



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

June 2021

Men's Health Issue

In this issue we will be covering topics such as:

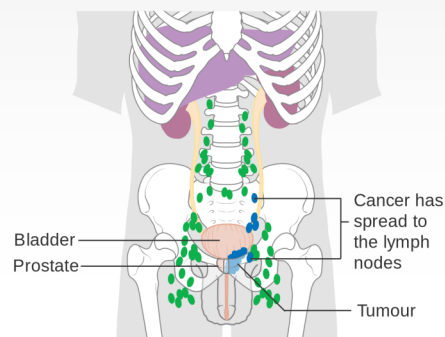
- Prostate Cancer
- High Cholesterol in Men
- Afib
- Easy exercises you can do at home

And;

- HHSS New Summer Student and On Call Medical Driver

We also have recipes for:

- Whole Wheat Pizza crust, or
- Cauliflower Pizza Crust
- All ingredients can be found in your June Healthy Food Bag!



For information on any activities taking place this month or to make ride arrangements, please contact one of our offices.

Cooks Ferry Office

Box 188, 3691 Deer Lane, Spence's Bridge, BC, V0K 2L0

Phone: (250) 458-2212

Fax: (250) 458-2213

Client Toll Free: 1-866-458-2212

Email: nadine.methot@hhssbc.ca

Siska Office

163 Loop Road

Phone: (250) 455-6601

Fax: (250) 455-6608

Client Toll Free: 1-844-255-6601

Email: corynn.revely@hhssbc.ca

Visit our Facebook Page! <https://www.facebook.com/groups/462213130612032/?ref=bookmarks>

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HESKW'EN'SCUTXE HEALTH
SERVICES SOCIETY



**The Heskwen'scutxe offices will be closed:
Monday, June 21, 2021 for
Indigenous Day**

The Heskwen'scutxe Health Services Society is funded by First Nation Health Authority and we support people to maintain their independence and self sufficiency.



Resource Numbers

Emergency Assistance

Ambulance/Fire/Police.....911
 RCMP.....250-455-2225
 RCMP Spences Bridge....250-458-2233 (local non emergencies)
 Children's Hotline.....310-1234
 Kid's Helpline.....1-800-668-6868
 Interior Crisis Line Network 1-888-353-2273
 (depression, poverty, abuse, homelessness, suicide)

Distress Centres & Services

Air or Marine Emergency 1-800-567-5111
 Airport/Coastal Watch programs
 1-888-855-6655
 Alcohol & Drug Referral 1-800-663-1441
 Child Find BC
 1-888-689-3463
 Earthquake, Flood, Dangerous Goods Spills, Tsunami
 1-800-663-3456
 Provincial Emergency Program Information
 250-371-5240
 For Reporting Environmental Violation & Dangerous
 Wildlife/Human Conflicts
 1-877-952-7277
 Forest Fire Reporting Only
 1-800-663-5555
 Gas Leaks & Odours (Fortis BC Inc.)
 1-800-663-9911
 Missing Children Society of BC
 1-800-661-6160
 Power Outages & Emergencies
 1-888-769-3766/*49376
 Problem Gambling Help Line – 24hrs
 1-888-795-6111
 Quit Now! Smoker's Helpline
 1-877-455-2233
 Suicide Distress Line
 1-800-784-2433

Han Knast Tsitxw Transition house
 250-455-2284
 VictimLINK – 24 hr Help & Information Line
 1-800-563-0808
 Y Women's Emergency Shelter
 250-374-6162
 Youth Against Violence Line
 1-800-680-4264

Hospitals

Ashcroft
 700 Ash-Cache Creek Hwy, Ashcroft
 250-453-2211
 Blue River Health Centre
 858 Main Street, Blue River
 250-673-8311
 Dr. Helmcken Memorial Hospital
 640 Park Dr., Clearwater
 250-674-2244
 Nicola Valley Health Care Centre
 3451 Voght Street, Merritt
 250-378-2242
 Royal Inland Hospital
 311 Columbia Street, Kamloops
 250-374-5111
 St. Bartholomews Health Centre
 575 A Main Street, Lytton
 250-455-2221
 Lytton Medical Clinic
 250-455-2202

MENTAL WELLNESS SUPPORT SERVICES AVAILABLE TO THE NATION

Hope For Wellness Hotline: 1-855-242-3310

Helpline offers 24 hour immediate mental health counseling and crisis intervention to all indigenous peoples



Kuu –us Crisis Line at 1800-588-8717

Toll free Aboriginal provincial crisis line 24 hours

Indian Residential School Survivors 1-604-985-4464 or toll free 1800-721-0066

Tsow-Tun Le Lum Society: 250-268-2463

24 hour support line supporting those struggling with addiction sub-



Nlaka’pamux Mental Health Services

Wanda Dixel

Mental Health and Addictions Clinician

Wanda comes to both offices by appointment only. You do not need a referral to book an appointment.

Office: 250 378.9772 ext 109 Mobile: 250 378.7631

Email: dixel.w.e@nlxfn.com



Nlha’7kapmx Child and Family Services
987 George Road, Lytton, BC , V0K 1Z0

Phone: 250- 455-2118

Fax: 250-455-2117

Email: info@n7xservices.com

Hentle,

May 10-16th was National Nursing Week and all staff at HHSS would like to send a BIG THANK YOU to our Nurse Scarleth and Nurse Lisa for their dedication to our communities, providing leadership to staff, and assisting other communities with vaccination clinics. The theme this year was **#WeAnswerTheCall** to showcase the many roles that nurses play in a patient's health-care journey. The pandemic brought to light the courage and commitment that nurses work under every day and showed the important role that nurses play in community. HHSS is so grateful to have two awesome nurses working for our communities and we want Scarleth and Lisa to know how much we appreciate and acknowledge the job that you do for us! You sure do Answer the Call!

