter  
@LakeheadNPLC

### Antibiotic Resistance — Crystal Kaukinen, Nurse Practitioner

*What is antibiotic resistance and why is it a concern?* Antibiotics are medications used to treat bacterial infections. Antibiotic resistance occurs when an antibiotic that would previously work to eliminate a bacterial infection is no longer effective. This is a concern because it means there are fewer effective antibiotics available to treat infections making them harder to treat.

*How could I get an antibiotic resistant infections?* You can get an antibiotic resistant infection the same way you pick up other infections. Some potential ways include from food, water, contaminated persons or environment and unsafe sexual practices.

*What causes antibiotic resistance?* Antibiotic resistance can be caused by the improper use of antibiotics (such as not taking prescribed medications for the recommended length of time) or using antibiotics during viral infections. Other causes include inappropriate disposal of medications and inappropriate use of antibiotics on farms.

*I went to my health care provider for a cold expecting antibiotics. Why did I not get a prescription?* Many colds are caused by a virus and not a bacteria. Antibiotics are not effective against viral illnesses. It is also recommended for some bacterial infections to watch and wait to see if your body will fight the illness on its own. Your health care provider will help to determine the best treatment for your illness.

*What can you do ?*

- \* Do not take medications from friends or family that are not prescribed for you.
- \* If prescribed antibiotics, take the prescription as recommended and for the full course of the treatment.
- \* Do not dispose of medications down the sink, toilet or garbage as they may enter the water table.
- \* Wash hands frequently.
- \* Get your flu shot and ask your health care provider about other appropriate immunizations.
- \* Please see your health care provider if you have any questions about your illness.



**WATCH FOR UPCOMING FLU CLINICS in October and November**

**THE FLU IS EVERYWHERE**



## Cholesterol Lowering Drugs: Risks / Benefits — Anna Kapoor, Pharmacist



*Statins significantly reduce the risk of Cardiovascular Events.*

*“The evidence is clear that at this time, the benefits greatly outweigh the risks of being on a statin”*

Statins, or HMGCoA Reductase Inhibitors are a widely used group of drugs which are effective in lowering cardiovascular disease events. They do this by reducing bad (LDL) cholesterol. Examples are Lipitor (atorvastatin), Crestor (rosuvastatin) and Zocor (simvastatin). They were introduced in 1987 and since then have been studied extensively for safety and efficacy. There have been many large randomized, controlled drug trials which have enrolled a wide variety of patients. The results? Statins significantly reduce the risk of experiencing or dying from a Cardiovascular Event.

Every reduction of 1 mmol/l in LDL gives you a 20% lower risk of an event such as coronary death, nonfatal heart attack or stroke. The more you reduce your LDL, the greater the benefit.

As with all medications, they are generally well tolerated but there are possible adverse effects. These drugs can cause muscle toxicity. There can be mild side effects like pain, tenderness or weakness in the muscle which are common, to a severe and dangerous but rare condition called rhabdomyolysis.

Any statin can cause toxicity with higher doses or due to drug interactions. Your Practitioner will monitor lab work to avoid potential problems, but you should always report side effects that either persist, or become severe. Most mild muscle problems are not problematic.

There is a debate whether or not statins cause Coenzyme Q10 deficiency, but it is always worth supplementing if you are experiencing muscle problems. Vitamin D is another option.

Liver function will also be monitored by your Practitioner, but even if you experience changes to your liver enzymes, they will generally return to normal once the medication is discontinued.

Overall, medical practitioners must use the evidence provided by countless medical and clinical trials. The evidence is clear that at this time, the benefits greatly outweigh the risks of being on a statin.

There is no guarantee that down the road we may learn something new, but for now, statins are one of our best defences against cardiovascular disease.

Be informed, but be cautious of things you may read on the internet or in publications, and as always, never discontinue a medication before discussing it with your Practitioner and your Pharmacist.

You can book an appointment with the Pharmacist if you have any medication related concerns.

### NATIONAL CERVICAL CANCER AWARENESS WEEK

#### CERVICAL CANCER SCREENING

**DROP IN FOR WOMEN 21 to 70 YEARS OF AGE**

**OCTOBER 23rd from 9 a.m. to 3 p.m. at LNPLC**

#### SCREEN FOR A DAY

**NOVEMBER 29th from 1:30 to 4:00 pm at LNPLC**

**Mammograms, Pap Tests and Colorectal Cancer Screening Kits will be available**

**For more information call Karen at 475-9595**



## Evolving the NPLC Model of Care —by Kyle Jessiman, Clinic Administrator

Nurse Practitioner-Led Clinics are relatively new in Ontario. Lakehead NPLC was one of the first clinics to open its doors to patients, and now provides primary health care to 3,200 patients! The other NPLCs have followed, with all 26 currently in operation, providing health care to more patients each day.

