



Chronic Diseases

Journey Beyond

Which Local Non-Profit Health and Support Groups are for you?

Living with a chronic disease such as COPD (Chronic Obstructive Pulmonary Disease) asthma, diabetes, heart disease, stroke, or arthritis, or having a loved one with these problems can be stressful. Luckily, the Brandon area has many people and places to support you and/or your loved one. Please read on about some of these places in our community.

The Heart and Stroke Foundation of Manitoba (HSFM) office in Brandon can provide you with free resources on healthy living, heart disease and stroke. HSFM holds meetings for the public and their website www.heartandstroke.mb.ca is a great source of information. Foundation staff can offer you educational materials, referrals, support, and volunteer opportunities in our many fundraising programs. Please call in Brandon 571-4080.

The Lung Association is a non-profit health organization that offers education to people with lung disease (and their families). BreathWorks is a toll-free help line 1-866-717-COPD (2673) for people with COPD. The website www.mb.lung.ca has information on all respiratory diseases. A monthly support group meets in Brandon. Call 725-4230 for more information.

The Canadian Diabetes Association provides: resources and information on diabetes (Type 1, Type 2, gestational, and pre-diabetes), a diabetes lending library, educational presentations for groups, details about educational and camp programs, updates related to advocacy, and a diabetes support group. Call 728-2382 or go to www.diabetes.ca.

The Brandon Arthritis Support Group meets from Sept. to June, and has the goal to give education, information, and support for the self-management of the various kinds of arthritis. At the meetings there are speakers on topics related to improving quality of life for members and others living with arthritis. To learn more, contact Susan at 728-9295.

Having a healthy lifestyle, such as not smoking and being at a healthy weight, is helpful in living with or preventing a chronic disease. The Canadian Cancer Society offers a free Smokers' Helpline (1-877-513-5333); a private telephone service that can help you quit smoking by developing a "Quit Plan", answering your questions about quitting, and finding services in your community.

The Brandon area also offers several support groups for people who want to lose weight. Taking off Pounds Sensibly (TOPS) is a weight-loss support group that combines: healthy eating, regular exercise, wellness information, and support from others at weekly meetings. There are several different meetings in the Brandon area, call Patricia at 727-4591 to find one closest to you. Overeaters Anonymous (OA) also has several meetings in Brandon. OA helps with recovery from over eating based on the Twelve Steps, and targets physical, emotional and spiritual well-being. Go to www.oa.org for more information.

Many individuals who want to be active have found Tai Chi to be a low-impact way to exercise and reduce stress. Brandon has several different Tai Chi groups that welcome beginners, including the Taoist Tai Chi Society (call Kathryn 726-8332), or Zen-Tao Chi-Kung Tai Chi (call Murray 726-8220).

Many persons are interested in support in living with anxiety or depression that may get in the way of living a healthy lifestyle. The Anxiety Disorders Association of Manitoba (ADAM) aims to provide support and education to those living with anxiety. Call 725-8550 to learn about supports available to you or your loved one.

Consider contacting any of the above to see if they may be able to provide supports, resources, or tools to help you live your best life possible.



Plant Sterols or Stanols: Another Tool to Lower Cholesterol



There is a new product that may have caught your attention with claims of helping to lower cholesterol. You may have seen advertisements in the newspaper or seen the small green and white tub on the shelves of your grocery store. In late May, Health Canada announced that compounds known as plant sterols and stanols which are classified as plant phytosterols, may be added to mayonnaise, margarines, yogurts and yogurt drinks, juices and salad dressing for cholesterol lowering purposes. BeceL pro.active, the calorie reduced margarine is the first product of likely many to hit the shelves containing plant sterols. It carries the claim “lowers cholesterol absorption” which is approved by Health Canada..

Why the excitement? Well plant sterols and stanols are proven to help remove cholesterol from the intestine, which lowers total and LDL (bad) cholesterol levels. Studies suggest that plant sterols and stanols exert their effect by partly blocking the absorption of cholesterol in the intestine and increasing cholesterol removal from the body. By ensuring you consume 5 tsps of this margarine daily which provides 2 grams of plant sterols and only 30 calories, evidence suggests that it will help to lower cholesterol up to 10% starting within 3 weeks and 15% when combined with a healthy way of eating. To continue to have this reduction in cholesterol you must use the specified quantity daily otherwise cholesterol will return to previous levels.

Are plant sterols safe? Small quantities of plant sterols occur naturally in many foods such as vegetable oil, nuts, grain products, fruits and vegetables. However to get the amount contained in the 5 tsps of pro.active margarine you would need to eat 425 tomatoes, or 150 apples! A long history of consumption and extensive research supports the use of plant sterol and stanol-enriched foods as a safe and effective way to lower total and LDL cholesterol. Plant sterol and stanol-enriched foods have been available and consumed for years in 30 other countries. No known interactions or disturbances of function have been found in clinical studies of plant sterols and medications. Taken along with statins or cholesterol lowering medication, plant sterols /stanols will contribute to an additional lowering of LDL.

If you have incorporated heart healthy eating and worked hard to attain a healthier weight and you're still struggling with cholesterol above target levels, choosing foods fortified with sterol or stanol-fortified foods is an option. There is, however, a price to be paid as these new products can be a little costly. It is also worthy to note that this product is meant as a spread or a topping. It is not recommended for freezing, frying or baking. So go ahead, put it on bread or top your vegetables with it and a reduction in cholesterol may be yours.

