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Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Fall 2007

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Meal time is family time.

*Submitted by Meena Parameswaran MAN, R.D., Registered Dietitian/Public Health Nutritionist.
Written by Heather Deegan, M.Sc., R.D., Registered Dietitian, (2003).*

The daily rush of different family schedules can interfere with meals, especially supper. This can have a negative impact on the eating habits of all family members. Do you want your family to eat together more often, but find it hard to make this happen? Read on for some solutions to family mealtime challenges.

What are your family mealtime challenges?

“We often get take-out when there are not enough groceries in the house to pull a meal together.”

Some solutions:

- Plan a few meals for the week *before* going to the grocery store and add needed ingredients to the grocery list.
- Double the recipe so there are leftovers for the next day’s lunch or supper meal.
- Stock cupboards with some basic foods to use in a pinch. For example, pasta, canned soup and canned tuna for a tuna noodle casserole with some canned corn on the side.

“My children are too picky. They won’t eat anything I make, except boxed macaroni & cheese.”

Some solutions:

- There is no need to be a “short order cook”. Plan healthy meals and include at least one food that you know your children will eat. Let them select the foods (and amount of food) they want.
- Keep trying to introduce new foods, and re-introduce foods that children have rejected in the past. Sometimes children need time to “warm-up” to a new food.
- There are ways to make children’s favourites healthier. For example, add frozen vegetables to macaroni & cheese (time saver: while pasta is boiling, add during the last few minutes of cooking time), add veggies for pizza toppings or use whole wheat pasta.

“My family doesn’t have the time or interest in eating together.”

Some solutions:

- Schedule activities so time is available for a family meal.
- Be flexible with mealtimes to accommodate different family schedules.
- Involve family members in meal preparation and clean-up. Children can learn skills by washing, peeling and mixing foods, and children are more likely to eat foods they helped prepare.
- Keep family members interested by taking turns choosing meals and trying new recipes.
- Eat at the dinner table, turn off the TV and focus on family discussion.

If you would like free resources on healthy eating for your family, please call the Leeds, Grenville and Lanark District Health Unit’s Health Action Line at 1-800-660-5853 or 1-613-345-5685. Also, check the website at www.healthunit.org/nutrition for more nutrition information and web links.



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2007 Community Flu Clinics

Submitted by Rebecca Kavanagh R.N., B.Sc.N., Manager in Clinical Services

Date of Clinic	Clinic Location	Clinic Hours
Oct. 24/07	Rideau District High School 251 Main St., Elgin	2:00 p.m. - 6:00 p.m.
Oct. 25/07	Woodside Apartments 43 Centre St., Lansdowne	10:30 a.m. - 12:00 p.m.
	S.A.I.L. 740 King St. W., Gananoque	1:30 p.m. - 3:00 p.m.
Oct. 30/07	St. Michael Catholic High School 2755 Hwy 43, Kemptville	2:30 p.m. - 7:30 p.m.
Oct. 31/07	Lyndhurst Public Library 426 Lyndhurst Road, Lyndhurst	10:00 a.m. - 12:00 p.m.
	Front of Yonge Township Community Centre 76 County Road 5 S., Mallorytown	1:30 p.m. - 3:30 p.m.
Nov. 1/07	South Grenville District High School 1000 Edward St. N., Prescott	1:00 p.m. - 7:00 p.m.
Nov. 2/07	Brockville Health Unit 458 Laurier Blvd., Brockville	10:30 a.m. - 3:30 p.m.
Nov. 5/07	1000 Islands Mall 2399 Parkedale Ave., Brockville	12:00 p.m. - 7:00 p.m.
Nov. 7/07	Athens District High School 21 Church St., Athens	2:00 p.m. - 7:00 p.m.
Nov. 8/07	Pakenham Public School 109 Jeanie St., Hwy 29, Pakenham	3:00 p.m. - 6:00 p.m.
Nov. 13/07	Naismith Public School 260 King St., Almonte	3:00 p.m. - 7:00 p.m.
Nov. 14/07	Rideau Vista Public School 9921 Hwy 42, R.R.#2, Westport	3:00 p.m. - 6:30 p.m.
Nov. 15/07	Lanark & District Civitan Club 2144 South Street, Lanark	3:00 p.m. - 7:00 p.m.

