
HEALTHY HEADLINERS

APRIL 2025



**"Your health is
worth the effort."**

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Supporting Muscle Health during Aging through Movement and Nutrition

Written by: Andrea Kennedy RD CDE

As we age, our body undergoes a natural loss of muscle mass, strength and function called sarcopenia. The amount we do lose depends on protein intake, how much we use our muscle and presence of chronic disease such as diabetes or COPD.

With continued muscle loss over time, the risk of falls and frailty increases. Fall-related injuries are the number one cause of hospitalization in older adults. Fall-related injuries such as fractures are also often the cause of pain, impaired mobility, loss of independence and long term care admissions. We can minimize this loss by looking at the factors that we can control (moving more, eating enough protein and managing chronic disease to the best of our ability).

Canadian 24-Hour Movement Guidelines for Adults who are 65+ years of age consist of moderate to vigorous aerobic physical activity for a total of 150 minutes per week, muscle strengthening activities using major muscle groups at least twice a week and physical activity that challenge balance. The last two (muscle strengthening and balance activates) in particular can be helpful in preventing falls. The key is to find something you enjoy and be consistent with it.



If you would like to learn more about physical activity, the following resource can provide more information:

- Osteoporosis Canada Too Fit To Fracture handouts and videos:
<https://osteoporosis.ca/exercise-recommendations>

In our communities, we have a variety of local organizations and businesses that offer opportunities to incorporate activity into our day. If you are interested, have a look at the following sites:

- Terrace Bay Seniors Centre:
<https://www.terracebay.ca/living-here/recreation/seniors-centre/>
- Schreiber Seniors Centre:
<https://schreiber.ca/senior-centre/>
- The Wellness Lab:
<https://www.wellnesslab.ca/>
- Fitness Room Orientation:
<https://www.terracebay.ca/news-and-notice/fitness-room-orientation-course/>
- VON Exercise and Falls Prevention Program (available in Rosspoint, Schreiber and Terrace Bay):
[VON - Northwestern Ontario - northwesthealthline.ca](https://www.von.ca/northwesthealthline.ca)



Protein plays a major role here. As muscles undergo strengthening activities, the body uses protein to build those muscles that are being used to get stronger over time. Protein is a macronutrient in our diet that is made up of building blocks called amino acids. In general, when we eat protein from sources such as meat, chicken, fish, eggs, legumes, milk, yogurt and nuts, the amino acids in these protein sources stimulate protein synthesis in the form of muscle building in our body.

When we add regular exercise to the mix, our body is primed to build muscle in response to physical activity (especially resistance training) and protein intake. The problem is that when we age, the amount of protein that we need to stimulate muscle building increases compared to our younger days. For example, a man in his 20's who is 175 lbs whose calculated protein requirement is about 19 grams per meal. An older man in his 60's with the same weight, however, might need about 32 grams of protein per meal to build the same amount of muscle. That can be tough when there are other factors that affect our intake as we get older such as lower energy or reduced appetite.

Furthermore, some evidence suggests that eating an even distribution of protein throughout the day (for the example provided, that would be 32 grams and breakfast, lunch and supper) further supports muscle building compared to our traditional North American diet where protein intake at breakfast is the lowest during the day compared to what we eat for supper (think toast or cereal versus steak or chicken dinner). Now the next question is... how much protein do you know you are getting and how much do you need? It helps to read nutrition labels of various products and to be familiar with the protein content of protein-containing foods.

To help you out, here is a brief list of protein content in various common foods below:

- 2.5 oz of meat (poultry, beef or pork) = 20 g
- 2.5 oz of fish = 16 g
- ½ cup cottage cheese = 14 g
- ½ Greek yogurt = 12 g
- 1 cup milk = 8 g
- 1 large egg = 6 g
- 1/2 cup beans and lentils = 8-9 g
- 2 Tbsp peanut butter = 7 g
- 3 Tbsp nuts and seeds = 7-9 g
- 1 cup soy beverage = 8 g
- ½ cup quinoa = 4 g

As for how much you need... that varies based on weight, activity level, any chronic diseases present, medications, and your health-related goals. Generally, its 0.8 grams per kilogram of weight to prevent malnutrition but more and more studies are showing up to 1.2 g or more per kg of body weight is optimal. If you would like a more personal recommendation, a Registered Dietitian can help you to determine what your protein target is, how much you may be getting and suggestions on how to ensure you are meeting your protein needs.

