



WELLNESS WISDOM WE'RE IN THIS TOGETHER!

Our Mission: The Algoma NPLC provides accessible comprehensive primary care.

Our Vision: The Algoma NPLC will be the best model of interdisciplinary healthcare in our community by committing to provide collaborative, accessible, excellent patient care in a welcoming technology-based environment.

Our Values: Collaborative, Honesty, Compassion, Excellence, Respect, Integrity, Diversity

MEET OUR NURSE PRACTITIONERS



Martine Teresinski David Burgan

Regular Clinic Hours
Monday – Friday, 8:40am to 4:30pm

Closed
August 17th
September 7th
September 18th

Evening Clinics
August 20th
August 26th
September TBD

Martine is the newest member of the Algoma NPLC team. She is a passionate health care professional with a strong desire to care for her community. She obtained her BScH in Biological Sciences from the University of Guelph in 2003 and then completed her BScN in 2007 from Laurentian University. After working in Southern Ontario as a Nurse Manager at a nursing home, she came back to the Sault to work in Long-Term Care and the hospital. In 2010, Martine decided to further her education and completed her Primary Healthcare Nurse Practitioner from Laurentian University in 2012. She has also recently completed her MScN from Laurentian University in 2014. Martine definitely has a passion for learning and healthcare, and we are so excited to have her as part of our team!

David joined the Algoma NPLC team in February 2015. He earned his BScN from Laurentian University in 2009. After working in several long-term care homes in Sault Ste. Marie, he relocated to Wawa to work in Primary Care for several years. To further his education, David completed his Primary Health Care Nurse Practitioner in 2014 from Laurentian University. David is very pleased to return home to Sault Ste. Marie to provide primary care to community members.

Algoma

Nurse Practitioner-Led Clinic

443 Northern Ave | Sault Ste. Marie, ON P6A 5L3 | Tel: (705) 949-4717 | Fax: (705) 942-9687

www.algomanplc.ca

Health Watch Calendar

AUGUST – National Breastfeeding Month

SEPTEMBER – National Arthritis Awareness Month, Breakfast for Learning Month

Staying Safe in the Sun!

Take measures to protect yourself and your family from rays of the sun, called ultraviolet (UV) radiation that can hurt your skin. UVB rays are primarily responsible for causing sunburn, but both UVA and UVB rays can cause sunburn, skin damage, early skin aging and skin cancer.



Keeping Safe from the Sun

- ☀️ Limit your time outside. If you have to be outside, find some shade or cover your skin with tightly woven materials that are light and cool
- ☀️ Try to avoid the sun during the peak hours of 10 AM to 4 PM
- ☀️ Wear a wide-brimmed hat to help protect your face, head, ears, and neck
- ☀️ Wear sunglasses that block the UV rays from the sun
- ☀️ Be aware up to 80% of the sun's rays can penetrate light clouds, mist and fog
- ☀️ Up to 85% of the sun's harmful UVB rays can be reflected back from sand, snow and concrete
- ☀️ Use sunscreens to protect against sunburn, skin cancer & reduce skin aging
- ☀️ Water does not block any UV rays. Swimmers should use water resistant sunscreens. In addition to sunscreen, sun protective bathing suits can help to protect the skin while swimming

This does not cover all possible information about sun safety. Always follow the specific instructions given to you by your healthcare provider. If you have additional questions please feel free to contact the clinic.

Buying a Sunscreen

- ☀️ Choose one with a sun protection factor (SPF) of 30 or higher.
- ☀️ Choose one that is "broad spectrum." to protect against both UVA and UVB rays.
- ☀️ Choose a "water-resistant" sunscreen to stay on your skin longer if you are wet or sweating.
- ☀️ Avoid combination products that have both sunscreen and bug repellent in one bottle.
- ☀️ Choose a lip product with SPF of 30 or higher to protect the lips

Tips for Using Sunscreen

- ☀️ Apply sunscreen liberally 15 to 30 minutes **before** going out in the sun.
- ☀️ Use sunscreen on all skin not covered by clothes. Don't forget your nose, ears, neck, backs of hands, tops of feet, and top of head (if you don't have much hair).
- ☀️ Reapply more sunscreen at least every 2 hours, even if you're using a water-resistant sunscreen.
- ☀️ Apply sunscreen more often if you are swimming or sweating. Be sure to read the instructions on the bottle on how often to reapply.