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Flu Clinics continued from page 3

Nov. 16/07	Prescott Health Centre 555 King St. W., Prescott	10:30 a.m. - 12:30 p.m.
	Cardinal Lions Club Walter St., Cardinal	1:30 p.m. - 3:00 p.m.
Nov. 19/07	Centennial Public School 7 Henderson St., Spencerville	4:00 p.m. - 7:00 p.m.
Nov. 20/07	St. John Catholic High School 2066 Scotch Line Road, Perth	1:00 p.m. - 7:00 p.m.
Nov. 21/07	Gananoque Secondary School 175 William St. S., Gananoque	3:00 p.m. - 6:00 p.m.
Nov. 22/07	Carambeck Public School 351 Bridge St., Carleton Place	1:30 p.m. - 7:30 p.m.
Nov. 26/07	Merrickville Public School 306 Drummond St., E., Merrickville	3:00 p.m. - 6:30 p.m.
Nov. 27/07	1000 Islands Mall 2399 Parkedale Ave., Brockville	12:00 p.m. - 7:00 p.m.
Nov. 29/07	South Branch Public School 2649 Concession Rd., Kemptville	4:00 p.m. - 7:00 p.m.
Nov. 30/07	County Fair Mall 275 Brockville St., Smiths Falls	9:00 a.m. - 9:00 p.m.
Dec. 3/07	County Fair Mall 275 Brockville St., Smiths Falls	12:00 p.m. - 7:00 p.m.

For more information, call the Health Action Line at
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Interested in encouraging your fellow employees to be physically active?

Submitted by: Lois Dewey B.Sc.N., R.N., Public Health Nurse

To make a difference in the lives of your fellow workers, you first need to understand that getting active is not simply a matter of choice. Some things are within our individual control, but others are shaped by the people and circumstances in which we live and work.

It's easier to be active when...

- We know what to do and have the confidence, skills and opportunity to do it.
- It's fun. "Working out" at the gym does not appeal to everyone. Activities need to reflect what people enjoy.
- Our friends, family or co-workers are active with us (or at least support us).
- We feel safe, thanks to well-lit streets or stairwells.
- Sidewalks, walking/biking trails, parks and gyms are nearby.
- We have money to pay for equipment, instruction or memberships.
- We can walk, bike or take public transit to work.
- Active choices such as taking the stairs, having stretch breaks at meetings and going outside at lunch are "normal" in the workplace.
- Managers support and recognize employee efforts. Better yet, they participate.
- We can juggle our work hours to fit in physical activity.

Think about how you could create some of these conditions in your workplace. By taking these steps, you'll make it more likely that employees both want and are able to be active during the workday.

Workplace physical activity initiatives that focus only on individuals have limited success. Research shows that reaching people in various ways gives the best chance of long-term success. More information on workplace physical activity is available from the Alberta Centre for Active Living: Physical Activity at Work. [Online]. 2007 [cited 2007 Aug 2]; Available from: URL: <http://www.centre4activeliving.ca/workplace/beforestart/keys.html>

ALSO:

The World Record Walk will be held on October 3, 2007, 12:30 pm EDT. This is Ontario's challenge to break the Guinness World Record for the largest number of people walking one kilometre at the same time! For more information, to register your event, and to order incentive and prize items go to: www.worldrecordwalk.ca

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Ticks and Lyme Disease

Submitted by Teresa Clow C.P.H.I., (C). Public Health Inspector

Ticks & Lyme Disease

The tick responsible for the spread of Lyme disease is now found in some locations of the 1000 Islands region of Eastern Ontario, several localities in southwestern Ontario (e.g., Long Point) as well as along the northeastern seaboard including parts of New York State.

Photo courtesy of The Public Health Agency of Canada



How to Avoid Ticks

- Avoid walking in the long grass.
- Use an insect repellent with DEET.
- If you are going to be in long grass, wear light coloured clothing, long-sleeved shirts, long pants, socks and shoes. Tuck your pants into your socks.
- When you return, check yourself for ticks (include armpits, groin, scalp and have someone else check the back of your body).
- Protect your pet; contact your vet.

