

Hey Guys

Let's make June
your get Healthy Month!

Each June is, Men's Health Awareness month, which brings attention to the broad spectrum of health issues that can potentially impact a man's wellbeing and heighten awareness of preventable health problems. Canadian Men's Health Foundation study shows that 72% of Canadian men live unhealthy lifestyles.



THE NPLC LENS

**Belleville
Nurse Practitioner-Led Clinic
Newsletter**

Summer Edition 2020

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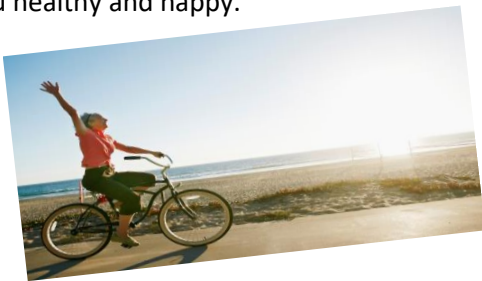
Recognizing symptoms and understanding that regular visits to the practitioner's office are vital steps a man can take to maintain good health. Men also are encouraged to be on the lookout for and seek treatment for health problems at the earliest stage. However, not every disease and condition present physical symptoms and a potential health issue can go unaddressed leading to unexpected ramifications.

Resources: <https://menshealthfoundation.ca/>

Summer Solo Activities

The warm weather has finally started and after being indoors for many months its time to get outside. Keeping in mind that social distancing is still in effect for some areas. We have put together some solo activities that will keep you healthy and happy.

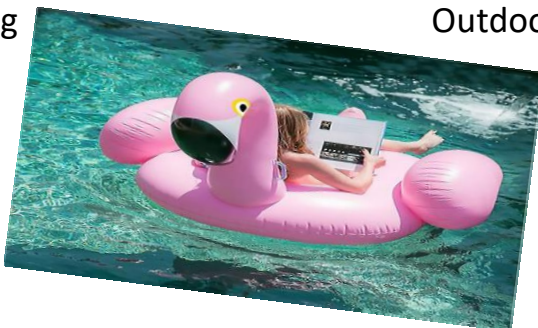
Cycling



Gardening



Pool Reading



Outdoor Movies for One



Hygiene “The way of the Future”

The world has been through an extraordinary event, that many of us never imagined would happen in our life time.

We are slowly getting back to the new normal and it is important to remember that Infection Prevention and Control is still something that we should maintain in the future.

What is infection Preventions & Control?

Public Health identifies it as evidence-based practices and procedures that when applied consistently in health care settings can prevent or reduce the risk of transmission of microorganisms to health care providers, clients, patients, residence and visitors.

