



HEALTHY HEADLINERS

October is Breast Cancer Awareness Month

With October being Breast Cancer Awareness Month, we thought we would share some facts with you.

These were estimates from 2020 and were taken from:

Canadian Cancer Society Breast Cancer Statistics, Incidence and Mortality <https://cancer.ca/en/cancer-information/cancer-types/breast/statistics>>

It is estimated that in 2020:

- 27,400 women will be diagnosed with breast cancer. This represents 25% of all new cancer cases in women in 2020.
- 5,100 women will die from breast cancer. This represents 13% of all cancer deaths in women in 2020.
- On average, 75 Canadian women will be diagnosed with breast cancer every day.
- On average, 14 Canadian women will die from breast cancer every day.
- 240 men will be diagnosed with breast cancer and 55 will die from breast cancer.



The breast cancer death rate peaked in 1986 and has been declining ever since. This could be attributed to the continued emphasis on screening and improvements in treatment.

Have You Been Screened Lately??



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!!



World Diabetes Day

World Diabetes Day has been in existence since 1991 and coincides with Sir Frederic Banting's birthday, November 14th. Banting and Charles Best discovered insulin.



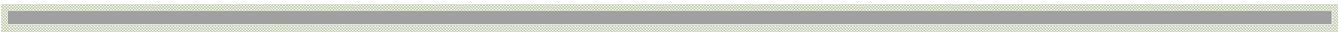
Every year, the World Diabetes Day campaign focuses on a dedicated theme that runs for one or more years. The theme for World Diabetes Day 2021 to 2023 is

Access to Diabetes Care – If Not Now, When?

Here are a few Facts and Figures *(taken from the "Did You Know" information sheet from Diabetes Canada)*

- 11 million Canadians currently have diabetes or prediabetes;
- 14 million Canadians will have diabetes or prediabetes in 2027;
- 1 Canadian is diagnosed with diabetes every 3 minutes;
- 1.5 million Canadians have Type 2 Diabetes and don't know it;
- 80,000 people attend 1,400 Diabetes Canada programs and educational events;
- 100+ researchers are finding ways to prevent, better treat or discover a cure.

The North Shore Family Health Team has a Diabetes Program that offers an individual education and diabetes management. If you are interested talk to your healthcare provider.



Superior Boredom Buster Activity Challenge Update

As a group we have logged 9,503 km in 7 months.
We have circled Lake Superior 4 ½ times.

Keep up the good work everyone!! 😊



Indoor Walking Program



We Walk at the Schreiber Community Hall



Walking Takes Place every
Tuesday/Thursday 1:30 – 2:30 pm

You must bring your proof of vaccination.
We will be limiting attendance to 12 participants.
Face coverings must be worn while in the facility.
If you are feeling unwell do not attend the Walking Program until you are symptom free.
There are other conditions that must be followed, and we will provide you with the details the first time you attend.

Program starts
Thursday October 21, 2021



Remember to bring your vaccine receipt, masks & walking shoes!!



Move your body, change your thoughts

Katie Freeman, RSW

I know everyone hates when their therapist or other healthcare providers remind us that exercise is a great way to support a better mood. I mean let's be serious, making time for exercise can be difficult in our busy lives. The very idea of having to get to the gym or out for a walk can feel exhausting all on its own.

But did you know that in some cases exercise is as effective if not more effective than anti-depressants? Now this is not to say that we should stop taking medication that helps us, however adding exercise consistently and in a way that works for you can significantly improve your mood, your heart health and even your connection with others. Not to mention the time that we spend moving our bodies in enjoyable ways gives us space to think out our problems and lessen our stress.

Now I don't want you all or nothing thinkers and perfectionist out there to set a grueling schedule of running 30 km a week or hitting the gym every day. We have all done this to find we only exercised once in a week and ended up giving it up all together.

The first step I want you to take is to simply be honest with yourself about two things. The first is how you like to move your body, and the second is how much time you are willing to put into it. For instance, if you enjoy walking, could you start by walking on your lunch for 20 minutes a couple of times a week?

It is common for people to wonder what the point of starting with a small exercise goal is but remember that building on success and consistency is the most effective way to make change. If you exercise a couple of times a week over a 3-month period, the benefits will far outweigh starting and stopping a routine that isn't working.

Remember that when you move in a way that feels great for you it should feel easier to commit to. Some skills you can implement as you move are observing your thoughts before and after, enjoy breathing and observing the world around you and enjoy making a positive connection with your body.



Allied Health Professionals

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Registered Practical Nurses – Chelsea Cole & Lisa Tymko

Registered Dietitian- Dayna Lalonde

Registered Social Worker – Katie Freeman

Administration Staff

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