Photo courtesy of The Public Health Agency of Canada



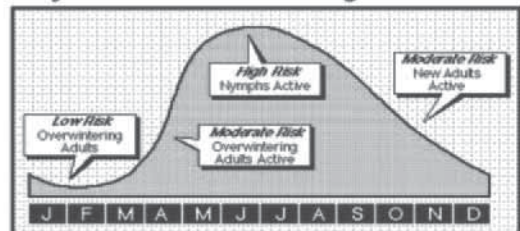
If You Spot a Tick

LEARN TO RECOGNIZE TICKS

Approximate size of the Black Legged Tick (Deer Tick)



Lyme Disease: The Danger Months



Graph courtesy of http://www.medicalecology.org/diseases/lyme/lyme_disease.htm

- Don't squeeze the tick or try to burn it off or put anything on it.
- Grasp the tick by the head as close to your skin as possible. Pull it straight out, gently but firmly. Use tweezers if possible.
- Thoroughly clean the bite area (use soap and water or a disinfectant).
- Save the tick in a container and submit it to the Health Unit for identification and testing.

Lyme Disease

- Lyme disease is caused by the bite of a black-legged tick infected with the bacteria.
- A red rash may appear within 3 days to several weeks following the bite; a bulls-eye rash may be present in the area of the bite. You may also have a fever with the rash.
- Symptoms of the disease may include fever, headache, fatigue, muscle and joint pain. These may disappear within 10 days. **But if left untreated, Lyme disease can progress and affect the nervous system, joints and the heart.**
- Consult your doctor if you have been bitten by a tick. Save the tick in a container and submit it to the Health Unit for identification and testing.



Photo courtesy of Arun District Council, West Sussex, England

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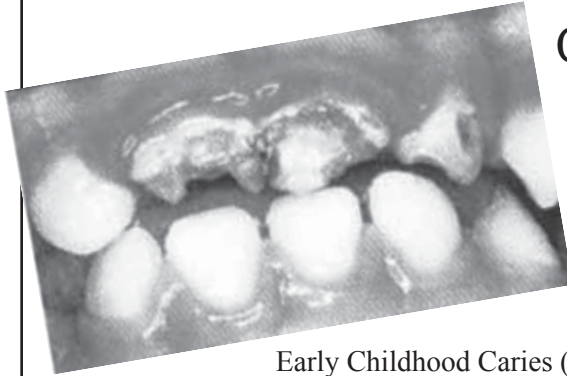


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Childhood tooth decay is preventable!

*Submitted by Leslie Redmond R.D.H.,
Public Health Registered Dental Hygienist*

Tooth decay, although preventable, is one
of the most common diseases in children.

Early Childhood Caries (ECC) is caused by unlimited access to juice
or milk in a baby bottle or sippy cup, with sometimes devastating effects.

Parents should know the risk factors for tooth decay, and provide daily mouth care for
their children.

Infants and children who are at a higher risk for tooth decay benefit from early
interventions including fluoride varnish treatments.

For more information regarding Early Childhood Caries, Fluoride Varnish Program or
to arrange for a dental screening by a Health Unit Registered Dental Hygienist, please
contact the Leeds Grenville and Lanark District Health Unit Dental Program at 1-800-
660-5858.



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Planning to get pregnant? Here's one more thing to consider!

*Submitted by Nancy Walker R.N., B.Sc.N.,
Public Health Nurse*

There are many obvious things to consider when planning a pregnancy such as healthy eating, exercise and finances. Another important aspect to consider when planning a family is checking your environment for hazards that could cause problems during pregnancy.

As future parents, knowing what the hazards are in your surroundings can help you make choices and changes before pregnancy.

The **BEST START** website, which is Ontario's maternal, newborn and early child development resource centre, provides an excellent starting point when looking for hazards. It gives a link to a detailed checklist that will guide your search and provide helpful hints on how to deal with the hazards found. Below are some examples:

The air you breathe: Have your furnace checked regularly and install a carbon monoxide detector.

The food you eat: Choose fish and seafood low in mercury such as canned tuna, wild pacific salmon, bass, clams, cod, flounder, haddock etc...

