



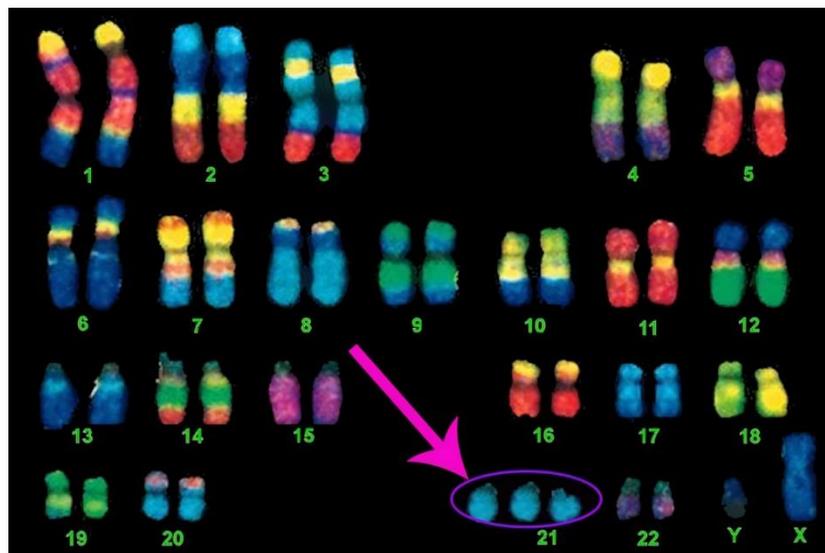
# HEALTHY HEADLINERS

## Why We “Rock Your Socks”

By Jaime Cebrario



Little fun facts of “Rock Your Socks” for World Down Syndrome Day (WSDS) on March 21<sup>st</sup>. See the picture to the right? Those are chromosomes. The one circled is chromosome 21 - note the three copies of the chromosome. This is Trisomy 21 also known as Down Syndrome. You and I have two copies of chromosome 21. People with Down Syndrome have three copies. They look like socks, right? This is where the idea of Rock Your Socks for World Down Syndrome Day was born from... simple!! On March 21<sup>st</sup>, World Down Syndrome Day, we celebrate and raise awareness by wearing our brightest, loudest socks. Wearing fun socks is a great conversation starter, which in turn will bring awareness. And why is WSDS held on March 21<sup>st</sup>? Because there are 3 copies of the 21<sup>st</sup> chromosome - 3/21. So, please join us with Rocking Your Socks on WSDS!!



#WSDS #joinus #themoreyouknow #AwarenessMatters

The NSFHT would like to send a big shout out and Thank You to Jaime for helping us out with this.

**Remember everyone “Rock Your Socks” for World Down Syndrome Day on March 21<sup>st</sup>, we will be!!**



# Nutrition Month

By Dayna Lalonde



This is a good time to post a couple of great nutrition links. The first link will bring you to a small recipe book. The recipe's look awesome.

[https://www.dietitians.ca/DietitiansOfCanada/media/Documents/Resources/NM22-Recipe-eBook-EN-Final.pdf?utm\\_source=website&utm\\_medium=ebook&utm\\_campaign=nm\\_2022](https://www.dietitians.ca/DietitiansOfCanada/media/Documents/Resources/NM22-Recipe-eBook-EN-Final.pdf?utm_source=website&utm_medium=ebook&utm_campaign=nm_2022)

The second link will bring you to the Dietitian's of Canada website and their Nutrition Month information.

<https://www.dietitians.ca/Advocacy/Nutrition-Month/Nutrition-Month-2022>

Enjoy!!

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## The Challenge Corner



### The Cup of Cheer Challenge

Our newest challenge has started.

This 30 day challenge involves investing in 3 different areas:

Mind, Body, and Spirit. You select and complete the activities.

Interested? Give Cathy or Katie a call at 824-2934. Challenge ends April 29, 2022.

So far we have 21 participants signed up and busy filling their Cup of Cheer!!



### *Superior Boredom Buster Activity Challenge Final Update*

This challenge is now complete. As a group we logged 10,469 km in 10 months, and we circled Lake Superior 5 times.

Great work everyone and Thanks for Participating!! 😊



## Is this the end yet?

By Katie Freeman

Remember when the pandemic was new and scary, but you had the energy to face it and you were so brave! I don't think many of us feel brave and strong now. The pandemic itself is something people may feel caused fear for them or not. But unfortunately, I don't think people understand the full extent of how this experience has affected us all.

