

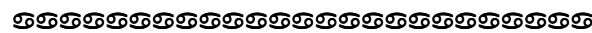


# Pulse

[www.reginacommunityclinic.ca](http://www.reginacommunityclinic.ca)

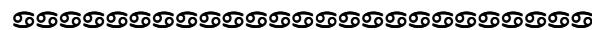
## **A Pharmacy in the Near Future!**

We are happy to announce that the Winnipeg Street Pharmacy Inc. will soon be located in our building. Plans and construction are underway with a proposed opening date in April. They look forward to serving our clinic members, patients, clients and the surrounding neighbourhood in the spring of 2009.



## **Debit and Credit Card Machine**

To serve our members and clients more efficiently, we now have the capability of taking payments using a debit machine. We have always been able to take payment from credit cards, but this system makes it more secure and easier. Payment for a service or membership will be taken at the Membership and Health Information desk on the second floor. We look forward to serving you more competently.



## **'Healthy Relationships' Workshop**

In honour of Psychology Month (February), the Psychology students of the U of R will facilitate a workshop on 'Healthy Relationships' for all ages on February 25th. This session will be held at the Regina Community Clinic from 1:30 - 5:00 p.m. in the Bea Harding Room. Cost is \$5. Please register by calling 543-7880 ext. 223.

### Community Daycare and Argyle Child Care

Regina Community Clinic has been committed to providing quality child care to the community for over 30 years. In the last number of months, it has become clear to the Board of Directors that we do not have the resources necessary to continue operating Community Daycare and Argyle Child Care. Therefore we are closing both centres on February 27, 2009.



The Board of Directors has carefully considered all of the financial options available to operate the child care centers and at the end of the day determined that they are not financially viable. The

Regina Community Clinic realizes the hardship the closure will mean to both parents and staff. We will be working with our staff to investigate job opportunities. We have been working closely with the Ministry of Education, Early Learning and the Child Care Branch to assist parents to make alternate childcare arrangements.

### Need Information?

We provide pamphlets, booklets and brochures as well as packs of specific information (such as diabetes, osteoporosis, weight, teen, parenting, prenatal, etc.) free of charge. We also offer a menopause and FASD resource area for lending books, information and videos. Please contact the Membership and Health Information area for more details.

Visit our website at  
[www.reginacommunityclinic.ca](http://www.reginacommunityclinic.ca)

### Swallow the New iPill

A new intelligent pill designed by Philips, the Dutch electronics company, promises to deliver medicine in the right place, at the right time, inside your body! The company, best known for consumer products like webcams and wireless headphones, is packing some of the same technology into the new pill, known as the iPill. Containing a microprocessor, battery, wireless radio, pump and a reservoir for medication, the inch-long capsule is designed to treat digestive tract disorders such as Crohn's disease and ulcerative colitis.



Once swallowed, the iPill allows researchers to keep track of its precise location through a wireless transmitter. It sends dispatches about the temperature and acidity of its surrounds to an outside receiver as it travels through the GI tract over the course of a day or two. The acidity, measured by pH, of the gut decreases as the pill gets further from the stomach, and that allows researchers to pinpoint the place where the drug is needed. Researchers can pre-program drug release when certain conditions are met or cue the drug release using a remote controller.

Similar robotic capsules with built-in cameras have been developed for colon endoscopy, but the iPill is the first to have drug delivering capabilities. Targeting drugs directly to the location of the disease means doses can be lower, reducing side effects.

For now, the iPill is still in prototype stage and the company plans to first market the pills to pharmaceutical companies for as much as \$1,000 per pill. If the iPill becomes commonplace, the cost would go down significantly.

Are you ready to swallow this?

### Grocery Tour

Very informative tours are hosted by our Nutritionist the first Thursday of every month. Learn how to read labels and shop for items specific to your needs. Next date is March 5th. Please register at 543-7880 ext. 223.

### Osteoporosis Exercise

Our osteoporosis exercise classes will continue again starting January 28th. These are on-going classes and anyone is welcome to attend at any time. Join Melanie Bosman, Exercise Counselor, every Wednesday from 1:30 - 2:30 p.m. Please register by calling Melanie at 543-7880 ext. 221.

### Professional Foot Care

First and second Thursday of every month from 9 a.m.- 4 p.m. Please call Doreen at 586-9130 to book an appointment. Cost is \$30 per visit.

### Asthma/COPD One-on-One Educational Sessions

Please see your doctor at the Clinic and ask for a referral to see Pat Smith, Pharmacist, who is booking sessions to teach you about your disease, review your medications and do a lung test (spirometry). If you have questions, please call Donna at Nursing 543-7880 ext. 250.