Everyday chemicals you use: Use non-toxic household cleaners or make your own.

Renovations you may make: Have good ventilation and wear protective equipment such as masks, goggles and gloves.

You already know your environment well. Now you can look at it to see if anything could pose a problem during pregnancy. As future Moms and Dads, you have the ability to improve your health and create a healthier environment for you and your future family. Start by making your own checklist today. Visit the **BEST START** website at www.healthbeforepregnancy.ca/environment

For more information on pregnancy, please visit the Leeds Grenville and Lanark District Health Unit website at www.healthunit.org/pregnancy

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Coping with a problem drinker?

Submitted by Lucia Taggart R.N., B.N.Sc., Public Health Nurse

The World Health Organization has estimated that the **economic cost** in Canada of alcohol-related problems amounts to US \$18.4 billion due to lost productivity, injuries, absenteeism, medical costs and liability.

But what is the **cost to the families** living with a problem drinker?

For the **spouse**, the stress of living with a partner with a drinking problem can cause guilt or depression. Denying that a problem exists or covering up for missed family responsibilities can take a toll on the spouse's physical and psychological health.

For the **children**, a parent's drinking problem can damage their confidence and self esteem. Children look at their own perceived failures to explain their parent's excessive drinking. Some children develop a high need for perfection and control to help them deal with the tensions at home.

Then, there is the potential for **violence** associated with the misuse of alcohol. Not only **physical abuse**, but also **mental, emotional, and financial abuse or neglect** will impact family relationships. Children of problem drinkers may worry that they are doomed to the same fate. Without intervention, these kids are three to four times more likely to suffer from alcohol and drug abuse than their peers.

There is help. The first step is to acknowledge a problem exists. Family members can get support through agencies such as Al-Anon and Alateen.

For **partners**, speaking with a trusted friend or medical professional can ease the burden. Finding activities that are enjoyable and giving themselves permission to do them can recharge their sense of self-worth.

Children need to talk too. They have real fears and concerns that need to be addressed. And they need to know it isn't their fault when their parent drinks. Encouraging them to participate in sports or social events can give them a positive outlet to escape the tensions at home.

Although alcoholism is one of the most common addictions in North America, families can survive the turmoil of living with a person with an alcohol addiction. By seeking out and accepting the supports available, partners and children can develop healthy coping methods to deal with the realities of alcohol abuse.

For information on dealing with problem drinking in your family, call 1-888-425-2666 or visit the website at www.al-anon.alateen.org, or the Canadian Mental Health Association at 1-613-345-0950 or their website at www.camh.net, or contact your employer's Employee Assistance Program.

*Information adapted from [Health Quest](http://www.healthquest.com) (online) When Alcoholism Hits Close to Home, WarrenShepell, (2007). www.warrenshepell.com
Leeds, Grenville & Lanark District Health Unit (online). Brockville: (updated 2007 July 6; cited 2007 July 31). www.healthunit.org/alcoholdrug/drugs/workplacepolicies.htm*



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De-stress the distress!

Submitted by Ginny Ferguson R.N., B.Sc.N., Public Health Nurse

Stress is an every day occurrence. Stress is “our body’s internal, physical, mental, and emotional response to our constantly, ever-changing external environment”. Stress can be positive, healthy and rewarding when we are filled with energy and motivation to meet life’s daily challenges. But stress can become negative and harmful to our physical, mental and emotional health when we experience daily, constant, continuous distress. The most damaging stress, interestingly, is interpersonal which comes from dealing with people. So, how can we keep ourselves healthy and effectively cope with life’s daily stresses?

Try *Success Over Stress (S.O.S.)* Strategies to De-stress the Distress and Save Our Selves:

S.O.S. #1 - Start On (the) Situation.

- **We need to identify the source of our stress.**
Is our stress coming from a divorce, layoff, job demands, frustrations, conflicts, worries or hassles?
- **We need to meet the stress situation head-on.**
- **We need to find ways to manage the stress by setting limits.**
- **Prioritize, plan, and say “no”**
- **Pick our battles wisely.**
- **We need to take charge.**
 - How can we take charge of the situation?
 - What do we need to do?

S.O.S. #2 - Start On (our) Selves.

