

WINTER 2024

LNPLC HEALTH MATTERS QUARTERLY

A Newsletter by the Lakehead Nurse Practitioner-Led Clinic

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Lakehead
Nurse Practitioner-Led Clinic

Welcome back, Winter!

BY MARGO AYOUB, MSW

Well it may have seemed like it wouldn't happen, but winter has officially arrived in Thunder Bay!

We're excited for the year ahead at the LNPLC, as we welcome two new Nurse Practitioners to our staff, as well as university placement students from the Nurse Practitioner Program, and the Social Work program.

This Winter we will continue to offer group programs in addition to our clinical services, including our new fitness group, which is available by referral from your provider. We will also be offering another Advance Care Planning Workshop, and a postnatal support program in the coming weeks. See page 2 of the newsletter for more details!

Smoking Cessation Supports at the LNPLC

BY ANNA KAPOOR, PHARMACIST

It's never too late to quit! Tobacco is the leading modifiable risk for disease and death in Canada. More than 45,000 Canadians die every year due to smoking, and no one wants to be part of that statistic. It's important to remember that the effects of smoking are reversible. The risk of cardiovascular heart disease is cut in 1/2 just one year after quitting, as well as your added lung cancer risk reverting back to normal after 10 years. There are countless reasons to quit today, and we can help.

The LNPLC has a patient centered smoking cessation program designed to equip you with the tools needed to find the right way to begin your smoke free journey. You will meet with a Pharmacist trained in smoking cessation, and get a customized quit program.

No Quit Program is one-sized fits all, but there are tried and true strategies that you'll learn to use on their own or combine with the medication that is right for you. A consultation will help you understand why you smoke, help you avoid triggers and prepare you for quitting.

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Upcoming Programs and Events:

Hearing Screenings

JANUARY 15
FEBRUARY 12
MARCH 18

Memory Screening

FEBRUARY 20

Mindful Eating Program

Thursdays
JANUARY 11-
FEBRUARY 15
10:30AM-12:00PM

Advance Care Planning
Workshop

FEBRUARY 28
1:30-3:30PM

Postnatal Support Group

Tuesdays
MARCH 5-
APRIL 23
10:30-11:30AM

INTERESTED IN PARTICIPATING? ASK
YOUR PROVIDER, OR RECEPTION
FOR MORE INFORMATION

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Treatment options include over the counter medications such as Nicotine Replacement Products, including patches, inhalers, spray, gum or lozenges. Prescriptions medications include Champix or Zyban. There is a lot of old information out there regarding use and side effects of these medications. With the most up to date evidence available, we will help you find the right choice. Any time you combine medication with counselling programs you double your rate of success in being smoke free for good.

If you are thinking of using e-cigarettes, come and talk to us about the pros and cons, we can help you navigate this.

Remember, most people require multiple attempts to quit smoking, and with the right plan, it is possible to quit for good!

If you would like support to quit smoking, talk to your provider about setting up an appointment with Anna for smoking cessation support.

Starting this Spring, the LNPLC will begin a new research project. We will be asking patients to answer questions about their Power of Attorney for personal care, substitute decision making, and who they trust with making their future healthcare decisions. Stay tuned for more information; and for information about Advance Care Planning please speak to your provider.

Join our RN and RSW for a new post partum support program! Learn strategies for managing challenges that come with parenting an infant, engage in fun activities, and meet new people. For parents of infants ages 0-12 months. Tuesdays, March 5th to April 23rd from 10:30-11:30am at the LNPLC. Speak to your provider for more details!

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White Bean Soup

Recipe by Marcia Lichty

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

<https://www.twopeasandtheirpod.com/white-bean-soup/>



Ingredients

- 3 (15 oz) cans cannellini beans, divided
- 4 cups vegetable broth, divided
- 1 tablespoon olive oil
- 1 yellow onion, diced
- 2 medium carrots, diced
- 2 sticks celery, diced
- 4 cloves garlic, minced
- 1 teaspoon minced fresh rosemary
- 1/2 teaspoon dried thyme
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- Crushed red pepper flakes, to taste
- 2 cups chopped spinach or kale
- 2 tablespoons fresh lemon juice
- 1/4 cup Parmesan cheese, plus more for serving
- Garnish: chopped fresh parsley

Instructions

1. Rinse and drain 1 can of beans. Place the beans in a blender or food processor with 1 cup of the broth. Blend until smooth and set aside. You don't want to blend all of the beans, just 1 can. The pureed beans will make the super extra creamy. Rinse and drain the remaining beans and set aside.
2. In a large pot, heat the olive oil over medium heat. Add the onion, carrots, and celery. Sauté until vegetables are tender, about 5 minutes. Add the garlic and cook for an additional minute.
3. Add the pureed bean mixture, whole beans, remaining broth, rosemary, thyme, salt, pepper, and crushed red pepper. Let simmer for 15 minutes.
4. Add the spinach or kale and simmer for 10 more minutes. Stir in the fresh lemon juice and Parmesan cheese. Taste and season with additional salt and pepper, if necessary.
5. Ladle the soup into bowls and garnish with a little fresh parsley and extra Parmesan cheese, if desired. I recommend serving with crusty bread or biscuits.

Visit us on social media!



LNPLC Walk-In Clinic Hours

Monday 1:00pm to 3:30pm

Tuesday 4:30pm to 7:30pm

Wednesday 4:30pm to 7:30pm

Thursday 4:30pm to 7:30pm

Friday 1:00pm to 3:30pm

Saturday 10:00am to 2:00pm