

# Wawa Family Health Team

## Fall Newsletter



VOLUME 4 ISSUE 2

FALL 2014

### SPECIAL POINTS OF INTEREST:

- We did the Ice Bucket Challenge!
- It's flu shot season!
- We're on Facebook!
- Check out our upcoming programs!



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## Get your health on... at the WFHT

Many people think of September, and the start of a new school year as the "new year". Instead of waiting for December 31st to set your New Year's resolution to get fit and healthy, why not start now? So, with that in mind, and the fall season upon us, let's start focusing on our health.

The Wawa Family Health Team, which offers the services of Social Workers, Nurse Practitioners, Registered Nurses and a Registered Dietitian, as well our physicians, has many programs to help you get your health on, physically, mentally and emotionally.



Katey Wright has joined the WFHT. She brings with her 34 years of experience in paediatric, emergency and acute care nursing. (It's time for her to sit down!) She will be covering smoking cessation, hypertension, INR and dermatol-

### Get your Flu Shot

Fall time is also Flu shot time. Visit us at the WFHT and ask for your flu shot.

### Move your Body

The Wawa Family Health team in collaboration with the North Algoma Diabetes Program offers a chair based exercise program. This program is offered for free twice a week (Tuesday and Thursday from 10:30 – 11:00 a.m.) at the Pentecostal Church.

If you are a walker and the weather has made it difficult for you to get outside and walk, the Indoor Walking program has started. Walkers can head to Michipicoten High School between the hours of 4:30 – 7:30 p.m. Monday through Thursday

to enjoy a safe, dry walking environment. There is also the option of riding a stationary bicycle. Thanks to the generosity of the Wawa Ice Fishing Derby, the Indoor Walking program now has a beautiful stationary bike for participants to use. This program is brought to you by several community partners, including the WFHT, The Lady Dunn Health Centre and Superior Children's Centre.



### Eat Well

The Wawa Family Health Team's Registered Dietitian, Rebecca Coughlin, offers one on one  
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## We have a new Registered Nurse!

ogy. When Katey is not at work she usually can be found in her garden, or more often being led around town by her black lab Lexie.



# Goodbye and good luck!



Since the last newsletter, WFHT had to say goodbye to two staff members.

**Melanie Rail**, Registered Nurse, left in April to work for Algoma Public Health.

**David Burgan**, Nurse Practitioner, left in September, and is back in Sault Ste. Marie working for Group Health Centre.



*We have a Smoking Cessation Program that offers free nicotine replacement therapy and counseling*

## Get your health on... cont'd

counseling for anyone wanting to improve their eating habits. She can help you design a diet that works for you. Rebecca offers many programs throughout the year; stop by and learn all about them!

### Quit Smoking

We have a Smoking Cessation Program that offers free nicotine replacement therapy and counselling. Call

us today to make your appointment to start quitting.

### Embrace winter!

The Wawa Family Health Team and North Algoma Counselling Service are offering an 8 week workshop to help you embrace winter in positive ways. This workshop is open to both men and woman 16 years of age and up.

These are just a few of the

programs and services offered at the Wawa Family Health Team. To learn more, contact us at 705-856-1313; visit our webpage or "Like" our Facebook page, Wawa Family Health Team. Together, we will become a healthier community.

~ Silvana Dereski,  
Executive Director



## Join us on facebook!

It's finally happened; Wawa Family Health Team has a Facebook page! **Search for 'Wawa Family Health Team' on Facebook, and click 'like' to follow us.** Receive tips about healthy living, and learn the latest news at the clinic.

# WFHT takes on ice bucket challenge

It all started with a Facebook message. Emma Desgagne at the Wawa Dental Office was challenging me and my co-workers at the Wawa Family Health Team to the Ice Bucket Challenge for ALS. ALS stands for amyotrophic lateral sclerosis, a relatively unknown disease that is extremely disabling and leads to eventual death, otherwise known as Lou Gehrig's disease. I was more than a little leery about dumping ice water on my head. I had watched some other friends do it the weekend before and it did not look like fun. At all. But, it's for a good cause...

So, the next morning, I sent an e-mail to our director Silvana, and the doctors, to ask if this was something we were willing to participate in and send around to the entire clinic. To my surprise, the response was a yes. Not a big, enthusiastic yes, but a yes just the same. So an e-mail was sent to the entire clinic asking if anyone was willing to participate. Almost everyone!

Now the logistics, we need to do this soon, the challenge is within 48hrs, but that was already past. Ok, tomorrow after work, we will gather with our buckets and water and will

do this!

So, on August 28, 2014, a surprisingly warm and sunny day we gathered in our Wawa FHT t-shirts, our buckets of water and ice and made a chain, as we had nine people! It worked great. Everyone had fun and was thoroughly chilled.

