



# Stay Healthy This Winter



## HEALTHeCONNECTIONS

HEALTHeCONNECTIONS is a two-year Waterloo Wellington CCAC demonstration project funded by the federal and provincial governments that will evaluate the benefits to diabetic patients, providers and the health care system of enhancing the delivery of health care through the use of an Internet-based patient portal. The use of the patient portal (mydoctor.ca) will enable information sharing between patients and their healthcare team. Ask how to get involved!



For more information, please visit our Website at

[www.newvisionhealth.ca](http://www.newvisionhealth.ca)



## Season's Greetings!

The holiday season is finally here. The sun sets earlier, chills fill the air, and we spend less time outside being active. Luckily, there are certain things you can do to keep your energy up, your immune system strong and your body healthy all winter long.



## Avoid Colds and Flu Viruses

This year is a different flu season. To avoid getting sick, Public Health is advising Canadians to do the following:

- Eat healthy foods & stay physically active to keep your immune system strong
- Wash your hands often with soap & warm water for at least 20 seconds, or use hand sanitizer
- Keep your hands away from your face
- Cough & sneeze into your arm, not your hand. If you use a tissue, dispose of it as soon as possible and wash your hands
- Keep common surface areas (doorknobs, light switches, telephones and keyboards) clean & disinfected
- Get immunized
- Keep doing what you normally do, but if you get sick, stay home!

Talk to your health care provider if you are at risk for complications from the flu. **People at risk include:**

- Children under 5 years of age
- The elderly
- Pregnant women
- People with chronic conditions such as heart or kidney disease, diabetes, asthma and chronic lung disease, suppressed immune systems, neurological disorders, liver disease, and blood disorders.





## Beating the Winter Blues

The “Winter Blues” also known as Seasonal Affective Disorder (SAD) is a type of depression related to the amount of sunlight you are exposed to. SAD usually occurs in the fall and winter months when days are shorter. If you have episodes of depression that recur at this time every year for more than two years, you may have SAD.

### How do I Treat SAD?

**Light therapy** - Daily exposure to bright light may help balance certain brain chemicals and reset body rhythms. This involves sitting beside a special fluorescent light box for several minutes day and has been proven very effective.

**Exercise & Diet** - Exercise and a healthy diet relieves stress, builds energy and increases your mental and physical well-being.

**Counseling** - During counseling, people with SAD learn about their condition and ways to manage their symptoms and prevent recurring episodes of depression

**Medication** - Antidepressants may be used to treat people with severe cases of SAD. Ask your doctor for more information about medications (and potential side effects).



### Frostbite

#### What does frostbite look like?

Frostbitten skin is whitish, stiff and feels numb rather than painful. When spending time outdoors during cold weather, be alert for signs of frostbite and, if you notice any, take immediate action.

**To treat frostbite:** warm the affected part of the body gradually. Wrap the area in blankets, sweaters, coats, etc. If no warm wrappings are available, place frostbitten hands under the armpits or use your body to cover the affected area. Seek medical attention immediately if skin becomes dark.

**Parts of the body most affected by frostbite:** exposed areas of the face (cheeks, nose, chin, forehead), the ears, wrists, hands and feet.

**Do not rub frostbitten areas;** the friction can damage the tissue. Do not apply snow to frostbitten areas. Because its temperature is below freezing, snow will aggravate the condition.

### Winter Workout: How to Stay Fit in the Coldest Months

There are multiple exercise options one can choose to participate in regardless of the weather! Below are just a few of the many choices:

- **Create a home gym.** You can setup a great workout routine with just a set of dumbbells, an exercise ball and a jump rope. Get all of this for around \$50.
- **If you have stairs** - spend as little as 20 minutes at a time climbing up and down the stairs for a very intense and efficient workout.
- **Get wet.** Find a local indoor pool you can use. Try water aerobics, swimming laps or even just walking in the water.
- **Walk at an indoor location** - like a mall. If you need extra motivation to get yourself to the mall, join a walking group.
- **Join a health club.** This will allow you a large variety of physical activities to choose from every week.



### Did you know?

New Vision physicians and staff are available on weekends to serve your urgent medical needs.

Call (519)578-3510 for more information.

Even when the clinic is closed, patients may call 1-866-553-7205 to speak to a registered nurse who will assess your concerns and, if necessary, refer you to the physician on call.