Delicious & Nutritious!



Mini Pizza Sandwiches

A fun and easy option for the whole family. You can switch up the veggies and cheese to make it your own. Great for both kids and adults to take to lunch for school or work! Also makes for an easy and fun dinner idea! Check out the basic recipe below but feel free to add whatever toppings you like!

Ingredients

4 thin round buns or English muffins (use multigrain or whole wheat for added nutrition!)
1/2 cup (125 mL) tomato/pasta/pizza sauce (whatever you have on hand will be delicious!)
1 small green pepper, chopped
1/3 cup (75 mL) pineapple tidbits
1/2 cup (125 mL) shredded mozzarella cheese

Directions

1. Open buns and lay out on baking sheet. Spread sauce over each of them.
2. Sprinkle half of the buns with pepper, pineapple, and cheese. Top with remaining buns.
3. Bake in a preheated oven at 400 degrees for about 10 minutes or until bread is crisp, golden, and cheese is melted.

Nutritional Information

Calories: 228kcal, Protein: 10g, Fat: 4g, Carbohydrate: 41g, Fibre: 4g, Sodium: 554mg (cheese & buns)



For tips on meal planning, lunch ideas and recipes, please visit
www.eatrightontario.ca

September is National Arthritis Awareness Month



The term arthritis ("arthro" meaning joint, "itis" meaning inflammation) is used to refer to more than 100 related conditions. Arthritis is inflammation of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. The two most common types of arthritis are osteoarthritis and rheumatoid arthritis. More than 10 percent of Canadian adults are affected by OA, which is the most prevalent type of arthritis.

The two main types of arthritis — *osteoarthritis* and *rheumatoid arthritis* — damage joints in different ways.

Osteoarthritis

The most common type of arthritis, osteoarthritis involves wear-and-tear damage to your joint's cartilage — the hard, slick coating on the ends of bones. Enough damage can result in bone grinding directly on bone, which causes pain and restricted movement. This wear and tear can occur over many years, or it can be hastened by a joint injury or infection.

Rheumatoid Arthritis

In rheumatoid arthritis, the body's immune system attacks the lining of the joint capsule, a tough membrane that encloses all the joint parts. This lining, known as the synovial membrane, becomes inflamed and swollen. The disease process can eventually destroy cartilage and bone within the joint.

The most common signs and symptoms of arthritis involve the joints. Depending on the type of arthritis you have, your signs and symptoms may include:

- Pain
- Stiffness
- Swelling
- Redness
- Decreased range of motion

If you think you might have arthritis, your Nurse Practitioner may order laboratory tests, and x-rays. Then, you may be referred to a rheumatologist — a doctor who specializes in the treatment of joint problems.

Arthritis treatment focuses on relieving symptoms and improving joint function. Treatments vary depending on the type of arthritis; you may need to try several different treatments, or combinations of treatments, before you determine what works best for you. By working closely with your health care team you can successfully manage arthritis. The main goals of arthritis treatments are to reduce symptoms and improve quality of life. Establishing a diagnosis early on is critical to the outcome of the disease, as it only gets progressively worse and therapies work best when started as early as possible.

Information obtained from:

<http://www.mayoclinic.org/diseases-conditions/arthritis/basics/definition/con-20034095>

<http://www.arthritis.ca/aboutus>

We hope you enjoyed this issue of Wellness Wisdom!

Our Fall issue will be out October 5, 2015

From your Healthcare Team at the Algoma Nurse Practitioner-Led Clinic

Please check out our new and improved website for more updates!