A few times lately I have found myself entertaining thoughts like "do people like me?" and "am I going to be ok?". Forgetting of course the reality that we have been limited from each other, from freedom and from the very connection we need to thrive. Just pick up the phone and call a friend or family member and you will hear doubt, exhaustion and in some ways reassurance that you aren't alone in feeling on the edge. I believe that we are close to celebrating the end of this road. But at the end of any long journey, we must remember that people are tired, lacking confidence and strength. Compassion is the recovery we need. For ourselves and for each other.



### Are You a NSFHT Email Subscriber?

Go to our website:

[www.northshorefamilyhealthteam.ca](http://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!!**



### Indoor Walking

Join us every Tuesday and Thursday from  
1:30 pm - 2:30 pm at the  
Schreiber Community Hall, Langworthy St.

Bring your proof of vaccination, mask and shoes.  
See you there!!





## April is Cancer Awareness Month

*By Sue McConnell*



Unfortunately, as we all know too well there are many different types of cancer, and I am not able to cover all the types in this article. However, I feel that we need to focus on the cancers that we can prevent.

The Canadian Population Attributable Risk of Cancer (ComPARE) study looked at more than 30 cancer types in Canada and estimated what number and percentage of cases in 2015 were due to more than 20 modifiable lifestyle, environmental and infectious agent risk factors. The study also estimates how changes in the prevalence of these risk factors could impact cancer incidence in the future by 2042. Estimates are presented by sex, age, and geography where possible.

The ComPARE study was funded by and done in partnership with the Canadian Cancer Society. This helped maximize its impact on cancer prevention in Canada by increasing the relevance, reach and uptake of the results. The findings were released in May 2019.

### Key statistics from the ComPaRe study:



About 4 in 10 cancer cases can be prevented through healthy living and policies that protect the health of Canadians.

About 70,200 cancer cases could have been prevented in 2015.

Tobacco is the leading preventable cause of cancer followed by physical inactivity, excess body weight, low fruit, and sun exposure.

About 18% of all cancer diagnoses in Canada are due to tobacco.

Cancers of the cervix, lung, and head and neck are the most preventable cancers in Canada.

If current trends continue, about 111,700 cancers in Canada could be due to modifiable risk factors in 2042.

By 2042, excess body weight is projected to be the second leading preventable cause of cancer, after tobacco.

More than 11,000 and 6,000 cancers could be prevented every year with a substantial reduction in smoking and excess body weight, respectively.

For more information on the ComPARE study, visit [prevent.cancer.ca](http://prevent.cancer.ca)





## Can Cancer be prevented?

Yes, certain cancer can be prevented, and you can reduce your risk of cancer right now by making positive lifestyle changes to feel better and live longer.

There's a lot you can do to reduce your risk of cancer – starting with living a healthy, active lifestyle. Making healthy choices can be easy, affordable, and quick. You can take small but important steps to stay on the path of great health no matter what age you are. We're proud to present simple ways to stay on track.

The single most important thing you can do to reduce your risk of cancer is to live smoke-free.

Enjoy the sun safely – protect your skin and protect your eyes.

Apply sunscreen regularly when out in the sun and ensure you are wearing sunglasses to protect your eyes.

Besides living smoke-free, having a healthy body weight, and eating healthy are two of the best things you can do to reduce cancer risk.

If you need to work on weight loss strategies or dietary changes to achieve a healthy weight you can make an appointment with our dietitian, and we encourage you to follow the Canada Food Guide.

Move more, sit less.

Aim for 30 minutes of activity every day and take frequent, short breaks from sitting.

We also offer free walking classes during the winter months on Tuesday and Thursday from 1:30 to 2:30 at the Schreiber Recreation Center.

Limit alcohol

Drinking any type or amount of alcohol increases your risk of developing cancer. The less alcohol you drink, the more you reduce your risk.

The North Shore Family Health Team will be doing Papalooza in April to promote cervical cancer screening, call to make an appointment with your health care provider.

For more information please also contact the Canadian Cancer Society.



**Canadian  
Cancer  
Society** **Société  
canadienne  
du cancer**



### **Allied Health Professionals**

**Nurse Practitioner** – Sue McConnell

**Registered Dietitian**- Dayna Lalonde

**Care Coordinator** – Lisa Tymko

**Registered Practical Nurses** – Chelsea Cole & Lisa Tymko

**Registered Social Worker** – Katie Freeman

### **Administration Staff**

**Executive Director** – Mary Lynn Dingwell

**Administrative Clerk** – Cathy Cook

### **North Shore Family Health Team Board of Directors**

Dr. Hurst; Dr. McLeod; Dr. Rushton

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