Moore DR, Churchward-Venne TA, Witard O, Breen L, Burd NA, Tipton KD, Phillips SM. Protein ingestion to stimulate myofibrillar protein synthesis requires greater relative protein intakes in healthy older versus younger men. *J Gerontol A Biol Sci Med Sci.* 2015 Jan;70(1):57-62. doi: 10.1093/gerona/glu103. Epub 2014 Jul 23. PMID: 25056502.

Sayer AA, Robinson SM, Patel HP, Shavlakadze T, Cooper C, Grounds MD. New horizons in the pathogenesis, diagnosis and management of sarcopenia. *Age Ageing.* 2013 Mar;42(2):145-50. doi: 10.1093/ageing/afs191. Epub 2013 Jan 11. PMID: 23315797; PMCID: PMC3575121.

Changes to the Cervical Screening Guidelines

Written by: Mary Lynn Dingwell

Changes to the cervical screening guidelines started March 3/25. These are Ontario wide and follow the best practice guidelines.

Just so you don't get too excited, the process for doing the screening is the same, you still need the cervical swab.

Cervical screening, which now primarily focuses on HPV testing, has replaced the Pap test to better detect cancer-causing HPV types and cell changes, with screening recommended starting at age 25 and repeated every 5 years if results are normal.

Why the Change?

Focus on HPV:

The new cervical screening test, which is an HPV test, checks for types of Human Papillomavirus (HPV) that can sometimes cause cervical cancer.

Better Detection:

This test is better at detecting cancer-causing HPV types and cell changes than the previous Pap test, which only checked for cell changes.

Earlier Detection:

The HPV test can identify women who could be at risk of cervical cancer earlier than the Pap test could.

Reduced Screening Frequency:

Screening for HPV every 5 years is as safe as having a Pap test every 3 years, and is more effective at preventing cervical cancer.

What to Expect with the New Screening:

Age for First Screening:

The recommended age for the first screening has changed from 21 to 25.

Screening Frequency:

If your results are normal, you only need to have the test every five years.

What if HPV is found?

If HPV is found, you may need follow-up testing or treatment depending on the results.

What if there are cell changes?

If there are cell changes, your healthcare provider will recommend monitoring, more testing, or treatment.

*Please note the 5 years is from the first HPV screen, this still needs to be 3 years after your last PAP.

For more information:

<https://www.cancercareontario.ca/en/types-of-cancer/cervical/screening>


WHAT'S HAPPENING?



North Shore Family Health Team

MENTAL HEALTH CHECK-INS

Fridays from 10:00am - 2:00pm
Drop-In Only



PACE Office: 312 Manitoba St, Schreiber

Open to anyone who has attended counselling with Katie and needs a quick check-in (max 30 mins)

HOSPICE NORTHWEST IS OFFERING A


VIRTUAL GRIEF & BEREAVEMENT SUPPORT GROUP

For Regional Participants
Facilitated By
Shannon Cormier & Trena Roberts



A 5 week virtual (Zoom) grief support group for individuals living in the District
SAVE THE DATE: Mid April- May 2025
Stay tuned for details

Hearts and Hope
Grief and Bereavement Support
For more information, or to register, please contact
Teresa Roberts, Regional Program Coordinator at 807-626-5570
Regionalcoordinator@hospicenorthwest.ca





Nutrition and Heart Health Group

TUESDAY, APRIL 8, 2025
6:30PM - 8:00PM
TERRACE BAY PUBLIC LIBRARY

A free 1.5 hour session with our Dietitian, Andrea Kennedy, to discuss improving blood pressure and cholesterol levels through nutrition.

Those with heart health concerns as well as their loved ones are welcome.

Limited space available. Please call Andrea at 825-3273 extension 199 to register.



North Shore Family Health Team

BLOOD PRESSURE & SUGAR CHECKS

April 30, 2025

Terrace Bay Seniors Centre
10:15am - 11:00am
Collingwood Court, Schreiber
11:15am - 12:00pm
Schreiber Seniors Centre
2:00pm - 3:00pm

OUR INFO

Allied Health Professionals

Nurse Practitioner - Kim Almgren

Registered Dietitian - Andrea Kennedy

Care Coordinator - Lisa Tymko

Registered Practical Nurses - Lindy Coughlin & Lisa Tymko

Registered Social Worker - Katie Freeman

Administration Staff

Executive Director - Mary Lynn Dingwell

Administrative Clerk - Abby Borutski

J. E. Stokes Medical Centre

415 Scotia Street

P. O. Box 760

Schreiber, ON

POT 2S0

Phone: 807-824-2934

Aguasabon Medical Centre

20B Cartier Road

P. O. Box 819

Terrace Bay, ON

POT 2W0

Phone: 807-825-3235



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