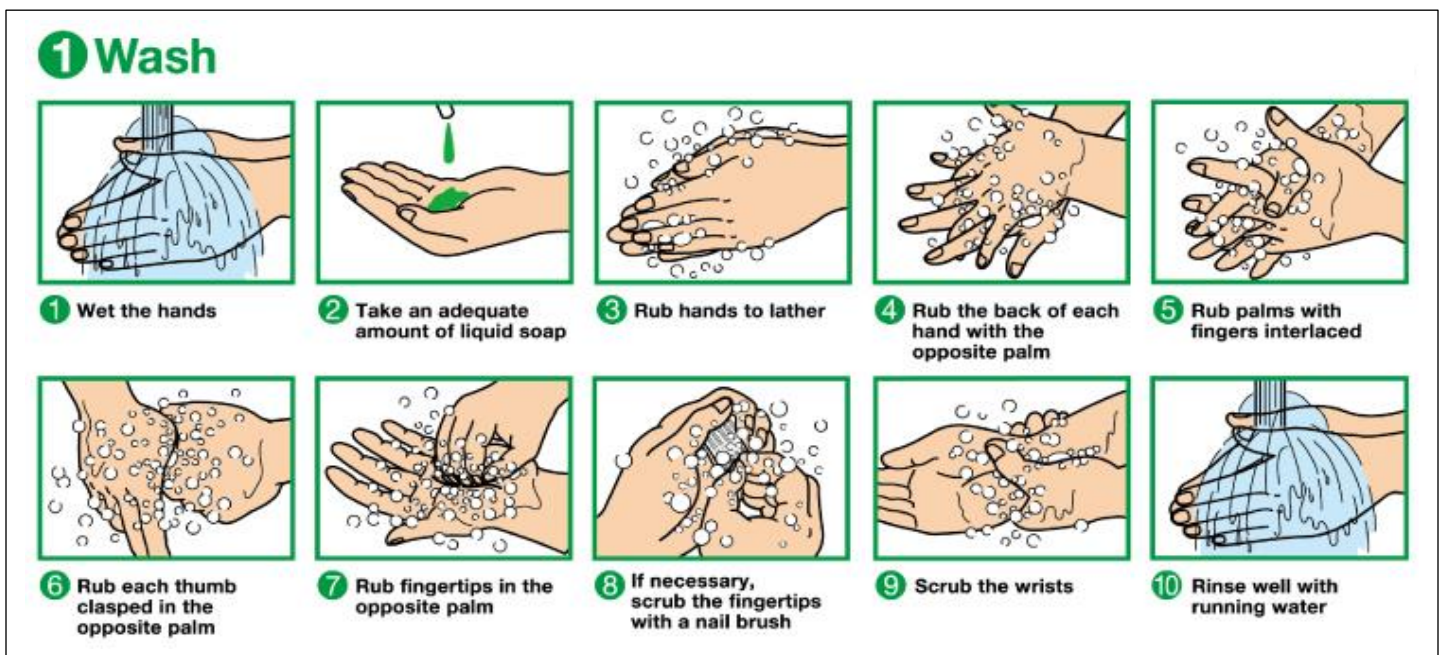
So, why is this important for individuals outside of Healthcare?

Its important for everyone to incorporate sanitizing your person and your soundings to help prevent and protect yourself from unforeseen viruses.

Hygiene needs to start at home. Some ways that you can protect yourself include:

1. Thoroughly washing your hands.
This sounds simple enough but many people take it for granted and are unaware of how to complete this properly.

Follow the procedures below for thorough hand washing.



2 Kitchen

- Sanitize dishes and cutting boards by filling your sink with a solution of 5ml (1 tsp) bleach per 750 ml (3 cups) of water. Soak your dishes and cutting boards for at least 45 seconds and let them air dry completely before using.
- Sanitize countertops, tables, taps, sinks, meat slicers and other appliances with sanitizing spray. You can make your own by mixing 5 mL (1 teaspoon) of household bleach per 750 ml (3 cups) of water.
- Wash, rinse and sanitize cutting boards, utensils and food probe thermometers before re-using.
- Clean dishcloths, aprons and towels by running them through the washing machine.

Following these simple instructions can change the way you live and protect everyone in your household.

BNPLC Protection Protocols

During the past few months, the BNPLC Chief Nurse Practitioner/Clinic Director Karen Clayton-Babb has made it a priority to implement many procedures that have made a difference in the beneficial outcomes within the community.

Some examples are:

- Mandatory PPE for both clinicians and patients.
- Managing social distancing by blocking extra time for patient in-clinic visits, to minimize human contact.
- Sanitizing waiting room areas between in-clinic appointments.
- Designing a work from home plan for BNPLC Staff.
- Implementing Phone and Virtual patient appointments.
- Heightened sanitation of our clinic's external waiting and high touch areas.



*Karen Clayton-Babb
Chief Nurse Practitioner/Clinic Director*

Although the above initiatives are only a few of the safety protocols that have been put in place for our patients. The BNPLC is committed to ensure quality of care and safety. We continuously look for ways to improve care, and exceed patient expectations. The safety of our patients is our top priority and is embraced by all clinic staff.

