

HEALTHY HEADLINERS



Volume 2/Issue 1

WELCOME DR. RUSHTON

The North Shore Family Health Team would like to extend a warm North Shore Welcome Dr. Gregory Rushton. Dr. Rushton studied at McMaster University and has been hired as a full-time physician for the J. E. Stokes Medical Centre.

We look forward to working with Dr. Rushton and having him as a part of our community!!

RETIREMENT NOTICE

The North Shore Family Health Team would like to announce the retirement of one of its most valued employees.

Bev Turpin will retire from the North Shore Family Health Team on October 31, 2018. Her last day of work will be August 30, 2018.

Please join us at the Clinic on August 30, 2018 from 12:30 - 2:30 pm to wish Bev All the Best in her new role as a retiree!!

CURIOUS ABOUT KETO? BY ANDREA KENNEDY RD CDE

What is the ketogenic diet?

The ketogenic diet, otherwise called the “keto” diet has been around since the 1920’s. At that time, it was used to treat epilepsy in children. More recently, it has gained popularity for those who wish to reduce their weight. The keto diet is a low carbohydrate, high fat diet, usually providing less than 50 grams of carbohydrates per day. Some people aim for as low as 20 grams of carbs/day which is equivalent to a slice of bread. Carbohydrates come from foods such as grains, fruit, root vegetables, sweets, and legumes.

Why are we cutting out so many carbohydrates?

Heavily restricting carbohydrates causes the body to use fat for energy instead of glucose (sugar). When our body uses fat for energy, ketone bodies are released in our blood. As ketone bodies accumulate in the blood, the body goes into a state called ketosis. It takes about three days of being in ketosis for the brain to fully adapt to using ketones for energy and muscle breakdown to stop. During this time period, the individual may begin to experience flu-like symptoms called the “keto flu” as the body adjusts.

Will this diet help me to lose weight?

When it comes to weight loss, most of those who follow the keto diet see most of their weight lost within 3 - 6 months. After that, weight loss slows and weight gain can potentially begin. As a result, at the one-year mark, the overall impact of the keto diet on weight is similar to that of other restrictive diets. Currently, there are no long-term studies that compare the keto diet to other diets. Studies that last 3 - 5 years tend to give us a better idea of long term outcomes.

Are there any side-effects?

You bet there are! Before making the decision to make this dietary change, it’s good to make sure you learn all the information so you can make an informed decision.

Possible side-effects of the keto diet are listed below:

- Constipation, diarrhea, headache, bad breath, muscle cramps, general weakness, rash, low mood, nutrient deficiencies (thiamine, vitamins D and C, calcium, selenium, fibre folate, magnesium & electrolytes), skeletal fractures, lean tissue loss, acute pancreatitis, disordered eating, and weight cycling

Think the ketogenic diet is right for you?

If the keto diet is something that you want to try, talk to your dietitian. A good first step is to start small. You may find that these small steps are all you need to achieve your goal before following a more restrictive diet. First, you can work towards eliminating all forms of added sugar. Then, work on eating whole foods, cooking at home, decreasing carbohydrates, and increasing the amount of non-starchy vegetables in your diet. If the keto diet still seems like the best option for you after following those steps, it is recommended to work with a dietitian and physician to ensure the diet you are following is nutritionally balanced while helping to avoid weight cycling and the development of severe illnesses.

MOUNT GWYNNE CHALLENGE COMPLETE BY CATHY COOK

I had the opportunity this past spring to get back into an activity that I hadn't participated in many years, hiking. As a teenager I spent many summers canoeing and hiking the area but once I graduated from college my life took a different path and my wilderness activities came to a grinding halt. This past winter, the North Shore Family Health Team came up with the idea of organizing the Mount Gwynne Challenge. I saw this as the perfect opportunity to add something that I felt was missing from my life, the great outdoors and all that it has to offer. The Challenge was designed with practice hikes leading up to the finale, Mount Gwynne. I participated in most hikes and I found that it eased me back into something that I hadn't done with any regularity. The hikes also built up my confidence so that by the time the Mount Gwynne Challenge day came around, I felt ready. The Mount Gwynne hike was definitely a challenge for me and on at least one occasion I doubted my decision to participate. I may not have broken any speed records for reaching the top but I did what I set out to do and that was to challenge myself and complete the hike. This Challenge is a good example of how you can reach your goals when you set your mind to it!! A big Thank You to the North Shore Family Health Team for providing me the opportunity to challenge myself and to the Casque Isle Trail Hiking Club for your expert hike guidance and for maintaining an awesome trail network.



J. E. Stokes Medical Centre

P. O. Box 760
415 Scotia Street
Schreiber, ON
P0T 2S0
Phone:
(807) 824-2934

Aguasabon Medical Clinic

P. O. Box 819
20B Cartier Road
Terrace Bay, ON
P0T 2W0
Phone:
(807) 825-3235

Email: northshorefht@yahoo.ca

Web: www.northshorefamilyhealthteam.ca

Facebook:
www.facebook.com/NorthShoreFamilyHealthTea

Upcoming Programs/Events

We are planning our Fall programs. Please watch for details on the following:

Bariatric Support Group
Cooking Classes
Indoor Walking Program
Outdoor Walking Program
Chronic Pain Self-Management

Blood Pressure/Blood Sugar Clinics

Collingwood Court 1st
Wednesday of every
month from
11:00 am - 12:00 pm.

July 4, 2018
Aug 1, 2018
Sept 5, 2018

Important Info

Telehealth Ontario
After hours telephone
number – 1-866-797-0000