

HEALTH MATTERS

VOLUME 8—WINTER

JANUARY 2014

**THE CLINIC WILL
BE CLOSED**

**On
FEBRUARY 17th
FOR FAMILY DAY**

**Lakehead Nurse
Practitioner-Led Clinic**

Is on Facebook

**And follow us on
Twitter
@LakeheadNPLC**

**We're on the
Web!
www.lnplc.com**

**NATIONAL
NON-SMOKING
WEEK**

JANUARY 20—26



**WEEDLESS
WEDNESDAY
January 22nd**

Lakehead Nurse Practitioner-Led Clinic

SEASONAL AFFECTIVE DISORDER (SAD) - Crystal Kaukinen, Nurse Practitioner



For some people, the fall and winter season bring unexplained feelings of decreased energy and sadness. Seasonal affective disorder or SAD is a type of depression that occurs at a certain time of the year; usually the winter. It is more common in places with long winter nights.

Typical symptoms include:

- | | |
|------------------------------|---------------------------------------|
| Feelings of hopelessness | Change in appetite |
| Decreased energy | Difficulty concentrating |
| Loss of interest in work | Loss of interest in other activities |
| Sluggish movements | Social withdrawal |
| Unhappiness and irritability | Thoughts of suicide are also possible |

It is important to talk to your health care provider (HCP) if you are experiencing any of these symptoms. Your team at Lakehead Nurse Practitioner-Led Clinic is experienced with SAD and ready to help. While there are no specific tests for SAD, your HCP will be able to make a diagnosis by asking questions. Your HCP may also perform a physical exam and order blood tests to rule out other disorders with similar symptoms.

Treatment for SAD is effective and can include counseling or talk therapy, medication, and light therapy with a special lamp that mimics sunlight. Other tips to help manage SAD at home include making your home bright by opening curtains, going outside during daylight hours, getting enough sleep, eating healthy foods, exercising, doing activities that you enjoy, avoiding alcohol and illegal drugs, being around positive people and getting involved in your community. It is important to watch for early signs that your depression is getting worse. If you are experiencing thoughts of hurting yourself or someone else you need to get medical help right away. You can go to the hospital or call **Crisis Response at 346-8282**.

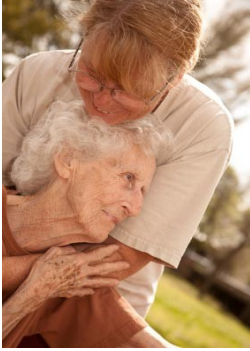
*You can also book
an appointment
with Michele, our
Social Worker*

WALK IN CLINIC HOURS

**Monday and Friday
1:00 p.m. to 4:00 p.m.**

~

**SAME DAY APPOINTMENTS ARE AVAILABLE
EVERY DAY**



CAREGIVER “CHIT CHAT”

come and feel heard and supported
Learn strategies for coping

CARING FOR A PARTNER CARING FOR A PARENT

TAKING CARE OF YOURSELF

4 week program each Thursday from 1:30 to 3:00 pm

March 27th to April 17th

Call Chris at 475-9595 to Register

You do not have to be a registered patient at LNPLC

Ready to Quit? Make a plan!

IT'S EASIER THAN EVER TO QUIT SMOKING!

— Anna Kapoor B.Sc.Pharm., Pharmacist

In Canada, smoking is the #1 preventable cause of death and causes 30% of all cancers, and 85% of lung cancers. It is also linked to numerous other cancers and health conditions such as lung and heart disease. There is no better thing you can do for your health than quitting smoking.

Most people need more than one attempt to quit. The average Canadian tries to quit 3.4 times before succeeding, and many people require more than 4 tries.

UNDERSTANDING why you smoke can help you break the cycle of addiction. Figure out what your “triggers” are, and avoid them if you can.

MEDICATIONS can help lessen withdrawal and minimize the urge to smoke. Champix and Zyban are now covered on

Ontario Drug Benefit and NIHB and most private health insurance. They can double your chances of succeeding. Many people also find Nicotine Replacement products very effective.

PREPARE yourself and your environment with strategies to cope. Try the 4Ds: Distract, Delay, Drink Water and Deep Breathe. Make sure you choose a good time to quit, as the ideal time avoids any undue stress you may put on yourself.

ENLIST support of others to stay quit, especially family and friends.

Try the *Smokers Helpline*

1-877-513-5333

or *smokershelpline.ca*



Our clinic offers a Smoking Cessation program to take you through these steps and provide you with information, support and prescriptions as required giving you the best chance of success. We can help you customize your plan so it is going to work for YOU.