Resources

<https://www.publichealthontario.ca/en/about/ourorganization/departments/ipac>

<https://extension.colostate.edu/docs/pubs/foodnut/kitchen-sanitize.pdf>

<https://www.publichealthontario.ca/en/health-topics/infection-prevention-control/hand-hygiene>

Plant Seeds with Ease while Protecting Your Knees

Gardening season is a very busy time for Chiropractors. Everyone is excited to emerge from their winter cocoons into the sunlight to rebuild our Vitamin D stores. Plants must be planted, shrubs trimmed and soil filled. Unfortunately, many people overdo things and end up calling me to find some relief. One of the more common conditions I find myself working with this time of year is knee arthritis.



Knee arthritis is, simply put, the wearing out of your knee joint. The joint is between three bones, the patella (kneecap), femur (thigh), and tibia (leg). Between the femur and tibia are two "hockey pucks" of cartilage, one on either side or each knee, called menisci (singular – meniscus). The ends of the bones are usually covered with very smooth and slippery cartilage. In a healthy knee system, these cartilage surfaces slide and rotate across each other almost without friction. But, in an arthritic knee, the cartilage no longer completely covers the bones, or it is

thinned out in some areas to the point where the joint no longer slides nicely. This usually shows as limited weight-bearing movement, inflammation and pain.

Our knees are designed to bear weight in a relatively straight legged position. When someone kneels down for an extended amount of time, the joint surfaces are being pressured in a less-than-perfect way, and therefore can become injured, or if already arthritic, can become even more inflamed. Combine this with the repetitive getting up and down commonly associated with gardening, and you have a recipe for pain. Then you call the office. As much as I like to see you, I would rather it not be because you are incapacitated because of your knees!

How can you avoid painful knees when gardening? Obviously, thick foam knee pads will minimize point pressures. I would much rather my patients avoid kneeling all together, and use a pail or some other type of stable seat. I have seen gardening seats with wheels, allowing you to scoot across your garden with ease. I think these are great! Other approaches may include reducing the amount of time you spend working in the garden, incorporating frequent walks around the garden to loosen up the knees, or calling the grandchildren to share the workload.

If you do have sore knees, please ice them down. It is amazing how effective ice is with acute inflammation. Twenty minutes on, twenty off, keeping a towel

between the ice and your skin. If you have no drug contraindications, any over the counter anti-inflammatory should help. If they still bother you, give

us a shout. We should be able to provide effective assistance in getting you back to your normal, active lifestyle.



Dr. Scot Mundle

Chiropractor

Belleville Nurse Practitioner-Led Clinic

Keeping up with Childhood Immunizations during COVID-19 Pandemic

The BNPLC is recommending that parents continue to keep up with their children’s scheduled immunizations during the COVID-19 pandemic to help prevent the spread of other infectious diseases.

Be reassured that these services are still available to registered patients and it is still incredibly important to protect your children from the other infectious diseases that we know can spread in our communities.

Parents taking their children to get their vaccines should follow these guidelines:

- Only one adult should bring a child to the clinic (all other family members should stay home).
- Parent must wear a mask when arriving for appointment.
- Do not go to the clinic if you or your child are feeling ill and/or have any of the following symptoms:
 - Runny nose
 - Sore throat
 - Fever
 - Cough
 - Shortness of breath or trouble breathing
 - Diarrhea or vomiting
- Do not go to the clinic if you have been asked to quarantine because you have travelled outside of Canada or been in contact with or near someone with COVID-19.

Ontario's Publicly Funded Immunization Schedule

Age at Vaccination	Vaccine																		
	Diphtheria	Tetanus	Pertussis	Polio	Haemophilus B (Hib)	Pneumococcal C, 13	Rotavirus	Measles	Mumps	Rubella	Varicella (Chickenpox)	Meningococcal C	Meningococcal ACYW	Hepatitis B	Human Papillomavirus (HPV)	Influenza	Pneumococcal P23	Shingles	
2 months	✓	✓	✓	✓	✓	✓													
4 months	✓	✓	✓	✓	✓	✓													
6 months	✓	✓	✓	✓	✓	✓													
*1 year						✓													
15 months																			
18 months	✓	✓	✓	✓	✓														
4-6 years	✓	✓	✓	✓															
Grade 7																			
14-16 years	✓	✓	✓																
Every autumn																			
Adults	✓	✓	✓																
Every 10 Years	✓	✓	✓																
65-70 years																			
65 years+																		✓	