### Breast Feeding

The Regina Community Clinic is a baby friendly health facility supporting the WHO's recommendation that babies should be breast fed for at least the first 6 months of life. The importance of breast feeding is stressed during pregnancy and we offer the opportunity to be instructed on how to breastfeed here at the clinic. If you are a patient of the clinic and want one-on-one instruction on the basics of breastfeeding, please call the Nursing Department at 543-7880 ext. 250 and arrange an appointment with Donna Holt. This session is most useful at about 36 weeks of pregnancy.

### Girl Power!

The nutritionist and exercise counselor will hold a Girl Power class in the mornings of April 14, 15, 16 and 17, 2009 (Easter Break). The focus is on healthy eating, active living and positive body image presented in a fun and interactive environment. Last year was an overwhelming success with a waiting list to get in. Please be sure to register early by calling 543-7880 ext. 223.

### New Optometry Patients Welcome

Dr. Blanche Nobert, Optometrist, is accepting new patients. Appointments are available Monday, Tuesday, Wednesday (a.m.) and Thursday. Please call 543-7880 ext. 247 to book your eye exam.



### Good News for Shingles Sufferers

A new vaccine Zostavax will be available in Canada sometime in 2009.

**Zostavax** (a single dose) is indicated for the prevention of herpes zoster (**shingles**) for individuals 60 years of age or older.

Nearly all adults are at risk for shingles. In Canada based on data from 1979-1997 each year there are an estimated 130,000 cases of shingles resulting in approximately 30 deaths. The number of cases is expected to rise as the population ages. Shingles may be associated with serious complications such as postherpetic neuralgia, bacterial infection, pneumonia, encephalitis, visual impairment, hearing loss or death. The vaccine will be ordered and kept at the Clinic for administration as soon as it becomes available. We will announce its availability in the monthly bulletins and future Pulse newsletters.

Patients will be required to see their doctor or Nurse Practitioner for a written order and the Registered Nurses will administer the vaccine.

## Got the Winter Blues?

- Submitted by Jasmine Hawken, Counsellor

Winter in Saskatchewan is never easy but this one has been particularly challenging! If you find yourself feeling a little on the cranky side with the far below normal temperatures this year, you are not alone. Studies have shown that the winter season can have a significant impact on mood for several reasons including depleted energy from battling the cold, fewer hours of sunshine and increased isolation\*.

Although Saskatchewan enjoys 2206 hours of sunlight per year, we also endure many dark, bitterly cold mornings and evenings!

**4. Walk in the sun.** Even in the winter, exposure to direct sunlight will readjust your brain chemicals and instantly change your mood.

**5. Increase your aerobic exercise.** A few minutes a day of walking boosts DHEA levels, which helps to moderate mood.

**6. Sign up for a movement class.** Yoga, tai chi, Pilates and strength training have all been shown to be excellent ways to counteract low-level depression.

*\* Should you find that you are experiencing a persistent low mood, disruption in sleep patterns, changes in appetite and difficulty concentrating, please make an appointment with your family doctor. These types of symptoms may be indicators of a depressive episode or seasonal affective disorder—both of which should be diagnosed and treated by a medical professional. Asking for help is the first step. Counselling and/or medication can be very effective treatment options.*

Here are 8 suggestions from Dr. Susan Lark to help you get through:

**1. Eat "good mood" foods.** Spinach, sweet potatoes, turkey, carrots, broccoli, citrus fruits, eggs, salmon and almonds are loaded with the vitamins and minerals that have been shown to help the body produce mood-boosting neurochemicals.

**2. Self-administer acupressure.** Locate the points one finger-width below and one finger-width to both the right and left of the base of your skull. Press for one to three minutes. Locate the point four finger-widths below your left kneecap, and one finger-width to the outside of your shin. Hold for one to three minutes.

**3. Chase away blues with blue light.** Fifteen minutes of exposure to blue light therapy has been shown to elevate moods by increasing serotonin levels. Safe and inexpensive self-care light devices are available online.

**7. Spread around some love.** Scientists have confirmed that love heals. Hug a child, take an older person out to lunch, call up an old friend, snuggle with your partner. Every time you give love, love will bounce back to you. You'll feel better instantly.

**8. Go have some fun.** Simple as it sounds, laughing and doing fun activities is an easy way to chase away the blues. What's fun for you? Going to a comedy club? Dancing? Playing board games with your kids? Do it!

