



HEALTHY HEADLINERS

World Hypertension Day

By Chelsea Cole

May 17th marks World Hypertension Day. If you are wondering what hypertension is, it is a blood pressure reading that is higher than normal. Blood pressure is a measurement of the force of your blood pushing against the walls of your arteries; each time your heart beats, it pumps blood into the arteries. Your blood pressure is highest when your heart beats, pumping the blood; this is called systolic pressure. When your heart is at rest, between beats, your blood pressure falls; this is called diastolic pressure

Heart and Stroke Canada has 3 levels of blood pressure categories:

Low risk is a blood pressure reading of 120 / 80 or lower

Medium risk is a blood pressure reading of 121-134 / 80-84

High risk is a blood pressure reading above 135/85

This year's theme of world hypertension day is measure your blood pressure accurately, control it, and live longer, focusing on combating low awareness and accurately measuring blood pressure worldwide.

What contributes to high blood pressure and how can we check it?

Common factors that can lead to high blood pressure include chronic conditions such as kidney disease, diabetes, and family history, especially if your parents or other close relatives have high blood pressure; these factors are unfortunately out of our control. Some factors we can control that lead to elevated blood pressure are smoking, high alcohol intake and sedentary lifestyle, and/or a diet high in salt, fat, and cholesterol.

A person can check their blood pressure at home with a medical device, in a clinic setting with their health care professional, or at various pharmacies and drug stores.

If left untreated high blood pressure can lead to various complications including heart attack and stroke, so please make the time to check your blood pressure as a measure of self-care and prevention, you may not know you have high blood pressure until you check it. The North Shore Family Health Team provides blood pressure checks by appointment using our BpTRU machine's which give us an accurate reading of your blood pressure by taking five readings and giving us the average. Call your local doctor's office to make an appointment. [**DON'T DELAY; CHECK YOUR BLOOD PRESSURE TODAY!**](#)





I Tested Positive for Covid, Now What Do I Do?

By Cathy Cook



I recently tested positive for Covid-19 so I thought I would take the time to tell you my story in the hopes that it takes a bit of the mystery and fear out of a positive test result. This is just my example and not everyone will experience the same as me but at the very least it gives people some idea of what to expect.

Do you ever wake up and think gee something feels off today? Well that happened to me recently but I didn't think anything of it and continued with my day. For work purposes I am required to do covid tests twice weekly. So, I did my usual test in the morning and the result was negative, off to work I go. After I got there, I still didn't feel quite right so I thought better to be safe than sorry, so I sent an email off to my boss and went home. Being the anal person that I am sometimes, I tested myself again in the afternoon and the results were still negative.

The next morning, I woke at my usual time for work but on this day, I felt worse than I did the day before. Now it felt like I was getting a chest cold. So, I set up another covid test and the results still showed negative. At this point I just had a feeling that something was not right so I sent another email to my boss telling her that I was worse and that was still testing negative, but I would stay home for another day. As the day progressed, I felt steadily worse and by the time I went to bed that night I felt as though I was getting a real bad cold.

I slept well that night but when I woke the next morning I was stuffed up, tired and just feeling lousy. So, off to perform another covid test and this time, to quote my funny, furry friend, Pluto the talking dog, oh, oh spaghetti's, I've tested positive. Now what do I do?

As I had done the previous 2 days, I sent an email to my boss to say I had a positive result and would let her know when the results changed. I continued to treat this as a cold and took the usual remedies that I would take when I have a cold. There is something to be said about Vicks VapoRub, which I have used since I was a child, this gave me instant relief from whatever chest cold symptoms I experienced, and it helped clear my sinuses.

So now I'm officially isolating and continued that for the next 5 days. I continued to administer covid tests on myself each day and it wasn't until Sunday which was 5 days from the day, I had the positive result that I got my first negative test again.

Our work policy is that I must remain home until I have 2 negative results in a row. In the end I was back to work Monday morning feeling a few aftereffects of a cold and a little tired but nothing more than that.

I can honestly say that my case was mild compared to others for sure and I am thankful that it was mild. It does make me wonder though, what would my experience have been like if I hadn't kept up with my vaccinations?

Something else that I thought about was the fact that I was 2 days testing negative but experiencing mild symptoms. I guess that's part of the reason why they tell people that if you are not feeling well to stay home.

Ticks and Tick Safety

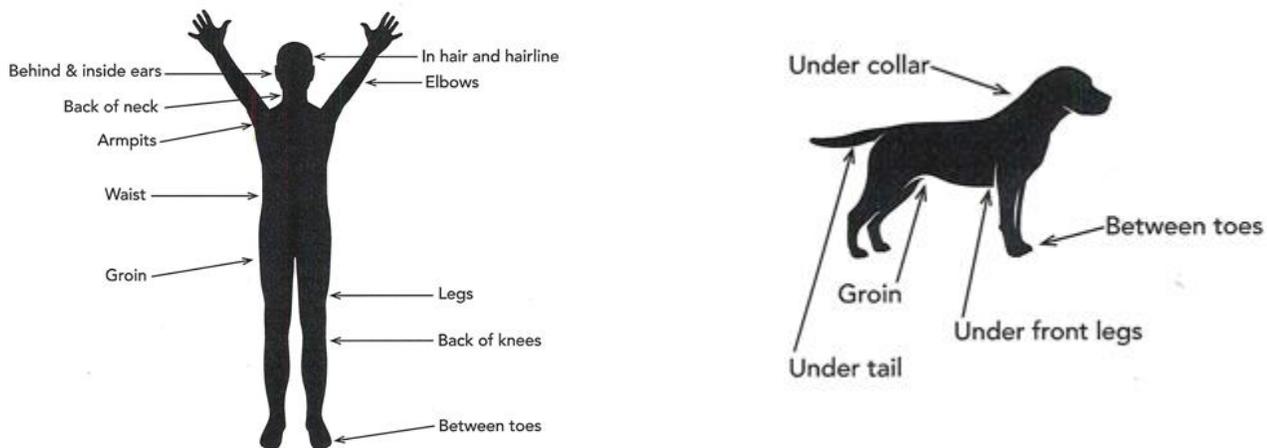
The following information was taken from “Don’t get TICKED outdoors!”, Thunder Bay District Health Unit, as found on tbdhu.com/ticks.

