

Wellness

News Beat

Winter 2008

Prairie Health Matters

Diabetes and Heart Health

Are You Motivated?

You have chronic obstructive lung disease, diabetes, heart disease or diabetes. Your doctor has suggested some lifestyle changes to increase activity and eat a healthy diet. But you don't know where to start and you are not sure you want to start. Do you want to change?

Not easy is it?

When you think about it, healthy behaviour is abnormal behaviour. Sweet food chock full of fat tastes good. Doing physical activity can hurt. **"We are tempted to take the path of least resistance, that is, don't change."**

There are some questions to think about when a behaviour change is being recommended!

- Do you know there is a problem?
- Does the problem concern you?
- Are you interested in change?
- Are you ready to change now?

Here are some more questions.

- Why do you want to change?
- How hard are you willing to work to change?
- Are you willing to make choices that are hard in the short run even if positive in the long run?

How does success at change come about?

- **Reasons for changing have to outweigh the reasons for staying the same.** Make a list of the pros and cons for changing a behaviour. Let's take an example of taking lunch to work instead of eating at a fast food restaurant every day.

The Pros

- Save money
- Health benefits of less fat and salt in the diet
- Less wear and tear on the car
- Time to go for a walk at noon
- Socialize with co-workers in the lunch room

The Cons

- Missing the good taste of that burger and fries
- Missing out on the gossiping with a co-worker over lunch at the burger joint
- Not getting away from the office

Note, the pros did outweigh the cons in this example

- **People need confidence in their ability to do the healthy behaviour.** Self-esteem is everything. It is hard to achieve if you do not think that you can do it. One of the most important things to build confidence is to start with tiny steps. Try to eat out 3 times per week, instead of five.

- **People need a plan for dealing with things that get in the way.** You didn't have time to make lunch this morning. What can you do? How about stopping at the grocery store and picking up a ready-made sandwich and a fruit.

- **People need a plan to deal with temptations.** Your co-worker brings in burger and fries for you. *Such a dear friend!* The smell of the fries is sooo good. You want them sooo bad. Have a plan to leave the lunchroom and go for that walk.

So are you motivated to change? Is this the right time to change? Does your goal need to be changed to ensure success?

Ask yourself some of the questions in this newsletter before jumping in with both feet. Your health care provider can assist you in setting some realistic and specific goals.

Prairie Health Matters is now partnering with the Ambulatory Clinics to produce this newsletter. The Ambulatory Clinics are located at the Brandon Regional Health Centre. In this first combined newsletter you will find an overview of the available services..

Prairie Health Matters, The Town Centre Public Health Area

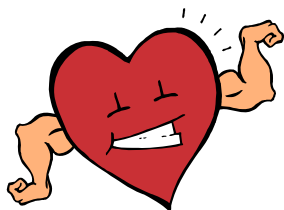
Prairie Health Matters is a program of the Assiniboine and Brandon Regional Health Authorities. A nurse and/or dietitian will help you to learn about a healthy heart, diabetes, and a healthy lifestyle. Prairie Health Matters staff provide individual and/or group sessions to people with one or more of the following health issues: diabetes, high cholesterol, high blood pressure, risks for developing diabetes, risks for developing heart disease or have a friend or family member who have heart disease or diabetes and want to learn how to be supportive. Group sessions include classes on diabetes, cholesterol, risk factors, blood pressure, cooking, stress management, label reading and a walking program. Prairie Health Matters also offers a blood pressure clinic every Tuesday from 1:00- 4:00 pm., a blood pressure monitor loan program and a lending library with books and videos. A doctor or health care professional may refer you to PHM or you may refer yourself. For more information please contact **Prairie Health Matter's staff @ 571-8357.**

Heart Program, Brandon Regional Health Centre Clinic Areas

The "Heart Program" offers education and support to people after a diagnosis of heart disease, such as angina, heart attack, heart failure, bypass or valve surgery, or for those going for an angiogram.