### ***Take care and stay warm!***

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\* Dr. Lark is one of the leading authorities on integrative medicine and women's health, and has penned thirteen books on health and healing. She served on the clinical faculty of Stanford University Medical School, and taught in Stanford's Primary Care Associate Program in the Division of Family and Community Medicine.

### Growth Fund Donations

Thank you to the following donors who have contributed to our Growth Fund:

Alvin & Vivian Block  
 Muriel Blundell  
 Glenda Galvin  
 Myles & Lillian Goudy  
 Paul & Addie Hamelin  
 Donna Holliday  
 Kurt Holstein  
 Sharon Hurd  
 Darryl Johnston  
 Marlene King  
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 Eleanor Peters  
 Cassandra Petrowich  
 Verda Petry  
 Clare Powell  
 Gerald & Olga Put  
 Betty Stirr  
 Al & Mildred Taylor  
 Margaret Wetterlund  
 Frank & Susan Wood

Our appreciation to those who wish to have their names remain anonymous.

### Building Fund Donations

Thank you for contributing to our Building Fund campaign. Recent donations have been received from Ted & Rosaline Wagner, Dave & June Blau and Nancy Bateson.

### In Memoriam Gifts

In memory of Hub Elkin we thank the following:  
 Allan & Anne Blakeney, John & Zenny Burton  
 Ruth Dafoe, Donald Ford, Richard Lane  
 Wheat City Art Club.

### New Staff

Welcome to Michael Wheadon, Lab Technologist casual and Beverly Spencer, RN casual. We also welcome back Jo Brown, Counsellor, returning from a one year leave of absence.

### Holiday closure dates to remember

Family Day—February 16 (Monday)  
 Easter—April 10 (Good Friday) & 13th (Monday)  
 Victoria Day—May 18 (Monday)

We always have a doctor on call during nights, weekends and holidays for emergencies which cannot wait until regular office hours. Please call 543-7880 to speak to the answering service.

### Nursing Services provided to walk-in patients

We are an 'appointment only' facility; however, we do provide nursing services to walk-in patients. Registered Nurses at the Regina Community Clinic provide many nursing services. Patients who have a doctor's order on their chart for a nursing service are able to "walk-in" without an appointment and obtain the service. Some examples of these types of services include injections, dressing changes and blood pressures. "Walk-in" nursing services are available Monday to Friday from 9:30 a.m. to 11:30 a.m. and 1:30 p.m. to 4:00 p.m. Thank you for your co-operation.

### FREE Income Tax Services

Our volunteer, Adele Fox, will again be offering free income tax assistance for those qualifying under guidelines outlined by the Community Volunteer Income Tax Program. This program has been operating for 37 years. Last filing season, nearly 300 volunteers completed 6920 income tax and benefit returns.

Adele will be at the Clinic on **March 18th and 19th** from 9 a.m. - 3 p.m. Please book your appointment by calling Membership and Health Information at 543-7880 ext. 223.

## Type 2 Diabetes

Type 2 diabetes happens when your body either cannot produce enough insulin or does not use the insulin it makes properly—insulin is a hormone produced by the pancreas.

Many of the foods we eat—such as bread, potatoes, rice, pasta, milk and fruit—are converted into sugar and give us the energy we need to maintain life. Insulin gets the sugar into the cells, but if you have type 2 diabetes, your body can't do that without help.

Facts that put people at greater risk of getting diabetes include:

- Being age 40 or over
- Being overweight
- Having a family member who has diabetes
- Having had gestational diabetes (diabetes during pregnancy)

Diabetes is a life-long condition. High blood glucose levels over a long period of time can cause blindness, heart disease, kidney problems, amputations, nerve damage and erectile dysfunction. Good diabetes care and management can prevent or delay the onset of these complications.

**Blood glucose (sugar)** is the amount of glucose in your blood at a given time. Everyone's target range is different. It depends on a person's age, medical condition and other risk factors.

Living a healthier lifestyle can help you maintain your diabetes. Try eating three regular meals a day no more than six hours apart. Eating at regular times helps your body control blood glucose levels. Limit sugars and sweets like sugar, regular pop, desserts, candy, jam, and honey. The more sugar you eat the higher your blood glucose will be. Limit the amount of high fat food you eat like fried foods, chips, and pastries. High fat foods may cause weight gain. A healthy weight helps control blood glucose levels.

Avoid eating a lot of fat as diabetics are at a greater risk for developing high levels of fats in their heart and blood vessels. High blood pressure is also a potential complication of diabetes. Limiting how much salt you eat can help manage your blood pressure.

Consult with a dietitian. A dietitian understands that your meal plan needs to be flexible and will help you to develop a personalized meal plan while helping you choose the proper foods for energy.

