



October is Women's Health Month

The Greenstone Family Health Team would like to recognize Breast Health Month and Cervical Cancer Awareness Week, so we are dedicating the month of October to Women's Health Month.

We encourage women to see their health care provider during the month of October for breast, cervical and colorectal cancer screening.



Call today to book an appointment with our Registered Nurse, or Nurse Practitioner

How to Fight the Flu

Get your flu shot. Protect yourself and others by getting an annual flu shot.

Wash your hands frequently. Wash your hands with soap and warm water for at least 20 seconds. If soap and water are not available, use a hand sanitizer.

Wash your hands:

- before and after eating
- after using the washroom
- after coughing and sneezing
- after touching common surfaces

Cough and sneeze into your arm, not your hand. If you use a tissue, dispose of it as soon as possible and wash your hands.

Keep your hands away from your face. In most cases, the flu virus enters the body through the eyes, nose or mouth.

Keep common surface areas clean and disinfected. Doorknobs, light switches, telephones, keyboards and other surfaces can become contaminated with all kinds of bacteria and viruses which can live on hard surfaces for up to 48 hours.

If you get sick, stay home. Rest until you are feeling well and able to fully participate in regular activities. If symptoms get worse, call your health care provider.

Stay healthy. Eat healthy foods. Be active to keep your immune system strong.

FOR MORE INFORMATION, VISIT WWW.FIGHTFLU.CA

Get in Gear

Come learn about healthy living topics such as eating well, incorporating activity, stress reduction etc., and how to put that information into an action plan. You will set your own health goals and the group will provide support and guidance to help you to achieve those goals. This program is geared to meet individual needs and is open to everyone, regardless of fitness level or health goal. The program runs for 12 weeks, but it is not essential that you attend all 12 sessions.

For more information, or to register, call 854-0051.

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Flu Facts

Seasonal influenza (flu) is a common and highly contagious respiratory infection that affects the nose, throat and lungs. In Canada, flu season usually runs from November to April.

How it spreads The influenza virus spreads by respiratory droplets spread by infected persons through coughing, sneezing or talking. It is also spread through direct contact with objects contaminated by the influenza virus, such as toys, eating utensils, and unwashed hands.

Symptoms of the flu Influenza usually starts with the sudden onset of a headache, sore throat and muscle aches. The onset is often abrupt enough that people can remember precisely when it started. Most people recover from the flu in about a week.

Symptoms of a cold The flu is not a cold. A cold is a mild infection of the upper respiratory passages caused by a variety of viruses. It may last for a week and symptoms include a runny nose, stuffy nose, cough and sore throat. A cold is caused by a rhinovirus, which is much different from an influenza virus. Symptoms such as headache, fever, muscle aches, and nausea do not usually accompany a cold.

Complications from the flu Although most people recover from the flu within a week to 10 days, for some people, the complications from the flu can be severe, or even deadly. These complications can include bronchitis, pneumonia, kidney failure or heart failure.

One of the most common complications related to influenza is a bacterial infection of the upper and/or lower respiratory tract. Symptoms of a bacterial infection include lack of improvement in a person's condition after 3-5 days, and blood or mucous coming up when the person coughs.

Adults and children who suffer from cardiac or pulmonary disorders (e.g. asthma, cystic fibrosis) may see their chronic condition worsen.



Young children are particularly susceptible to complications from the flu such as: difficulty breathing, sudden paleness, fever or low temperature, inability to drink or breast-feed, vomiting more than 2-3 times in 24 hours, a stiff neck, lethargy or confusion, and convulsions or seizures.

Pregnant women who contract influenza may develop pneumonia and may require hospitalization.

Elderly people (65 years and older) have the highest rate of hospitalization and death from the flu. Common complications of the flu for seniors include bacterial infection and pneumonia.

If you develop the following symptoms, you should see a healthcare provider right away:

- | | |
|--|-------------------------------|
| Shortness of breath, rapid or difficulty breathing | Chest pain |
| Bluish or grey skin color | Bloody or coloured mucus/spit |
| Sudden dizziness or confusion | Severe or persistent vomiting |
| High fever lasting more than three days | Low blood pressure |

Additional symptoms to watch for in children include:

- | | |
|---|------------------------------|
| Not drinking enough fluids or eating | Not waking up or interacting |
| Irritability (not wanting to play or be held) | |

Did you know?

