

Health Matters



VOLUME 6~ SUMMER

JULY / AUGUST 2013

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
JULY 1st and
AUGUST 5th**

*Lakehead Nurse
Practitioner-Led Clinic
Is on Facebook*

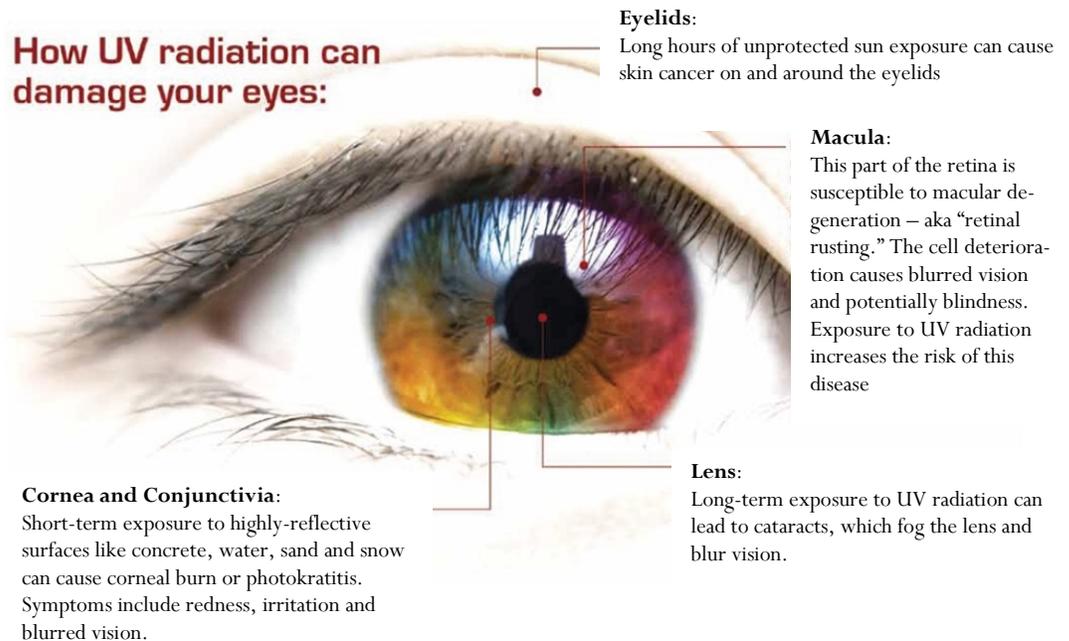
*And follow us on
Twitter
@LakeheadNPLC*



Eye Safety — Pam Delgaty, NP, Clinical Director

Planning to spend time outside this summer? Remember to keep sun safety in mind. Sunglasses are more than just a hip accessory! They are an important part of summer eye safety, and should in fact be worn all year round when the sun is shining. Harmful rays from the sun can cause problems with your eyes like cataracts and macular degeneration. The skin around the eyes is also quite thin and can be at risk. Sunglasses can help prevent some skin cancers as well.

How UV radiation can damage your eyes:



Eyelids:

Long hours of unprotected sun exposure can cause skin cancer on and around the eyelids

Macula:

This part of the retina is susceptible to macular degeneration – aka “retinal rusting.” The cell deterioration causes blurred vision and potentially blindness. Exposure to UV radiation increases the risk of this disease

Lens:

Long-term exposure to UV radiation can lead to cataracts, which fog the lens and blur vision.

Cornea and Conjunctiva:

Short-term exposure to highly-reflective surfaces like concrete, water, sand and snow can cause corneal burn or photokeratitis. Symptoms include redness, irritation and blurred vision.

When choosing sunglasses, choose ones that block UVA / UVB rays. If you spend a lot of time on the water (or snow!) consider polarized lenses to stop the harmful effects of bright reflective glare. A hat should also be worn to help protect from the sun and heat-related illnesses. And finally, sunglasses are for all ages. Don't forget, that includes children! Sunglasses protect your vision. Looking good? Bonus!

Along with our fabulous nursing staff, the clinic offers primary care services through our Inter-Professional Health Providers: Registered Dietitian, Social Worker, and Pharmacist

- **Registered Dietitian** – Healthy eating and the resulting positive lifestyle benefits, nutritional meal-planning, diabetes care
- **Social Worker** – Stress management and relaxation, trauma and grief counselling, mental health and wellness
- **Pharmacist** – Medication reviews, smoking cessation, drug interactions, pharmacy education and drug options

Ask your Nurse Practitioner or our reception staff about booking an appointment with one of these primary care providers and see how they can help you stay healthy this year.