Book a Consultation today to get you on your way to Smoke-free health.

Distract ...

Delay ...

Drink Water...

Deep Breathe !

Strategies for Improving Your Health Literacy

—Chris DeBenetti, Administrative Assistant

Your health literacy—or how well you understand, process and follow the health information you receive—can impact your health. In fact, studies suggest that if your health literacy is poor you're more likely to skip important screening tests, manage a chronic condition less effectively, and enter the health care system sicker than someone who is health literate.

Every day you are confronted with health information and often you don't even realize it. As you grocery shop, fill a prescription, feed your family, visit a clinic or go for a massage, you are presented with information that may impact your health. Not knowing what health questions to ask, which health-related information to provide or what choices to make affect your health literacy. Here's how to boost your health literacy skills:

1. Writing Questions Down If you have a health concern or

if you are trying to understand a recent diagnosis, you might have a ton of questions running through your mind. Not sure what to ask? Start with the basics:

What is my diagnosis?

Will I need medical tests? What will the test results tell me?

What is the medication you are prescribing me? How do I take it? What are the side effects?

Do I need to make lifestyle changes?

2. Keep a list of allergies, medications and dosages with you at all times. This is especially important in an emergency but can also help your Nurse Practitioner or Pharmacist spot potentially dangerous drug combinations. Make sure to review the list with your NP from time to time so you're both clear about when and how much you're taking.

3. Bringing an 'interpreter' to medical appointments. If English is your second language, having a fluent friend or

family member with you to translate information can be very helpful. If you speak English but feel lost when it comes to medical jargon, consider asking someone to help you understand the information.

4. Repeating information as you understand it. This will not only help you process the information better, but also allow your Nurse Practitioner to correct any information you've misinterpreted.

5. Speaking up if you don't understand. Don't feel embarrassed if you don't "get" some of the information. Remember your health care provider has spent years studying the information you've only had a few minutes to process. Ask them to repeat the details.

To make healthy choices, everyone needs health information that they can understand. Health literacy is simply good for your health.

Source: 2013 Shepell, fgi

88% of Canadians age 65 and older need help with today's health information demands.



The need for today's patients to be "health literate" is greater than ever, because medical care has grown increasingly complex.

Quick and Easy Creamy Broccoli Soup (without the cream)

—Claudia Isfeld, Registered Dietician

- | | |
|---|-------------------------------------|
| 1 tbsp canola oil | 3 cups low sodium chicken broth |
| 1 chopped onion | 1 cup water |
| 4 cups chopped broccoli florets (fresh or frozen) | 1/4 tsp black pepper |
| 1 peeled chopped potato | 1/2 cup milk |
| | 1/2 cup light grated cheddar cheese |

Sauté onion in oil until tender. Add broccoli, potato, broth, water and pepper. Bring to a boil and simmer 15 minutes or until vegetables are tender. Blend in small batches in a blender or use an immersion blender until smooth. Return to pan, add milk and cheese and heat through.

Makes 6 servings.



Locally-Grown Food is the Reward for Practicing Health & Wellness

—Kyle Jessiman, Clinic Administrator

Where does your food come from? How far did it travel to get to your plate? What methods were used to grow it? Does it support your health



This past summer we were so pleased to present our staff, and a patient raffle winner, with Locally-Grown Good Food Boxes. As part of our Health and Wellness Initiative launched in July, all staff were given one complementary Good Food Box throughout the season. In addition, staff and patients who spent time walk-

ing outside, drinking enough water, getting enough sleep, going to a fitness centre, taking a fitness or yoga class, spending quality time with family and friends, and other healthy activities, were awarded points through the summer and the winners split the bounty from our local farmers.

The efforts by our clinic to keep patients well, is impacted in a big way by the availability of fresh, nutritious food. The Locally-Grown Good Food Box is organized by the Northern Ontario Women's Centre and is an enormous contributor to sup-

porting local food networks. Thunder Bay needs to ensure access to sustainable food to keep its residents healthy. This means food that is not only high in nutritional content, but is produced locally to maintain local biodiversity and soil sustainability.

By reducing dependence on processed foods, our patients can live healthier through what they put (and don't put) into their bodies. Processed foods are depleted of much of their nutrition, are grown with pesticides and chemicals, and are transported from long distances

away, requiring excessive energy to move. Fresh, local produce and food is a healthy alternative.