In turn we challenged the Municipality of Wawa: Mayor and Council, Ministry of Natural Resources: Wawa Office and the Lady Dunn Health Centre: Nursing Staff. Keep the awareness going!

~Katherine Boyd  
Medical Secretary

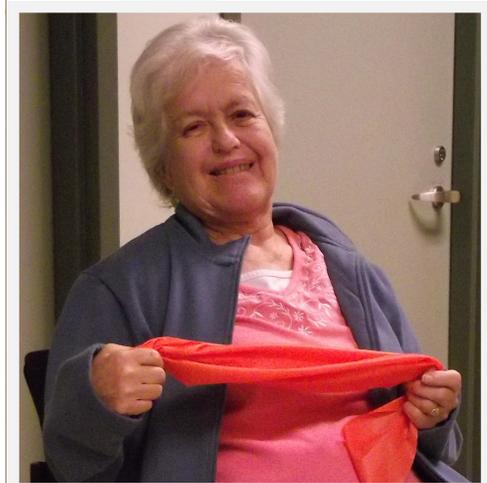


## Did you know...

The flu vaccine is safe. Mild reactions include soreness, redness or swelling where the vaccine was given. Serious reactions are rare.

## Patient Profile:

# Suzanne Baumgart



*“Try to have a positive attitude and try not to accept [health problems] as a hurdle. You have to remember that it’s your body and you have to treat it right and watch what you eat.”*

Suzanne Baumgart is a retired early childhood educator who has lived in Wawa for the past two and a half years. Along with knitting, jigsaw puzzles and a very active social life, Suzanne always makes sure she has time for physical activity, which helps to manage her diabetes.

Part of her weekly exercise has included two programs offered by the Wawa Family Health Team – ‘From Soup to Tomatoes’ and ‘Munch and Move’. The former is a chair-based exercise class that Suzanne started attending because she needed more exercise and was feeling stiff after her back surgery. ‘Munch and Move’ is a walking program that takes place during the summer and fall months where people go on a 30-minute walk around the community and then meet to enjoy delicious and healthy snacks. Suzanne found out about the program from a flyer, “I was unsure at first because I use a walker but once I got into it, I loved it.”

Suzanne can feel the benefits of her regular physical activity. “My back has felt really good because I am able to attend the programs

more often. I walk with better posture and do not need to rely as much on my pain medication.” She was surprised recently when she was getting on a bus, “I realized that I didn’t have to pull myself up the stairs, I just walked on like a normal person.”

Walking with friends in the ‘Munch & Move’ program helped make being active more fun. “I was paired with two gentlemen who I felt I had to keep up with. It was my way of challenging myself; now walking feels much easier.” She attributes this program with helping her improve the distance in which she can easily walk on her own; now she walks all the way to the drug store and the post office.

When Suzanne isn’t walking, she tries new and healthy foods in a variety of recipes, “I never used to eat lentils, but now I love them!”. She also eats more beans and has a great recipe for textured vegetable protein (TVP), a low-fat meat alternative. Suzanne makes a delicious stir-fry using canned tomatoes, mixed vegetables, brown rice,

and TVP.

Feeling unsure about getting healthier? Suzanne has some advice to share with you. “Try to have a positive attitude and try not to accept [health problems] as a hurdle. You have to remember that it’s your body and you have to treat it right and watch what you eat.”

Suzanne is leading by example and is ready to support others that are trying to live healthier lives – you can find her at ‘From Soup to Tomatoes’ on Tuesdays and Thursdays. By the sound of it, she will be ready to participate in ‘Munch & Move’ next year as well! “I know that we will have a bigger group next year because people know about the recipes that come with the walking – it’s a big draw!”

~ Damion Pollard,  
Dietetic Intern

## Get your Flu Shot now!



Drop by the WFHT front desk or call 705-856-1313

# Colorectal screening program

Colorectal cancer is the third most common cancer in men and women. Therefore the Wawa Family Health Team initiated a colonoscopy screening program in the year 2000.

At that time two of our doctors had training in colonoscopy, which gave Wawa a high colonoscopist to patient ratio relative to other Ontario communities including larger centers.

This allowed us to conceive of using colonoscopy rather than fecal occult blood for our colorectal cancer screening test- colonoscopy being a much more accurate way of checking for this cancer and having the added benefit of being able to remove adenomatous polyps which are known to be the precursors to colorectal cancer.

In most parts of Ontario, fecal occult blood testing is the usual

screening method since the resources to carry out colonoscopies on all persons in the 50-75 year age range are not available.

Since the start of the program we have carried out over 2700 colonoscopies. We have detected 33 cancers during that time. Some of these were detected at a stage when they had not yet invaded surrounding tissue and so were completely curable by removal of the lesion by the colonoscopy alone and others were in an early stage completely curable by surgery. We have removed over 1000 polyps which had the potential to progress to cancer if left in place.