Keeping active for at least 150 minutes of moderate-intensity aerobic activity each week can improve your overall health by helping to:

- Lower your blood glucose
- Lower your blood pressure
- Help you lose or maintain weight
- Help you feel better
- Reduce the amount of medication you need
- Relieve tension or stress
- Improve your heart and lung function
- Improve your muscle tone.

When you have diabetes it is important to take good care of your feet. High blood glucose levels may eventually lead to poor blood flow and loss of feeling in your feet which can lead to foot problems. Wash your feet daily and check them for sores, red and warm areas, change in color, strange odour and other problems. Do not walk barefoot. Avoid crossing your legs or squatting for long periods of time. Avoid using heating pads or hot water bottles to warm your feet. Use lotions on the soles to keep the skin soft and prevent dry, cracked skin.

If healthy eating and regular physical activity are not enough to keep your blood glucose at your target level, medications may be prescribed to manage your blood glucose levels.

Your healthcare team will work with you to develop a treatment plan that meets your needs. Have regular visits with your doctor and talk to your pharmacist to make sure you understand the directions with prescriptions.

**Low blood glucose?** When the amount of blood glucose (sugar in your blood) has dropped below your target range, it is called **low blood glucose or hypoglycemia**. Signs of low blood glucose level are when you feel:

- Shaky, light-headed
- Nervous, irritable
- Confused
- Hungry
- Your heart rate is faster
- Sweaty, headachy
- Weak
- A numbness or tingling in your tongue or lips

## Type 2 diabetes continued...

**Low blood glucose** can happen quickly, so it is important to take care of it right away.

If your blood glucose drops *very* low you may become confused and disoriented, lose consciousness or have a seizure.

If you are experiencing the signs of low blood glucose level, eat or drink a fast-acting carbohydrate. Wait 10 to 15 minutes, then check your blood glucose again. If it continues to be low, treat again and if your next meal is more than one hour away, or you are going to be active, eat a snack.

**High blood glucose?** When the amount of blood glucose (sugar in your blood) is higher than your target range it is called **high blood glucose or hyperglycemia**. High blood glucose can result when food, activity and medications are not balanced. High blood glucose may happen when you are sick or under stress. A sign of high blood glucose is thirst. If you are thirsty, drink water. Drink 8 to 10 eight ounce glasses of water a day. Regular soft drinks and juice have sugars that raise your blood glucose more quickly than eating fruit, so choose whole fruit more often.

You may also urinate more often or be tired. Call or see your doctor as you may need to adjust your medications, adjust your meal plan or increase your physical activity.

Wearing a MedicAlert® identification may help save your life and notify others about emergency treatment. Inform your family, friends and co-workers so they are prepared to help.

Be informed and be prepared. A positive and realistic attitude towards your diabetes can help you to maintain good blood glucose levels. Blood glucose levels in your target range can help delay or even prevent diabetes complications.

**ALERT! You need to protect your baby.**

## ROTAVIRUS

- Rotavirus is a **highly contagious** virus which is the **most common cause** of severe gastroenteritis in young children.
- Almost all children (95%) will be infected by the time they are 3 to 5 years of age.
- Some children will be asymptomatic or have very few symptoms, while others may have severe cases of rotavirus infection.
- A severe case can have more than 20 episodes of diarrhea or vomiting per day with diarrhea lasting 3 - 9 days.
- Severe symptoms can quickly lead to dehydration and may result in hospitalization in some cases.

### How Can I Help Protect My Baby Against Rotavirus?

- There is now an **oral** vaccine available to help protect infants from rotavirus infection. It is called **RotaTeq™**.
- **RotaTeq™** is a convenient oral vaccine. It is not an injection.
- **RotaTeq™** offers protection against the most common types of rotavirus in Canada.
- Physicians can give **RotaTeq™** to your baby at the same time as the other childhood vaccines, at **2, 4 & 6 months** of age.

### **Please discuss this oral vaccine with your doctor on one of your baby's first visits!**

The cost of the vaccine is \$55 per dose, if purchased at the Regina Community Clinic. (We offer this to you at our cost price). It must be prescribed by the doctor and administered here by the RN's.

For more information, please contact Donna at the nursing desk 543-7880 ext. 250.

**Delegates visit Regina Community Clinic**

The Federation of Community Clinics in Saskatchewan recently co-sponsored with the Centre for the Study of Co-operatives a conference of international representatives of the International Organization of Health Co-ops (IOHC). Representatives from around the world attended including Japan, Spain, Argentina, Sweden and the provinces of Quebec and Manitoba. The Japanese, Quebec and Manitoba delegates toured our Clinic joining us for a presentation by Mary Flynn, Executive Director, and Dr. Robin McMaster, Medical Co-ordinator. Lunch and visiting followed. We were very pleased to be able to share our vision of co-operative health care with our visitors.



