



# HEALTHY HEADLINERS

## Breast Cancer Awareness

*By: Sue McConnell*

As most of you are aware, October is breast cancer awareness month. Although great strides have been made in preventing breast cancer the Canadian Cancer Society still estimate that 1 in 8 Canadian women will develop breast cancer in their lifetime and unfortunately 1 in 34 women will die from it.



Breast cancer is the second most common type of cancer in women, and it is also the second leading cause of death in women. It is also important to note that although it is rare men can develop breast cancer as well.

What can increase your risk for developing breast cancer?

- Positive family history in a first degree relative (mother, sister, or brother)
- Dense breasts.
- Breast cancer gene mutations: BRCA1 or BRCA 2  
If you have breast cancer from a mutation of BRCA1 or BRCA2 it can increase your risk for breast cancer recurrence or ovarian cancer.  
If you carry the gene, you may not develop breast cancer, but it does increase your risk.  
BRCA1 or BRCA2 gene can also increase the risk for male breast cancer, prostate cancer, pancreatic cancer, and melanoma.
- Smoking
- High alcohol intake
- Obesity

So, what can one do to help prevent this unfortunate disease!

Have regular mammograms once you are eligible for screening, most women start at the age of 50 but if you have a positive family history for breast cancer then you may qualify for earlier screening.

Please discuss your screening options with your health care provider so we can help you decrease your risk of breast cancer.

Please note that through the North Shore Family Health Team one has access to a Registered Dietitian, to help you with working on healthy weight loss strategies and we also offer smoking cessation programs.



## It's Never Too Late to Quit

By Chelsea Cole

Did you know the North Shore Family Health Team runs a smoking cessation program and we are available to help support you! If you have been on the fence about quitting smoking, feel free to reach out to us and see if we can help you! Smoking cessation services are offered through the NSFHT in both Schreiber and Terrace Bay medical clinics.



Did you know you can see the benefits of quitting smoking within one day to one week!

During the first week of quitting smoking, your carbon monoxide levels drop and go back to normal, your circulation improves and your chances of having a heart attack start to decrease, all while your breathing starts to improve because your bronchial tubes start to relax

which makes breathing easier and lung capacity increases. This only improves over time, as well as your taste and smell start improving.

We offer free nicotine replacement therapy up to 26 weeks and you can re-enroll yearly if you have had a slip up and need further support. We work with you to determine the best nicotine replacement therapy for your needs, review proper use and possible side effects. We provide supportive listening and assess your smoking behaviors to determine the best treatment for your smoking cessation needs.

Smoking cessation is not easy, we can provide you with the tools and give you some tips and trick to get you started but it will come down to an individuals want to quit in the end, and it can be challenging, but if you are up for the challenge and wanting to improve your health we are here to help you!



**Will You Help? Use the link found on our Facebook page or go to:**

**[ourcare.ca](http://ourcare.ca)**



# LET'S TALK ABOUT MENTAL HEALTH

A discussion group to support each other in mental health issues that touch us all.

TUESDAY EVENINGS AT THE PACE OFFICE

312 Manitoba Street, Schreiber

6:30-8:00 pm

- October 4, 2022 – Living in this anxious world and conquering our fears anyway.
- October 11, 2022- Suicidal Thoughts, most of us have had them. Why and how to weather the storm?
- October 18, 2022- Your Thoughts could be lying to you. Understanding why and how to know which ones to choose?
- October 25, 2022- More than just a sad day. Signs of depression and the little changes that may help you move into the light again.



## **Nutrition Tips for Diabetes**

Written by: Andrea Kennedy RD CDE

**November 14<sup>th</sup> is World Diabetes Day.** Diabetes is a chronic condition that occurs when your body cannot effectively use and store food in your body for energy. Your body's main source of fuel is called glucose which is a form of sugar in your blood. The carbohydrates that we eat in our diet turn into glucose in our blood. Carbohydrates are found in fruit, grains, some vegetables, milk, yogurt, and sugar. When those with diabetes eat carbohydrates, the body cannot use the glucose for energy as well as it used to or in some cases at all. The accumulation of glucose in the blood is what we call high blood sugar levels. Since carbohydrates have a direct impact on blood glucose levels, the amount a person may eat can impact their blood sugar levels. That is not the only factor that impacts blood sugar levels. Physical activity, sleep, stress levels, and medication can impact blood sugar levels as well. When managing blood sugars, we like to encourage focusing on factors that we can change. When it comes to food a few tips may help to manage those blood sugars:

### **1) Choose carbohydrate sources that are a good source of fibre as well**

Carbohydrates that contain a lot of fibre help with blood sugar control because the fibre slows down digestion and as a result, it slows down the absorption of carbohydrates. Carbohydrates that have a lot of fibre with them are whole grains such as whole grain bread, pasta, or crackers. Other carbohydrates with fibre include fruits and starchy vegetables (such as potatoes), brown or wild rice, or popcorn.

### **2) Add vegetables wherever you can to your day**

With the exception for those who must follow some other diets, there is no such thing as a vegetable that is off limits. If there is ever an opportunity to add some veggies to your meal or snack, take it! Your body will thank you. Vegetables help by helping to stabilize blood sugars throughout the day. Vegetables can be added to many dishes to pump up the nutrition value such as pizza, soup, pasta, stir fry, sandwiches, wraps, and so on.

### **3) Eat regularly throughout the day**

Another trick to keeping blood sugars stable during the day is to eat regularly during the day. Blood sugars can vary throughout the day and when meals are missed, blood sugar can go down which can lead to low energy levels and increased cravings. Eating regularly throughout the day can help to keep those blood sugar and energy levels stable and keep those cravings at bay.



#### **4) Pay attention to your hunger and fullness cues**

Our bodies are smart and can tell us when we need food if you listen carefully. It is a skill all babies and toddlers possess. Unfortunately, that can be challenging if you have a history of dieting and not trusting your body. Learning how to listen to your hunger and fullness cues can help you to eat according to what your body needs and what makes you feel good and satisfied. If it is something that is a bit foreign to you, it may take some practice but can be a skill that can be re-learned.

#### **5) Fat and protein can be your friend**

Just as mentioned above, carbohydrates can have a significant impact on your blood sugar. Just as fibre can help reduce blood sugar spikes that can happen with carbohydrate intake, fat and protein can help to. Therefore, it is important to have a balanced meal. When carbohydrates (especially high fibre ones) are paired with a source of fat (such as olive oil, nuts, or cheese) or a source of protein (such as chicken, fish, or Greek yogurt), the rise in blood sugar is not as drastic.

Keeping these tips in mind may help those who are watching their blood sugars or even looking for something to be mindful of to reduce their risk of diabetes. If you still find that you are struggling, you can always make an appointment with our Diabetes Education Program at 825-3235 (Terrace Bay) or 824-2934 (Schreiber) to discuss with our Certified Diabetes Educators. For further support, we will also be offering a Diabetes Support Group starting Nov 1<sup>st</sup> in the Schreiber Community Hall from 4 – 5 pm. For more information about that, call Chelsea at 824-2934 (ext. 231) or Andrea at 825-3273 (ext. 199).



#### **Indoor Walking**

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

**Program starts**

**Tuesday October 18, 2022**



#### **Diabetic Support Group**

Open to those with Diabetes (Type 1 & 2),  
Gestational Diabetes, or Prediabetes

**Group will meet the 1st  
Tuesday of each month  
beginning November 1, 2022.**

Time: 4:00 - 5:00 p.m.

Where: Schreiber Community  
Hall (Langworthy St.)

We will offer diabetic friendly snacks as well as  
gentle exercises.

**If interested contact:**

**Chelsea Cole 824-2934 ext. 231 or  
Andrea Kennedy 825-3273 ext 199**



### **Allied Health Professionals**

**Nurse Practitioner** – Sue McConnell

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

**Registered Dietitian**- Andrea Kennedy

**Registered Social Worker** – Katie Freeman

**Care Coordinator** – Lisa Tymko

### **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; Dr. Comisso

#### **J. E. Stokes Medical Centre**

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

#### **Aguasabon Medical Centre**

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

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**Instagram & Twitter:** North Shore Family Health Team