Audits of the program have been carried out to ensure that the colonoscopies performed in Wawa were meeting accepted standards in terms of cancers and polyps detected as well as the ability to examine the whole length of the colon

(over 95% success rate in this regard).

The other aspect of the program indicating its effectiveness is that over 70% of Wawa residents in the age range 50-75 have undergone cancer screening by colonoscopy which, as far as we can tell, represents the highest level of colon cancer screening in Canada (the rate for Ontario as a whole is about 30%).

We have been in contact with a researcher from The Institute For Clinical Evaluative Sciences to assess the data on our screening program in Wawa In order to determine its impact on the prevention of colorectal cancer in our community. Early results from this analysis suggest that the rate of colon cancer in Wawa is approximately 40% lower than in 3 other similar Northern Ontario communities. While we cannot be certain that  
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*“Over 70% of Wawa residents ages 50 to 75 have undergone cancer screening by colonoscopy”*

## Food for thought: Omega-3s

Canada’s population is getting older and there are more people living with Alzheimer’s Disease. So it’s fair to ask, what leads to Alzheimer’s? According to the Alzheimer Society of Canada, 60% of cases are linked to lifestyle choices. What is a large part of how we live our lives? Food.

The foods we eat contribute to maintaining brain function later in life, especially foods containing omega-3 fatty acids. These good fats found in fish like sardines and salmon promote optimal brain

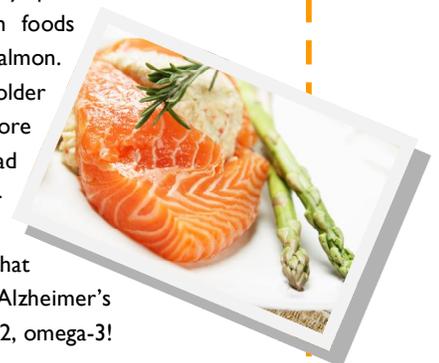
health by slowing down cognitive decline. Fish packs a nutritional punch for it is a great source of lean protein, Vitamin D and iron.

Meeting Health Canada’s recommendation of two 75-gram servings (the size of a deck of cards) each week may help reduce your risk of developing Alzheimer’s disease. This condition is connected with changes in mood, memory loss, difficulty with everyday tasks, and eventually death.

Omega-3 fatty acids are important as your brain needs a specific

omega-3 fatty acid called DHA in order to function at its highest potential. DHA is only provided through the diet with foods like mackerel and salmon. Studies have shown older adults that had more DHA in their blood had a reduced risk of developing dementia! It’s amazing to think that prevention against Alzheimer’s Disease is as easy as 1, 2, omega-3!

~Damion Pollard, Dietetic Intern



# Dietitian's Kitchen: Tasty Spinach Dip



Adapted from: [www.myrecipes.com](http://www.myrecipes.com)

This recipe was a big hit at the 'Munch & Move' program!

## Ingredients:

- 2 tablespoons olive oil
- ¼ cup roughly chopped shallots
- 4 green onions, chopped
- 1 tablespoon minced garlic
- 12 ounces spinach leaves
- ½ teaspoon salt
- 2 teaspoons fresh lemon juice
- 1 cup plain Greek yogurt
- ½ cup finely crumbled feta cheese
- 2 tablespoons chopped fresh dill
- Black pepper

## Directions:

1. Heat oil in a large frying pan over high heat. Add shallots, onions, and garlic and cook, stirring often, until fragrant, about 1 minute. Add spinach and cook, stirring often, until wilted, about 2 minutes.
2. Cut the spinach into small pieces while it is cooking.
3. Add remaining ingredients except pepper, pulse once just to combine, then season to taste with pepper.

Nutrition Info (per ¼ cup): 86 cal, 3.7g protein, 6.5g fat, 3.6g carbohydrate, 1g fibre, 227mg sodium, 10mg cholesterol

## Colorectal screening program... cont'd

screening program, it seems reasonable that this is the case.

We strongly encourage anyone in the 50-75 year age range who has not yet had screening colonoscopy

to get in touch with us to arrange for this potentially life-saving screening procedure.

If anyone is not comfortable with colonoscopy, they should at least

arrange to have the fecal occult blood screening test which, although less effective than colonoscopy has also been shown to save lives.

~Dr. Kirby

## Together a healthier community...

### Weight Loss Surgery Support Group

For anyone who has had, or is considering, weight loss surgery

Every 2nd Thursday from 3-4pm at the LDHC

### From Soup to Tomatoes

A gentle chair-based exercise class

Tuesdays and Thursdays from 10:30-11:30 at Calvary Pentecostal Church

### Indoor Winter Walking Program

Come in out of the cold and exercise in a safe and warm environment

Monday-Thursday 4:30-7:30 pm at Michipicoten High School

All programs offered by the Wawa Family Health Team are free. For more information, call 705-856-1313.