The bacteria from a tick bite can be transmitted to human after a blacklegged tick has fed for 24 or more hours. Most ticks found in the Thunder Bay District are wood ticks and do not carry the Lyme disease bacteria.

Prevent the Bite

1. Cover up. Protect yourself when you are active outdoors. Wear long sleeves, tuck pants in socks and wear light coloured clothing so ticks are more easily noticed.
2. Use bug spray. Follow the directions and use bug spray containing DEET or Icaridin on clothes and exposed skin to keep bugs away.
3. Check yourself and your pets. Do a tick check before heading indoors (home, camp, tent). Look in warm, hidden areas on the body including armpits, in and around the hair and ears, between the legs, and the back of the knees. Don’t forget the family pet; in and around the ears, on the belly and between the toes.

TICK CHECK ZONES



Know the Tick

Ticks can range in size from a poppy seed in the nymph stage to a pea when they are engorged and full of blood. Wood (dog) ticks are larger than blacklegged (deer) ticks.





Remove the Tick

Ticks bite, draw blood, engorge, and then drop off. The tick's mouth will be under the skin, but the head and body will be sticking out. Follow these steps to remove:

- Don't burn off or smother (i.e. - Vaseline)
- Use fine-tipped tweezers. Grab the head as close to the skin as possible.
- Pull up slowly until the tick is completely removed. Do not twist or turn.
- Put it in a clean container and mark the date and geographic location of where the tick was picked up.
- Wash the area with soap and water or apply rubbing alcohol.
- Monitor for unusual symptoms; see a health care provider if concerned.

Submit the Tick

If you think it's a blacklegged tick or are not sure:

- Put the tick in a clean container and mark the date and geographic location of where the tick was picked up.
- Bring it to the Health Unit for identification for Monday to Friday, 8:30 am to 4:30 pm., 999 Balmoral Street, Thunder Bay or in the district you can drop it off at the nearest Health Unit office.
- Wait for a call from the Health Unit.

Sun Safety

The following information is taken from the Sun Safety & Tanning article as found on www.tbdhu.com/sunsafety

We all love sunny days, but the sun can be damaging to our health without the proper precautions. Holes in the earth's natural defence against ultraviolet (UV) rays – the ozone layer – have left us at an even higher risk for skin cancer.

Skin cancer is a serious, possible side effect of too much sun exposure. Despite Canada's reputation for being a "cold" country, on average Canadians are at a higher risk of developing skin cancer than those in "sunny" countries because we are closer to the hole in the ozone layer above us. In fact, at current rates, approximately 1 in 7 Canadians will develop skin cancer in their lifetimes.

Here are a few sun safety tips:

- Cover up – wear a wide brimmed hat and long-sleeved shirt and pants and use sunscreen (SPF of 30 or more that protects against UVA and UVB) on any exposed skin.
- Seek shade – avoid going outside between 11 am and 5 pm and keep within shady areas whenever possible.
- Wear Sunglasses – choose glasses that offer 100% UV protection.
- Check the UV index for our area every day



The Screen for Life Coach will be visiting your community in 2022!

All safety protocols are in place to keep clients and staff safe.

Schreiber
June 25th – 27th, 2022

We will be parking at the Schreiber Arena

Mobile Screening for Breast, Cervical and Colon Cancer

- Breast cancer screening for women 50 to 74 years of age.
- Cervical cancer screening for women 25 to 69 years of age.
- Colon cancer screening for men and women 50 to 74 years of age.

Call to book your appointment

(807) 684-7777
www.tbrhsc.net/screenforlife



Suspect Stroke? Minutes Matter!

Stroke is a medical emergency. Check out the video link below.

<https://bit.ly/Suspect-Stroke-Minutes-Matter>

This video highlights a patient and family member's stroke journey while simultaneously demonstrating the delays while self-transporting (split screen left) and the benefits of time savings when accessing EMS (split screen right) to the emergency department.

Northwestern Ontario residents drive to the hospital instead of accessing emergency medical services (EMS) when suspecting stroke. The importance of accessing EMS in stroke care is imperative in our Northwestern Ontario region due to the vast geography.

Do not delay access to stroke care. Recognize FAST:

Face-Is it drooping?

Arms-Can you raise both?

Speech-Is it slurred or jumbled? and

Time, to call 911 or your local emergency number.

To learn more about stroke: www.nwestroke.ca



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Care Coordinator – Lisa Tymko

Registered Practical Nurses – Chelsea Cole & Lisa Tymko

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