The Heart Program is a team consisting of cardiac rehab nurses, dietitian, physiotherapist, pharmacist and clinical psychologist that offer heart disease classes at the Brandon Regional Health Centre.

More information is available by calling 578-4201.



Pain Management Resource Brandon Regional Health Centre, Clinic areas



Brandon Regional Health Authority has a Pain Management Resource Nurse who provides education and support about pain and its management to staff, patients, their family and the community. Inpatients or outpatients with pain may be seen for a pain assessment and suggestions about pain management given to physicians if requested. A pharmacist is part of the pain resource team. Group classes for those with chronic pain are provided based on "Managing Pain Before It Manages You", a resource book written by Dr. Margaret Caudhill. These classes occur over 9 weeks and include topics such as: what is pain (acute or chronic), goal setting, how to increase exercise, time management, relaxation, the role of psychology in chronic pain, healthy attitudes, nutrition and pain, effective communication, assessing ways of coping and applying these to problem, preventing relapse; coping with pain during a flare up, etc. A team of professionals including the pain resource nurse, clinical psychologist, dietitian, and occupational therapist provides these classes. Anyone can register for classes by calling 578-4200. More information about pain resources is available by contacting the **Pain Resource Nurse at 578-4202.**

RENAL HEALTH CLINIC

The Renal Health Clinic team provides care to people that have Chronic Kidney Disease. **The Clinic is located in the Renal Unit of Brandon Regional Health Centre, next to the Hemodialysis Unit.** Our goal is to help people keep their kidneys working as well as possible. If a person's kidneys fail completely, the clinic staff can help prepare the person for dialysis or transplantation.

Our team includes the following:

- * Nephrologist (kidney doctor)
- * Dietitian
- * Social worker
- * Pharmacist
- * Nurse
- * Clerk

Along with Manitoba Renal Program, the staff of the clinic also provide Renal Health Outreach services, which includes education for the public, schools and health care workers on how to keep your kidneys healthy.

If you are interested in accessing the services of the Renal Health Clinic, please speak with your family physician.

And more services!

Respiratory Program Respiratory Rehabilitation Program

**Brandon Regional Health Centre
Clinics Area 578-4201**

This service is for individuals with Chronic Obstructive Pulmonary Disease (COPD) and Chronic Bronchitis/Emphysema

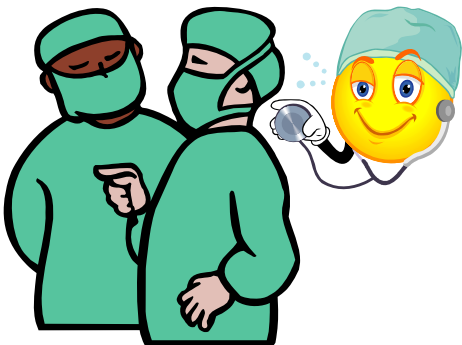
Sessions are held on Tuesday & Thursday afternoons for 4 weeks, 5 times per year

Topics Are:

- Breathing, how it happens
- COPD
 - Symptoms
 - Treatment
 - Medications
 - Self-management
- Breathing Tricks
- Health Care Directives
- Oxygen Therapy/Inhalers
- Relaxation
- Energy Conservation
- Walking Program
- Thoracic (upper body) Exercises
- Healthy Eating

The following members of the team that deliver this program are:

- Respiratory Clinician (nurse)
- Physiotherapist
- Occupational Therapist
- Respiratory Therapist
- Pharmacist
- Clinical Psychologist
- Social Worker



OSTOMY SERVICES: BRANDON REGIONAL HEALTH CENTRE, CLINIC AREA

As a site of the Manitoba Ostomy Program (MOP), the staff of the ambulatory clinics area provides ostomy services to MOP clients (more than 750) who reside in the Brandon, Assiniboine, and Parkland Regional Health Authorities. The services provided by the Enterostomal Therapy (ET) nurse include teaching about ostomy self-care prior to surgery, stoma site marking for intestinal or urinary diversions, continued teaching of the individual and family members after surgery, and approving the supplies needed to manage at home. Prior to discharge, an appointment is made to see the ET nurse about 4-6 weeks following surgery for assessment of the stoma and also how the client is managing in general. Family members/support persons are welcomed at all teaching sessions or appointments.

