

NEW VISION NEWS

Fall 2008



As we are heading into another hectic school year, the leisurely outdoor meals, BBQs, and vacation time of the summer months are likely to be replaced with juggling meals in between all the activities that fall time brings.

It is especially important to try to maintain or develop healthy eating habits that foster good nutrition at home, so that all family members will have enough energy for their daily activities.

Follow these tips to get started:

Make mealtime a family affair. Although it may seem like a challenge, try to have family meals at least 4 days/week. Plan your schedule around everyone's activities. If you know it's going to be a busy evening, start a stew, soup or casserole in the crock-pot in the morning so it will be ready when everyone comes home!

★ Have healthy, convenient snacks around the house for after school or before activities. Ideas: homemade cookies, cheese strings, cut up fruit/vegetables.

★ Make a trip to a local farmers market a family outing, and choose fresh produce together, and try a new fruit or vegetable!

★ If you're short on time for food preparation - save some time by buying shredded cheese, pre-cut meat, bagged salads and pre-cut vegetables.

Involve the kids in food preparation and meal planning. Let everyone choose a favourite recipe when planning your meals for the week!



TO THE FLU

Everyone can benefit from being vaccinated each year. Only those with a true allergy to the vaccine should not be vaccinated. Everyone else, including pregnant women, healthy children and healthy adults, not just those with chronic disease or over 65 should receive the flu vaccine.

New Vision Family Health Team will be having its annual **FLU CLINICS** late October/ November. Specific dates and times will be posted throughout the clinic and on our website: www.newvisionhealth.ca



"Don't think of it as getting a flu shot. Think of it as installing a virus protection software."

Coming this fall

New Vision Group Sessions:

Managing Cholesterol
Healthy Lifestyles
Living with Diabetes
Changing Ways
Taking Control of Worry

Please talk to one of our team members if you would like to register for these. Dates and times are posted on our website and throughout the clinic.

October is... Breast Cancer Awareness Month

With breast cancer, education is awareness. Each year, thousands of Canadians are touched by breast cancer. It not only impacts the individuals living with the disease, but their families, friends and loved ones as well.



Five Steps To Being Breast Aware

1. Know how your breasts normally look and feel.
2. Know what changes to look for; changes in size or shape, unusual persistent pain, swelling.
3. Look and feel for changes; moving your fingers in small circles from the outside of the breast to the nipple. Cover the surface of each breast and include the armpit.
4. Report any changes to your doctor.



Depending on your age, sex, risk factors and the last time you completed a fecal occult blood test (stool sample), a pap test, and/or a mammogram, you may have received multiple letters from your doctor in the last couple of months.

These letters are reminders to you about the importance of completing these tests and the role you have in the prevention of disease.

If you would like to know more about **Preventive Care** or have any questions about the reminder letters, please contact *Jaime* at 519-578-3510 ext 204 or speak to any team member.

November is Diabetes Month ...Are You At Risk?

You could be one of many Canadians who have Type 2 (non-insulin dependent) diabetes and don't know it. If you are aged 40 or over, you are at risk for Type 2 diabetes and should be tested at least every three years.

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"Vigorous activity is very good for diabetes. If stomping on a chocolate cake makes you feel better, that's fine."

Did you know New Vision has a Diabetes Education Program?

New Vision now offers this Program for all patients with pre-diabetes and existing diabetes. The program consists of group education, individual counseling and ongoing follow-up with a Dietitian, Nurse Practitioner and Clinical Pharmacist. The diabetes team will ensure that you have all the tools needed to best manage your diabetes.

For more information or to register, please contact *Kara* at 519-578-3510 ext 402 or speak to any team member.

Our Pledge To You...

Is to provide comprehensive health care to you and your family 24 hours a day, 7 days a week. Many individuals at New Vision work together to provide the best possible care for you.

Please see our website for more details.