Our Nurse Practitioner Student Michael Schroder has finished his final placement with the Greenstone Family Health Team and has accepted a position as an RN with us while he waits to write his final exam later this year. We are glad to have him as part of the team and he looks forward to continuing to meet the health care needs of the Greenstone region.

Chronic disease management, pap tests, pregnancy management, immunizations, annual physicals well baby visits, form completion, cryotherapy (warts, etc.), suture removal, prescription renewals, contraception - he's your guy. Call us to schedule your appointment!

To find out when and where Flu Shot Clinics will be held in your area, call the Thunder Bay District Health Unit 1-888-294-6630

FOR MORE INFORMATION, VISIT WWW.FIGHTFLU.CA

Spiced Nuts

Prep Time: 5 minutes
Cooking Time: 7 minutes
Makes 12 servings

1/4 c	butter
1/2 c	brown sugar
1/2 tsp	ground nutmeg
1 tsp	gr. cinnamon
1/2 tsp	chili powder
2 tbsp	water
3/4 c	pecan halves
3/4 c	cashews
3/4 c	almonds
3/4 c	walnuts

Melt butter in a 4 quart glass casserole dish in the microwave. Stir in the brown sugar, spices and water. Microwave on high for 1 minute. Stir in the nuts so they are well coated. Microwave for 4 to 5 additional minutes on high, stirring every minute. Spread cooked nuts out onto parchment or waxed paper to cool.

Try experimenting with different nuts and spices!



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But, I'm huuuuuuuuungry!

It's back to school time! As parents and caregivers across the region dread the thought of preparing lunches and after-school snacks, we thought we'd give you a hand with some healthy, quick, and easy ideas.

Make healthy food quick and easy to grab by setting out...

- Cut-up fruit and veggies
- Whole grain, low fat crackers and cheese
- Nut butters on crackers, English muffins, bagels or bread
- Mini muffins
- Trail mix (avoid high sugar and sodium levels by making your own)
- Baked tortilla chips with salsa or bean dip

Buy convenient, single-serve packages of...

- Yogurt cups, tubes or drinks
- Pudding
- Fruit Snacks
- Cereal bars
- Frozen fruit bars on a stick
- Raisins or other dried fruit

Stock up on...

- Fresh fruit or fruit canned in its own juices
- Whole grain crackers
- Air-popped popcorn
- Pretzels
- Graham crackers (try making a frozen yogurt, sherbet or ice cream bar)
- Whole grain cereal
- Bagel chips or mini pitas—children love anything "mini"!

Quench thirst with...

- Water or milk. Kids can easily fill up on sweetened beverages and lose their appetite for more nutritious choices.

For more info, tips and recipes visit: <http://www.peelregion.ca/health/eating/kids/snacks.htm>

Upcoming Events

Longlac Trade Show Sept 5-6

Friday 5:00 pm—9:00 pm and Saturday 10:00 am—3:00 pm

Come out and visit the GFHT booth at the Trade Show where you can meet the Team and learn more about our Programs and Services while having your blood pressure checked!

Chronic Disease Self-Management Program Sept 17 – Oct 22

Wednesday Evenings from 6:00 pm to 8:30 pm at the GFHT

Six-week program consisting of weekly 2.5 hour sessions cover:

- Coping techniques for pain and fatigue
- Develop action plans and problem solving skills
- Exercise and Nutrition
- Coping with difficult emotions
- Managing medications
- Making informed treatment decisions

For more information, or to have a CDSMP run in your community, call Michelle at 854-0051 ext. 227

Health and Wellness Fair – Sept 25, 2014

11:00 a.m. to 3:00 p.m. Geraldton Arena - Free Admission

Please register before: Monday, September 15, 2014
For further information or to secure a table please contact:

Michelle at 854-0051 ext. 227
Pam Tremblay—Health Outreach Worker, ONWA, 854-2326

Get in Gear – Aroland, July 16 – October 27

Mondays from 1:00 – 3:30 at the Aroland Health Centre

Call the Aroland Health Centre 329-8787 to speak with Margaret for more information, or to register!

July 16 – Ask a Dietitian
July 28 – no session
August 11 – Goal Setting
August 25 – Alcohol and Diabetes
September 8 – Know Your Numbers
September 15 – Incorporating Activity
September 22 – Sodium and Label Reading
September 29 – Stress Reduction
October 6 – Mindful Eating
October 14 – Yoga, Breathing & Meditation
October 20 – Reward Yourself Without Food
October 27 – Healthy Eating/Tips & Tricks

Contact Us

Learn more about our services and programs!

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