Boxes filled with the same colour are given as one needle.
 Rotavirus vaccine is given by mouth; 2 or 3 doses.
 * Vaccines required at 1-year of age should be given on or after the child's first birthday.
 The vaccines in bold print are required for school attendance under the Immunization of School Pupils Act.
 Vaccines for Grade 7 students are provided in the schools by local health units.

Refer to the Recommended Immunization Schedule for information on when vaccinations are required. Contact reception to schedule appointment at (613) 779-7304

Summer Veggie Pizza



Ingredients

- 8 small fresh mushrooms, halved
- 1 small zucchini, cut into 1/4-inch slices
- 1 small sweet yellow pepper, sliced
- 1 small sweet red pepper, sliced
- 1 small onion, sliced
- 1 tablespoon white wine vinegar
- 1 tablespoon water
- 4 teaspoons olive oil, divided
- 2 teaspoons minced fresh basil or 1/2 teaspoon dried basil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 prebaked 12-inch thin whole wheat pizza crust
- 1 can (8 ounces) pizza sauce
- 2 small tomatoes, chopped
- 2 cups shredded part-skim mozzarella cheese

- In a large bowl, combine the mushrooms, zucchini, peppers, onion, vinegar, water, 3 teaspoons oil and seasonings. Transfer to a grill wok or basket. Grill, covered, over medium heat for 8-10 minutes or until tender, stirring once.
- Prepare grill for indirect heat. Brush crust with remaining oil; spread with pizza sauce. Top with grilled vegetables, tomatoes and cheese. Grill, covered, over indirect medium heat for 10-12 minutes or until edges are lightly browned and cheese is melted. Rotate pizza halfway through cooking to ensure evenly browned crust.

Editor's Note: If you do not have a grill wok or basket, use a disposable foil pan. Poke holes in the bottom of the pan with a meat fork to allow liquid to drain.

Nutrition Facts

1 slice: 274 calories, 11g fat (5g saturated fat), 22mg cholesterol, 634mg sodium, 30g carbohydrate (6g sugars, 5g fiber), 17g protein. **Diabetic Exchanges:** 2 starch, 2 medium-fat meat, 1 vegetable.

Resources <https://www.tasteofhome.com/collection/pizzas-veggie-lovers/>

Summer Awareness

June

World Blood Donor Day June
14th

Fathers Day June 21st

Gay Pride Day June 23rd

Alzheimer's and Brain
Awareness Month

Professional Awareness Month

Men's Health Month

August

National Breast-Feeding Month

National Immunization Month

Natural Health Center Week
9th -15th



Closures

Wednesday July 1st – Canada Day
Monday August 3rd – Statutory Holiday

Hours of operation may vary during
June and July refer to our Website and
Facebook page for updates.

Fruits

R	A	W	A	Y	R	Y	A	Y	A	P	A	P	B
B	N	E	E	R	L	R	A	B	B	Y	E	E	L
N	A	E	B	R	M	R	N	E	A	R	W	A	U
B	N	S	A	E	P	E	R	N	N	R	A	I	E
R	A	A	P	B	E	B	E	P	E	E	T	B	B
S	B	L	B	K	E	P	O	E	A	B	E	N	E
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N	P	R	I	B	B	N	M	L	T	T	L	M	M
A	A	A	K	C	O	R	E	R	L	S	O	O	N
R	R	A	R	M	A	E	L	I	M	E	N	E	C
O	G	S	E	G	N	M	P	E	B	R	K	I	T
S	P	L	A	E	E	L	P	P	A	B	E	W	I

Raspberry
Lime
Blackberry
Watermelon
Orange
Banana
Papaya
Lemon
Kiwi
Strawberry
Grape
Apple