Recipes

FRUIT SALSA

Recipe provided by Heather Yury

2 white peaches, diced
1/4 red onion, diced
1/4 green pepper, diced
1/4 pineapple, diced
2 kiwis, diced
Juice of 1/2 lime
Touch of pepper



Dice fruit finely
Mix ingredients together

Serve with tortilla chips as a side dish

Yields about 800ml (3 1/2 cups)

Nutrition Information
150 ml (1/4 cup) serving

Calories 20
Fat 0.1g
Sodium 1mg
Carbohydrate 5g
Fibre 0.8g
Protein 0.3g

Source: Family Recipe

Zucchini Stuffing Dish

4 zucchini thinly sliced
2 cups mushrooms, chopped
1 1/2 cup carrots, shredded
1/2 onion, thinly sliced
1 can low fat mushroom soup
1 cup low fat sour cream
1 box low sodium stove top chicken
1/3 cup melted light butter
1 cup shredded light cheddar cheese

Mix soup and sour cream in with veggies and place in a large casserole dish

Cook for 25 minutes at 350.

After 25 minutes mix stove top with 1/3 cup light butter and spread on top of casserole, then sprinkle with light cheese and bake for another 20 minutes.

Serving size 1/15 of dish

Nutritional information
Per serving
Calories 109
Fat 5g
Sodium 259 mg
Carbohydrate 12 g
Fibre 1.5 g
Protein 5 g



Source: adapted from family recipe

GET BETTER TOGETHER!

A program for living better with chronic disease.

*Are you sick and tired of being sick and tired?
Or, are you managing well and want to stay that way?
Get Better Together! is for you.*

A free program for people living with any kind of ongoing health problem. Six weekly session will help you learn to manage your condition better and cope with the challenges. Programs are led by an instructor also living with a health condition.

To register, call 578-2193.

FALL SCHEDULE

Sept 30- Nov4, Thursdays, 1:00pm-3:30pm
West Lounge, Brandon Regional Health Centre,
150 McTavish Ave East

RELAXATION TECHNIQUES

Would you benefit from relaxation skills?

These skills are great for decreasing pain and anxiety, and improving sleep and overall well-being. Learn about:

Diaphragmatic Breathing
Progressive Muscle Relaxation
Visualization/Imagery

In each session participants get a chance to learn about one of the techniques and then get a chance to participate. A CD with relaxation exercises will be provided to participants at the last class.

September 20th, 22nd, and 24th
3:30 – 4:30

Main Floor Meeting Room CS1-124
By Foundation office at BRHC

Instructed by Dr. Carlson, Psychologist,
Brandon RHA Clinical Health Psychology

For more information call Dr. Carlson @ 578-4190
To register call Noreen
@ 578-2198
Space is limited.



ASK THE EXPERT

Pros and Cons Herbal (Natural) Medications

Herbal remedies are receiving attention, partly because prescribed pharmaceutical medicines have potential side effects and problems. Some people are turning to the herbal supplements as an alternative method of treating some of their medical conditions. One of their beliefs is that since they are “natural” they are safer to use, and will have fewer side effects or other complications as compared to prescribed medicines.

One advantage of herbal remedies is that they may cost less than some prescribed medicines, because they do not require the same degree of manufacturing and research to become a product ready for sale to you the consumer. However many of the generic prescription medications also have very reasonable costs. Herbal remedies do not require a prescription for you to use them. This eliminates the need to visit the doctor, which requires a lot of time and other resources.

A disadvantage (or “con” if you will) is that herbal remedies do not require the same rigorous evaluation throughout their development before reaching the marketplace. Prescription medications are just the opposite in that they must be tested using well controlled clinical trials. These trials may lead up to the granting of a license for specific, and often fairly limited indications. Prescription medications have a known list of beneficial effects, and side effects. Pharmacists and physicians counsel their patients about these medications based upon the results of the years of preliminary development and clinical testing. All of this requires huge amounts of resources, but the end product has known characteristics unlike the herbal medications which do not have anywhere the same degree of research and testing to support their claims.

Will herbal medications be of benefit to you? The answer from a clinical perspective is “maybe, or maybe not”. Will herbal medications be harmful to you? Again the exact answer is unknown, and will depend a great deal upon the medical conditions which you have and other medicines you may be taking already. The bottom line is that since we have no solid clinical trials to be able to either support or deny the claims for most herbal medications, we cannot be sure if they will be beneficial or harmful. Many herbal medications can have similar effects as prescription medications which can result in potential interactions between the two types of medications. The best process to follow is to discuss their use with both your physician and pharmacist before you start to use them.

Chronic Diseases Journey Beyond is a newsletter for people with chronic illness providing information on lifestyle management. Chronic Diseases Journey Beyond is published in the fall, winter and spring. We would welcome any suggestions for further items. Send your thoughts or comments to:

*Chronic Disease Journey Beyond
C/O Prairie Health Matters
Diabetes and Heart Health Promotion
Unit A5-800 Rosser Ave.
Brandon, MB R7A 6N5
Phone: 571-8357*

*Let us know if you would like to receive future newsletters via email.
Past editions are available at www.brandonrha.mb.ca or phm.brandonrha.mb.ca*



Thank-you to the following for assisting with printing costs of the Wellness Newsbeat:

Shoppers Drug Mart
Super Thrifty Pharmacy
Medical Centre Pharmacy
Rosser Pharmacy

Wal-Mart Pharmacy
Home Health Care Pharmacy
West-Man Foot Clinic
Clinic Pharmacy

Safeway Pharmacy – Corral Centre
Safeway Pharmacy – Brandon Shoppers Mall
Super Store Pharmacy
Miller's Pharmacy