Ostomy Clinics are held in Brandon twice a month and rural clinics are offered at selected sites (2008: Carberry, Killarney, Minnedosa, Neepawa, and Virden). Clinics are held in Dauphin every two months. In addition, the ET nurse is available by phone for any ostomy concerns that arise with clients. Clients or care providers can call for an appointment. Home visits (in Brandon) can be arranged if the client cannot come to the ET nurse. The ET nurse can provide in-services where needed e.g. staff, nursing education programs, at rural clinic sites.

Wound Care Service: Brandon Regional Health Centre, Clinic Area

Within the Assiniboine, Brandon and Parkland Regional Health Authorities, the ET nurse is available for referrals for clients with challenging wounds. These referrals can be made by a health care professional (e.g. doctor, nurse, occupational therapist). Clients can be seen in the hospital or at home in their community.

Wound care in-services can also be arranged for staff.





ASK THE EXPERT

CHAMPIX

By Ron Kozak, Primary Care Pharmacist
Brandon Regional Health Centre 578-2082

“Thinking of quitting smoking?” **“Do you want any help to quit?”** Then there may be a medication for you called “Champix”.

Champix (generic name Varenicline) is a prescription medication, which is used to help motivated people to stop smoking. This medication helps to relieve the craving and withdrawal symptoms that are often associated with stopping smoking.

This is different than using a nicotine patch because Champix does not contain nicotine. There is a “nicotine receptor” in your body which is thought to be related to most smoking addiction. Champix works in two ways:

- Acts like a weaker version of the nicotine
- Blocks the nicotine receptor by binding tightly to this receptor

This means that if you take Champix, almost all of the nicotine from a cigarette would not be able to reach the “receptors” that give you a “good” feeling when you smoke and it prevents the “reward” that you normally get from smoking. This is the way that this medication reduces your craving to smoke.

You must consult your doctor before taking Champix to determine if the medication would be safe for you. Examples of medications you may be taking that will be important for your doctor to consider are insulin, asthma medications, and blood thinners (Warfarin).

You should not use Champix:

- If you are allergic to Varenicline (Champix) or any of the ingredients.
- If you are using nicotine replacement therapy such as nicotine patch, nicotine gum or nicotine inhaler (there is no proof that the results would be better, and in fact you may have more side effects than if you had taken Champix alone).
- If you are pregnant, or planning to become pregnant.
- If you are breastfeeding, as this medication will pass into breast milk.

Some side effects are: nausea, vomiting, abnormal dreams, headache, trouble sleeping, gas, and constipation.

The dose of Champix changes over the course of the first week of therapy, and you should set a “stop smoking date” goal sometime between day 8 and 14 of your treatment.

Champix is available as a tablet in strengths of 0.5 mg (white) and 1.0 mg (light blue).

Do you want to be successful in kicking the habit? Remember, you do not have to do it on your own. In order to increase the chances of success, Champix should be accompanied with supportive counselling.

Counselling and other supportive information is available through the Quit 4 You Program which is offered free from: **Erin Hunt, counsellor, call 578-4207.**

Wellness Newsbeat is a newsletter designed to inform clients of Prairie Health Matters of current diabetes and heart health information.

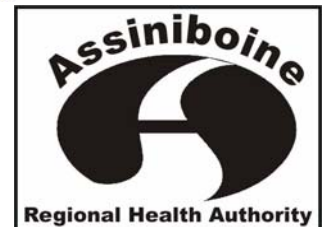
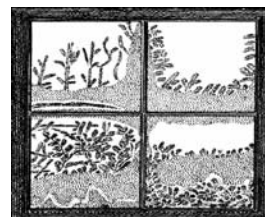
Wellness Newsbeat is published in the fall, winter and spring. We would welcome any suggestions for further items. Send your thoughts or comments to:

Wellness Newsbeat
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



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