- **We can control the level of stress we feel by:**
 - **Being physically active** to unwind, relax and energize ourselves.
 - **Taking time for ourselves** – doing our favourite activity or seeing our best friend.
 - **Taking our vacation and time-off** as scheduled.
 - **Laughing** - read a funny book or watch a funny movie – 100 laughs a day is equal to 15 minutes riding a stationary bicycle!
 - **Taking care of ourselves** - eating healthy B vitamin low-fat foods i.e. salmon, pork, chicken, peas, beans, whole grains, seeds.
 - **Practising deep breathing, relaxation, visualization, and meditation.**

S.O.S. #3 - Search Out Support

- **We need to share our feelings with a friend, family member or co-worker.**
- Spend time with our pet.
- Think pleasant thoughts.
- **We need to get professional help if we have the following symptoms of clinical depression:**
 - Feeling sad, anxious, irritable, nervous, guilty, worthless or hopeless.
 - Change in sleep pattern - not sleeping or sleeping too much.
 - Change in appetite - gaining or losing weight without trying.
 - Loss of interest in doing activities you used to enjoy.
 - Restless or slowed behaviour.
 - Persistent and recurring headaches, stomach aches, constipation or diarrhea.
 - Difficulty concentrating, remembering and making decisions.
 - Fatigue or loss of energy.
 - Change of work style or productivity.
 - **Thoughts of suicide or death. If these thoughts occur, we must immediately seek professional help.**

By following these strategies, we can **effectively learn to manage our stress and stay healthy both at home and at work.**

For further information or resources, please call the Health Action Line at 1-800-660-5853 and talk to a Public Health Nurse.

Adapted from *Living Well @ Work: Healthy Living ... taking action!* LAMBTON. Workplace Action Guide, County of Lambton Community Health Services, September 2004.



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Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Fall 2007

Manage your risk for cervical cancer. Make regular Pap Tests part of your healthy sex life.

Submitted by Tawnya Boileau R.N., B.Sc.N., Public Health Nurse

Whether it's driving, playing, shopping or having sex, most of life's adventures-and pleasures-involve some form of risk. But risk doesn't have to be a bad thing. In fact, managed well, risk-taking is part of a healthy, active lifestyle. For women, part of a healthy, active sex life is having regular Pap tests to screen for cervical cancer.

What is a Pap test?

A Pap test can detect changes in the cells of the cervix-changes that, left untreated, can slowly develop into cervical cancer. Caught early, cervical cell changes can be monitored and successfully treated, before they develop into cancer.

What causes cell changes?

They're the result of infection with some types of a virus known as Human Papillomavirus, or HPV. HPV is transmitted through sexual contact, and it's extremely common. In fact, studies show that about three out of four people who have ever been sexually active have been exposed to some type of the virus. While some types of HPV can cause genital warts, most types- including the types that cause cervical cancer- have no symptoms.

Is it possible to prevent HPV infection?

"Unfortunately, short of total abstinence, preventing HPV infection is not easy," says Dr. Bill Chapman, a pathologist at the University Health Network in Toronto and an expert on HPV. "For example, condoms can partially, but not completely, reduce the risk of transmission. That's because a condom can't cover all the skin where HPV might be present."

But preventing HPV isn't as important as preventing the bad effects of the virus, says Dr. Chapman. "And fortunately, it is easy to do that - by having routine Pap tests."

Who needs to have a Pap test and how often should you have one?

The Ontario Cervical Screening Program (OCSPP) recommends regular Pap tests for all women who are, or have ever been, sexually active. After three normal tests in a row, women can be tested every two to three years.

How else can you reduce your risk?

You can do other things to help prevent HPV from turning into cervical cancer. Quit smoking, or don't start. Smoking has been associated with higher susceptibility to the progression of HPV and, so has the presence of other sexually transmitted infections- notably herpes, Chlamydia and HIV. "So it makes sense to try to protect against these infections, and, if you have them, to make doubly sure that you go for screening", says Dr. Chapman. A depressed immune status also increases your risk, so it really does help to take good care: eat well, be physically active, reduce stress and get enough rest.

Call your doctor or nurse practitioner to book a Pap test appointment!