We're happy to support initiatives that help involve patients in health and wellness, and we're grateful for the participation from our patients this summer. The popularity of healthy and wholesome, toxic-free produce has increased the demand for locally-grown food, farmers markets, the support of small family farms and ecological systems of agriculture, and we will continue encouraging this trend into a healthy future.



Kyle Jessiman, Clinic Administrator and patient raffle winner Judy McEwan with Locally-Grown Food Boxes as part of LNPLC's Health & Wellness Initiative

Find an abundance of fresh, local food at the Thunder Bay Country Market (Saturday mornings at the CLE) and at a variety of shops and eateries in the community !

Fitness and Health — Michele Grace, Registered Practical Nurse

Exercise has been associated with helping people prevent or recover from some forms of cancer, arthritis and depression. “Exercise is the magic pill,” says Michael R. Bracko, EdD, FACSM, chairman of the American College of Sports Medicine’s Consumer Information Committee. Exercise can literally cure diseases like some forms of heart disease.

Of course, there’s a catch! You need to get and keep moving if you want to cash in on the benefits. This doesn’t necessarily mean following a strict, time consuming regimen at the gym, although that can certainly reap benefits. The truth is you can get rewards from many different types and levels of exercise.

Your exercise options are numerous; including walking, dancing, gardening, biking—even doing household chores. It’s important to choose activities you enjoy, that will increase your chances of making it a habit. And how much exercise should you do? For *heart health*, at least 30 minutes of moderate-intensity physical activity, on most days of the week.

- Aerobic/cardiovascular activity. Running, cycling, walking, swimming and dancing fall in this category.
- Flexibility training or stretching. This enhances the range of motion in joints.

- Strength, weight or resistance training. This type of exercise is aimed at improving the strength and function of muscles.

The first step to any workout routine is to evaluate how fit you are for your chosen physical activity. Whenever you begin an exercise program, it’s wise to consult your primary care provider. Anyone with major health risks, males aged 45 and older, and women aged 55 and older should get medical clearance.

Start out low and go slow!

Exercise doesn’t have to be done at the gym. You can work out in the comfort of your own home.



*February is
Heart Month*



Dietitians of Canada has announced the theme “Simply Cook and Enjoy” for Nutrition Month 2014. We will be promoting the theme locally with events throughout the month of March that encourage individuals and families to get back into the kitchen and prepare meals at home.

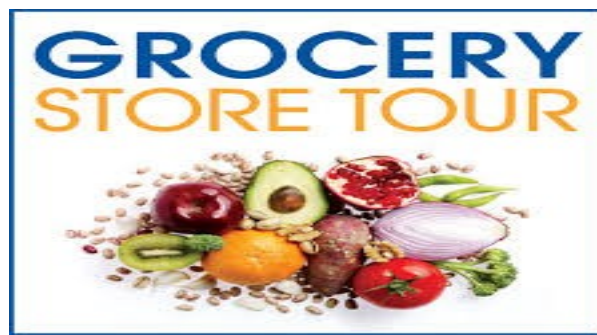
Chicken Cacciatore — Claudia Isfeld, Registered Dietician

2 lbs boneless chicken thighs
2 tbsp olive oil
1 onion, chopped
3 cloves garlic, minced

1 large can diced tomatoes (undrained)
(no added salt)
1 tsp dried oregano
2 tsp dried basil
Salt and black pepper to taste

Saute onion and garlic in oil in a large skillet until softened. Add chicken thighs and cook until browned. Season with salt and pepper to taste. Pour in canned tomatoes, cover and simmer until chicken is cooked thoroughly and the tomatoes have reduced to a nice sauce (about 45 min to 1 hour). Add in basil and oregano late in cooking for the most flavour.

Serve over Polenta or your favorite noodles along with some cooked vegetables for a balanced meal.



With Claudia Isfeld

LNPLC Registered Dietician

Where: Renco Foods, Centennial Square

(meet at Customer Service)

IN THIS TOUR YOU WILL LEARN:

- What's really healthy***
- What's not so healthy***
- How to read labels***
- How to save money***

**REGISTRATION IS REQUIRED
SPACE IS LIMITED TO 10 SHOPPERS PER
TOUR**

JANUARY 8th—10:30 to 11:30 a.m.

JANUARY 21st—2:00 to 3:00 p.m.

FEBRUARY 13th—1:00 to 2:00 p.m.

MARCH 24th—9:30 to 10:30 a.m.

*You could
win a \$50
grocery
gift card*

**Lakehead
Nurse Practitioner-Led Clinic**

TO REGISTER CALL 475-9595