



HEALTHY HEADLINERS

September is Arthritis Awareness Month

The following information was taken from the Arthritis Society of Canada website, arthritis.ca 13 July 2021.

September is Arthritis awareness month. Here are a few facts and numbers about Arthritis in Canada:

- 6 million Canadians are afflicted with arthritis. This equates to 1 person in 5.
- There are 2.4 million Ontarians with arthritis.
- In Canada, arthritis is more common in women than men. 1 woman in 4 as compared to 1 man in 6.
- By 2040 the number of Canadians living with arthritis is expected to grow by 50%. As baby boomers age and life expectancies increase, we expect arthritis to be on the rise. It could reach 9 million people with arthritis by 2040.
- 40% of Canadians with arthritis pain say it is severe enough to limit their activities.



The Arthritis Society has a great website with a terrific amount of information including a Symptoms Checker which can help you communicate your symptoms to your healthcare provider easier. They have a support and education section which includes webinars, online learning, support, etc.

Check it out today!!

arthritis.ca

NSFHT Staff Change

The NSFHT would like to announce that beginning July 10, 2021, our Registered Dietitian, Andrea Kennedy will be on maternity leave. We are very excited for Andrea and Ed as they prepare to enter the world of parenthood and wish them

All the Best!!



Naloxone Can Help Save a Life

The following information was taken from the Ontario Health website, www.ontario.ca/page/get-naloxone-kits-free, 13 July 2021

Naloxone is a drug that can temporarily reverse an opioid overdose. Opioids are drugs that can be used to treat pain, and some people use opioids to get high. Some commonly used opioids include:

- hydromorphone
- [fentanyl or carfentanil](#)
- morphine
- heroin
- methadone
- oxycodone

When someone overdoses on opioids, their breathing either slows or stops completely. If used right away, naloxone can help them breathe normally and regain consciousness.



You are eligible for a free naloxone kit if you are:

- at risk of an opioid overdose
- a family member, friend, or other person able to help someone at risk of an opioid overdose
- a client of a Needle

Exchange/Syringe Program, Hepatitis C Program or Consumption and Treatment Service

- newly released from a correctional facility

It is important to note that naloxone has an expiry date so be sure to check your kit frequently and ensure it is within the expiry limit.

Some pharmacies, including Stewart Pharmacy have the kits available. If you are interested and would like to pick up a kit call or stop by Stewart Pharmacy.



Superior Boredom Buster Activity Challenge Update

We have 24 registered participants with 12 people regularly recording their activity.

As a group we have logged 7,330 km in 4 months. We have circled Lake Superior 3 ½ times.

Several of the participants are closing in on the half-way point of our Challenge.



NEW EMPLOYEE

My name is Dayna Lalonde, and I am a recent graduate from the Northern Ontario Dietetic Internship Practicum Program, I am excited to be starting my journey as a Registered Dietitian in Terrace Bay and Schreiber. I developed a passion at a young age for educating others on the importance of healthy eating, nutrition, and utilizing integrative approaches to health and wellness in our everyday lives. I was born and raised in Thunder Bay which led me to loving the outdoors. The first thing on my to do list is to get out and explore the beauty of the Casque Isle Trails and the many beaches.

The NSFHT Welcomes Dayna and we look forward to working with her!!

Lab/X-Ray Services are changing at our McCausland Site

Effective July 26th you will no longer be required to pre-book appointments. Patients will be taken on a first-come first-served basis. Please bring your requisition with you to your appointment.

Please remember that masking, screening and physical distancing are still required. You may be asked to wait outside if the Lobby or waiting area is too crowded.

LAB HOURS

8:00 – 12:00, 12:30 – 2:00

X-RAY HOURS

8:30 – 12:00, 12:30 – 4:00

**NOTE: APPOINTMENTS ARE
REQUIRED FOR ULTRASOUND.**

**PLEASE CALL THE DEPARTMENT AT
825-3273 EXT. 154**



Are You a NSFHT Email Subscriber?

Go to our website:

www.northshorefamilyhealthteam.ca

Look for the Subscribe Form located at the bottom of homepage

Fill your first name and email address and select subscribe.

We will do the rest!!

Get the Information Fast!!



Allied Health Professionals

Nurse Practitioner – Sue Fairservice

Registered Practical Nurses – Chelsea Cole & Lisa Tymko

Registered Dietitian- Dayna Lalonde

Registered Social Worker – Katie Freeman

Administration Staff

Administrator – Mary Lynn Dingwell

Administrative Clerk – Cathy Cook

North Shore Family Health Team Board of Directors

Dr. Hurst; Dr. McLeod; Dr. Shaheen; Dr. Rushton

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