We've implemented a number of initiatives to focus on patient-centred care at LNPLC. Patient satisfaction surveys and comment cards have been available since the beginning of this year, and we've written a Patient-Provider Bill of Rights to ensure quality care is delivered to every patient at every visit, and to ensure that our providers are given

the opportunity to work with patients to deliver care in a way that fits with your lifestyle and values. In addition, our walk-in clinic has been available to the clinic's patients since February, and we've recently reserved Wednesday afternoons for same-day appointment bookings to further increase your access to care. This access will only continue to expand in the new year!

As a patient, you are an integral part of the LNPLC and we welcome your contributions in continuing to evolve this model of delivering health care. I'm thrilled with the positive feedback we've received from patients so far, and hope

to continue the standard of quality that you've seen.

While health care organizations are constrained by the resources we are funded for, patient advocacy to our local representatives in provincial parliament can go a long way. By making yourself heard with your elected officials, they can be your voice at Queens Park and Parliament Hill. By encouraging your officials to continue efforts that improve access to primary health care, and to the health services that you need, when you need them, the health care system can work to meet your needs!



the ***Lakehead Nurse Practitioner-Led Clinic on Facebook before December 31st and we'll enter your name into a draw to win one of 3 LNPLC gift packages !***

## Butternut Squash and Bean Soup — Claudia Isfeld, Registered Dietician

Keep your eye open for locally grown squash this season. This recipe combines the goodness of squash and peppers with the protein and soluble fibre of beans to make a healthy fall lunch.

### Ingredients

- 2 tbsp(30 mL) extra-virgin olive oil
- 1 onion, chopped
- 1 sweet red pepper, chopped
- 3 minced cloves of garlic (to taste)
- 1 tsp (5 mL) dried sage
- 1/4 tsp (1 mL) pepper
- 3 cups(750 mL) butternut squash, peeled & cubed (hint – cut squash in half and microwave for a few minutes to soften before peeling)
- 4 cups (1000 ml) low sodium chicken or vegetable stock
- 1 can (19 oz/540 ml) white kidney beans, drained and rinsed
- 1 dash hot pepper sauce (optional)

### Preparation:

In saucepan, heat oil over medium heat; cook onion, red pepper, garlic, sage, salt and pepper until onion is softened, about 6 minutes. Add squash; cook, stirring, for 2 minutes.

Add stock, beans and hot pepper sauce; bring to boil. Reduce heat, cover and simmer until squash is tender, about 15-20 minutes. If too thick, add some water. Garnish with parsley if desired.

Makes 4 servings



## Lakehead

### Nurse Practitioner-Led Clinic

Suite 101  
325 South Archibald Street  
Thunder Bay, Ontario  
P7E 1G6

#### HOLIDAY CLINIC HOURS

CLOSED October 8 — For Thanksgiving

CLOSED December 24 — Christmas Eve

CLOSED December 25 & 26—Christmas

## CALENDAR OF EVENTS

**September ~ National Arthritis Month  
Ovarian Cancer Awareness Month**

September 21 World Alzheimer's Day

**October ~ Breast Cancer Awareness Month  
Influenza Immunization Awareness**

October 1 National Seniors Day

**November ~ Diabetes Month  
Prostate Cancer Awareness Month**

November 20 National Child Day

November 6—12 Seniors Safety Week

**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.

## Now Registering for Fall LNPLC Health Programs

**YOU MUST REGISTER FOR THESE PROGRAMS. CALL 475-9595**

**DIABETES HEALTH:** First Thursday of each month (Sept 6, Oct 4, Nov 1, Dec 6) — 1:30 to 2:30 p.m.

**BABIES and TOTS!** October 18th 1:00 to 4:00 p.m. Join us for an afternoon of socializing, to share knowledge and coping strategies of being a new or seasoned parent.

**CELEBRATING SENIORS !** October 1st 1:00 to 4:00 p.m. Join us for guest speakers to celebrate World Seniors' Day. Limited to 15 participants.

**MEMORY SCREENING CLINIC:** FULL October 16th for anyone 75 + years. Participants will be screened by a team which includes a Nurse Practitioner, RN, RPN, Dietician, Pharmacist and Social Worker. Space is limited. Register early.

**CHRONIC DISEASE MANAGEMENT :** 6 weekly 2 1/2 hour classes beginning October 18th from 9 am to noon. Learn about managing pain and fatigue, healthy eating and exercise, managing difficult emotions, making informed treatment decisions and more. To register for this program, contact Michele (475-9595). Limited to 10 participants.

**Thunder Bay Good Food Box Program ~** is a non-profit program for families and individuals who want to purchase high quality, fresh produce at a lower price than shopping at grocery stores. Boxes are available monthly for a cost of \$20 for a family or an individual box for \$12. For more information call 345-7819 or check out the website: <http://www.tbdhu.com/HealthyLiving/HealthyEating/FoodSecurity/GoodFoodBox.htm>