**Who I Am**

- Smile Empty Soul

Another night again  
 Another journey without friends  
 Another fight to wish away the loneliness I live  
 Another circus show  
 Another face that I don't know  
 Another night of people asking what I have to give

I thought that I would drown  
 But it's okay right now

*Chorus:*

And all along the way I feel  
 A part of me I have to find  
 Buried somewhere deep beneath my skin  
 The emptiness in me is fadin'  
 And I can see my life is waitin'  
 Now I know I'm living for who I am

The fire grows inside  
 The feeling cannot be denied  
 And everywhere I turn the signs and guides they  
 push me

And all has fallen down  
 But it's ok right now

*Chorus:*

And all along the way I feel  
 A part of me I have to find  
 Buried somewhere deep beneath my skin  
 The emptiness in me is fadin'  
 And I can see my life is waitin'  
 Now I know I'm living for who I am

And everything seems grey and everyone is fake  
 No one really knows you  
 Look into their eyes  
 Rip off your disguise  
 Let them see the real you

*Chorus:*

And all along the way I feel  
 A part of me I have to find  
 Buried somewhere deep beneath my skin  
 The emptiness in me is fadin'  
 And I can see my life is waitin'  
 Now I know I'm living for who I am

This song was shared by a participant during the second week of attendance at the Clinic's FASD lifeskills program. This young man had expressed felings of isolation and depression with his life. His outlook has greatly improved with his engagement in the program. He is no longer feeling isolated from the community. He is eager to attend weekly to learn and socialize with his peer group. His family and friends notice a change and improvement in his life for the better.

The FASD program at the Regina Community Clinic continues to help, support and encourage people living with fetal alcohol spectrum disorders. This is one of many success stories that are made possible with the work of Doreen Lloyd, FASD Lifeskills mentor.



"The ultimate measure of a man is not where he stands in moments of comfort and convenience but where he stands at times of challenge and controversy."

- Martin Luther King



**Free Radicals**

We live in a toxic environment. Smoke from cigarettes, manufacturing and automobiles, chemicals in the things we eat and drink, and over-processed foods all contribute to an overabundance of **free radicals**.

Rust that forms on iron is an example of free radical action. This damage is believed to contribute to heart disease, cancer, diabetes, arthritis, blindness and aging. Antioxidants protect cells from free radicals. Vitamins E, C, A, beta-carotene, selenium and zinc are nutrients that help to defend against free radicals. Grape seed extract, Coenzyme Q10 and lycopene (which is found in tomatoes) are powerful antioxidants. If you are serious about avoiding disease, you must stop smoking and you must be sure that you are getting adequate antioxidants in your diet or from supplements.

## Still struggling with resolutions?

I am sure we have all made some New Year resolution. Did it fail within a few hours, days or a month? Why do we do this to ourselves? The start of a new year or the arrival of spring or summer usually bring with them thoughts of rejuvenation, change and something better and it seems like the perfect time to 'fix' our life.

Start with a reality check. If losing weight or becoming more physically fit became your resolution, realize that you didn't become overweight or out of shape in two weeks! Don't expect to be slim and fit in two weeks! Some simple yet effective rules to follow to help you stick to your resolution might include:

**Keep it small and simple.** A change from two 8 ounce glasses of homogenized milk every day to 2% milk will save you 8 grams of fat a day and 26,280 calories in a year which can result in a 7.5 pound weight loss. Take the stairs instead of the elevator. Fifteen minutes of activity can burn up an additional 150 calories per day and can result in approximately 15 pounds in a year!

**'Unpair' unhealthy behaviours.** If you know you overeat calorie rich foods when you watch television change one of the behaviours—either watch television for less time, or remove some or all of the calorie rich food from your sight.

**Proclaim your resolutions publicly and write them down.** Writing down your resolutions on paper shows that you are serious. Telling a friend or family member can also be helpful as they can be your cheerleaders, offering encouragement and putting you in circumstances that set you up for success instead of failure.

### **Try really hard to stick to your resolutions.**

Taking a reality check along with small, simple steps that you publicly proclaim can start you on the road to success!

Information from Dietitians of Canada  
Resource Centre

If you wish to have a name removed from our mailing list, please call Mavis at 543-7880 ext. 223



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#### **ARE YOU MOVING?**

Notify us of any changes of address, also include old address and indicate when change will be in effect.