Continuous Patient Education—by Kyle Jessiman, Clinic Administrator

When it comes to day-to-day decisions that affect our health, I cannot overemphasize the importance of having a full understanding of your health, wellness, and connectedness to the environment. There are various sources of patient education, and **your health providers at the Lakehead NPLC are one of the most vital sources to increasing your health knowledge**, and what you can do to stay healthy. You'll see several posters and pamphlets around our clinic, and you've no doubt seen countless advertisements in magazines, on television, or around the community, all related to your health or potential health problems.

Do not be alarmed by this sea of health info! The best measure of your health is how you're diagnosed by a health professional and the tests they order, and **HOW YOU FEEL!** – NOT by what you read or hear in a drug company-sponsored advertisement. We try to maintain impartial health information in the clinic, centered

on evidence-based care, and current best practices.

Your entire appointment and time spent in our clinic is an opportunity to ask questions about how your health is impacted in day-to-day life, or by the treatments you are currently using. There are many ways to stay healthy, and the providers and staff at the Lakehead NPLC know all about them. Our interprofessional team leverages the knowledge of a dozen health providers from different disciplines, all working to improve your health!

Still have questions? The best way to clarify is to **ASK your health provider!** Patients who have the most understanding of how their health and treatments are impacting their day-to-day lives are more ready to make healthy changes.

The simplest healthy practices that lead to an overall increase in health include: hydrating yourself (**Drink plenty of water!**); avoiding processed foods, processed sugars, and artificial sweeteners (**Eat**

whole, natural foods); **don't smoke** (or get help quitting); **limit alcohol intake**; and exercise moderately (even just a **walk for 30 minutes** per day). These can all lead to a reduced risk of many illnesses, and can lead to overall happiness with yourself and your health. These have been important practices for me in maintaining my own healthy habits throughout life, but **I need constant reminders!**

Improving health outcomes for our patients is why we are here, and having patients who are educated about how to keep themselves healthy and well is a vital part of the patient-provider partnership. Life-long learning is a gift we can all share with ourselves and others - Learning in all respects, but especially when it comes to how we can live to achieve the most health and wellness for ourselves and our families. Read, and get informed about these topics that are important to you whenever you can. We encourage this learning with all of our patients, and we're available to help with it how we can.

UPCOMING FALL PROGRAMS AT LNPLC

TYPE II DIABETES MANAGEMENT PROGRAM

Thursdays each month beginning September 12th!
(September 12th, October 3rd, November 7th, December 5th)

1:00 to 2:00 p.m.

[Register Early](#)



Moms, Dads, Babies and Tots!



STARTING SEPTEMBER 18th

ONCE MONTHLY ON WEDNESDAYS

10 AM to 11 AM

SIGN UP AT RECEPTION IF YOU ARE INTERESTED

SEPTEMBER 18th—Contraception / Pregnancy Readiness
With Crystal Kaukinen, Nurse Practitioner

OCTOBER 16th —Medications

With Anna Kapoor, Pharmacist

NOVEMBER 20th—Snacks and Lunch Ideas

With Claudia Isfeld, Registered Dietician



Weekly classes for 6 weeks beginning October.
Learn about managing pain and fatigue, healthy eating and exercise, managing difficult emotions, making informed treatment decisions and more.

Call Michele at 475-9595

REGISTER EARLY!

Tomato Salad with Basil Vinaigrette —Submitted by Claudia Isfeld, Registered Dietician

Preparation Time: 15 minutes

Makes: 4 servings



Once the basis for an Italian peasant meal, this colourful salad, served with some crusty bread, is also perfect for today's light summer eating.

Ingredients - Salad

Ontario green beans	250 mL	1 cup
4 Ontario Tomatoes, cut in wedges		
Ontario mushrooms, sliced	250 mL	1 cup
mozzarella cheese cubes	250 mL	1 cup
2 Ontario green onions, chopped		
Ontario romaine lettuce leaves		

You can substitute part-skim mozzarella cheese to decrease fat content.

Ingredients - Dressing

vegetable oil	125 mL	1/2 cup
lemon juice	25 mL	2 tbsp
salt	2 mL	1/2 tsp
pepper	1 mL	1/2 tsp
fresh basil, chopped	25 mL	2 tbsp

Preparation

1. Blanch green beans in boiling water for 2 minutes. Immediately plunge into ice water to stop cooking and set colour.
1. On a large platter, arrange tomatoes, mushrooms, beans, and cheese in concentric circles on Romaine leaves. Sprinkle tomatoes with green onions.
3. Whisk together all vinaigrette ingredients. Spoon over salad.

Nutritional Information (when recipe serves 4):

Protein: 8 grams, Fat: 35.0 grams, Carbohydrates: 8.0 grams, Calories: 369