For more information on HPV, the Pap test, and cervical cancer:

- Talk to your nurse, doctor or nurse practitioner
- Call the Canadian Cancer Society at 1-888-939-3333 or visit www.cancer.ca
- Call the Leeds, Grenville and Lanark District Health Unit's Health Action Line at 1-800-660-5853 or visit www.healthunit.org

Adapted from Ontario Cancer Screening Program. "Manage your Risk for Cervical Cancer". 2006. This article is a courtesy of the Ontario Cancer Screening Program and the Leeds, Grenville and Lanark District Health Unit.



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Fall 2007

Fall 2007 Pap Test Clinics



All women who are, or have ever been, sexually active should be screened for cervical cancer.

Cancer of the cervix can be prevented with regular Pap tests.

Call your doctor or nurse practitioner to book your Pap test — it could save your life!

No Doctor or Nurse Practitioner? Call to book a free Pap test with a female nurse practitioner:

- ➔ **Merrickville Community Health Centre**
Clinic date: October 15th, 3pm - 7pm
Phone: 613-269-3400
- ➔ **Smiths Falls Community Health Centre**
Clinic date: October 17th, 3pm - 7pm
Phone: 613-283-1952
- ➔ **North Lanark County Community Health Centre**
Clinic date: October 22nd, 3pm - 7pm
Phone: 613-259-2182
- ➔ **CPHC Brockville Community Family Health Team**
Clinic date: October 24th, 3pm - 7pm
Phone: 613-345-5077
- ➔ **Country Roads Community Health Centre (Portland)**
Clinic date: October 25th, 3pm - 7pm
Phone: 613-272-3302

For more information about the Pap test and cervical cancer:

- ▶ Call the Leeds, Grenville & Lanark District Health Unit's Health ACTION line at 1-800-660-5853 or (613) 345-5685 or visit www.healthunit.org
- ▶ Call the Canadian Cancer Society at 1-888-939-3333 or visit www.cancer.ca



Canadian Cancer Society / Société canadienne du cancer

The Regional Cancer Program of Southeastern Ontario



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Health Briefs

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Fall 2007

Let's celebrate Canada's Healthy Workplace Week October 22-28, 2007!

Submitted by Ginny Ferguson R.N. B.Sc.N., Public Health Nurse

This year in 2007, the week of October 22 - 28 has been set aside as Canada's Healthy Workplace Week (CHWW). This week is a yearly celebration of workplace health in Canadian organizations. The focus of the week for this year is to increase awareness of how workplace health— a healthy workplace- will enhance both personal (individual) and organizational performance.

This year's theme "**It's all about valuing people**" stresses the importance of valuing and appreciating our colleagues by recognizing their unique individual skills and accomplishments that contribute to our workplace's success as an organization.

The never-ending cycle of stress characterizes Canada today. The stresses and pace of work, misconceptions of personal relationships, personal feelings of being unappreciated and undervalued at the workplace can contribute to both high workplace distress and can carry over to the home.

How can we combat the stress at work and at home? Canada's Healthy Workplace Week website offers activities to deal with workplace stress issues.

Activities to enhance our personal well - being:

- **Activity 1: Change the world 9:00 –5:00** – use their personal planner suggestions
- **Activity 2: The business of kindness: creating work environments where people thrive**

Activities to support managers:

- **Activity 3: Working with depression: Tips for employers and employees**
- **Activity 4: Leadership enhancing books (PDF)**

Activities for organizations to implement:

- **Activity 5: Thrive in workplace challenge**
 - Monday – Sharpen your mind
 - Tuesday – Healthy choices
 - Wednesday – Gifts of giving
 - Thursday - Fitting fitness in
 - Friday – Build a community
- **Activity 6: Workplace walking challenge (coming soon), and**
- **Activity 7: Workplace stretch breaks.**

In addition to workplace and personal stress solutions, the **Canada's Healthy Workplace Week website** offers **strategies to enhance and ensure healthy working relationships** which will have a **positive impact on our personal health.**

For further information on Canada's Healthy Workplace Week strategies for workplace health, **please visit Canada's Healthy Workplace Week website** at: <http://www.healthworkplaceweek.ca>