The 2nd dose Covid vaccine clinics went well. Thank you to all who were able to receive the vaccine and attended your appointments. A total of 13 vials of Moderna vaccine were provided to HHSS by First Nations Health Authority based on our first dose clinic numbers. HHSS administered a total of 139 doses. All doses of vaccine were used. Please continue to follow all current public health orders even if you have been vaccinated.

Summer Solstice is on **Sunday, June 20, 2021 at 8:32 pm** in Vancouver. The Solstice is an astronomical event that happens twice, once in June and once in December, each year when the Sun reaches its highest position in the sky as seen from the North or South Pole. Summer Solstice is 8 hours, and 4 minutes longer than on the December Solstice. During winter, the day of the solstice is the shortest day of the year and during summer the day of the solstice is the longest day of the year. Enjoy the extra hours of daylight!

National Indigenous Peoples Day is June 21, to coincide with the summer solstice, for celebrating First Nations, Inuit, and Metis Peoples and contributions. Let's celebrate this year in a safe way while honoring our culture.

Our June theme of the month is Men's Health. Statistically, men do not go to the doctors as regularly as **women do**, and many avoid visits when they're experiencing health problems. According to 2014 data compiled by the U.S. Centers for Disease Control and Prevention, **men** are three times **as** likely as **women** to have gone without a visit to a **doctor** or other healthcare provider. Prevention and knowledge are the best way to avoid the doctor, and HHSS is here to assist in anyway we can. We encourage all men to get medical check ups and to see a doctor if experiencing any changes in your body and health and to follow Doctors orders. If you do not have a Doctor, First Nations Health Authority has online, or by phone, Virtual Doctors of the Day. HHSS has found this service extremely helpful and have had positive experiences with the program.

Fathers Day is on June 20th. We honor all men who are role models, caregivers, and fathers. Parenting is the toughest job there is. Happy Fathers Day to you!

Tina Draney, Acting Manager



Mother's Day Planters purchased from Stein Valley Nlaka'pamux School fundraiser.

Congratulations to our Mothers Day

Best Mom Ever Contest

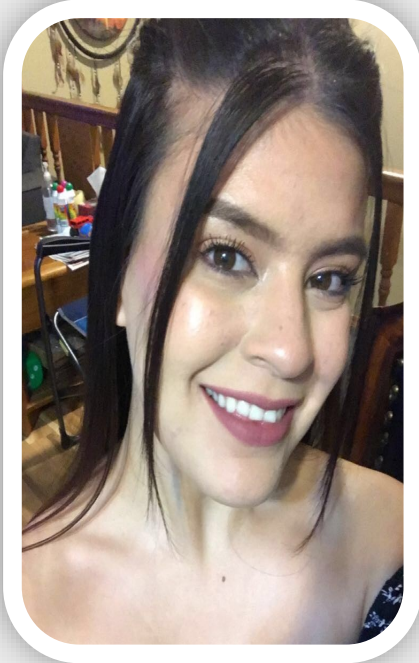
- | | |
|-------------------|-----------------|
| Tony Miranda | Jocelyn Dunstan |
| Lori Minnabarriet | Regina Pierre |
| Bernice Anderson | Rain Dunstan |

Fire Safety Word Search Contest Winners

- | | |
|----------------|-------------------|
| Hailey Dunstan | Bernice Anderson |
| Betsy Munro | Tony Miranda |
| Florine Walkem | Lori Minnabarriet |

Prizes: \$100 Desert Hills , \$75 Home Hardware, \$25 Safety Mart Gift cards. Check out our social media platforms for contest reminder deadlines! Thank you for participating!

WELCOME SUMMER STUDENT JAGUAR ISAAC!



Welcome Jaguar Isaac!

Jaguar is joining our team this summer in the role of Nursing Program Administrative Support. She comes to us with experience in health care, having both completed the Health Care Assistant program and worked as a Residential Care Aid at Ridgeview Lodge in Kamloops.

Jaguar's focus this summer will be to update our Client Profiles so that we have all the necessary information to assist community members with:

- (1) accessing FNHA-funded medical equipment and supplies,
- (2) accessing allied health services, such as physiotherapy, occupational therapy, and registered dieticians, and
- (3) effectively liaising with other health care professionals, including members of the acute care team when community members are admitted to hospital. Jaguar will be reaching out to community members to confirm our Client Profiles are accurate. She will also be sharing with community members about Meditech, Interior Health's electronic medical record, and requesting consent to being part of this important initiative and updating community members' Panorama (public health electronic record) vaccine records. We look forward to having Jaguar as part of our team!

WELCOME BACK MARTHA VAN DYKE!!

You may have seen Martha delivering the Mother's Day Planters or healthy food bag recently. You were not dreaming! Martha is baaaaaack and we are happy to announce that she has been hired as our On Call Medical Transportation Driver and Healthy Food Bag Helper.





First Nations Health Authority
Health through wellness

Have COVID-19 Symptoms? Call 8-1-1



Don't call 9-1-1 unless it's an emergency.

If you think you may have symptoms of COVID-19, call 8-1-1.

8-1-1 is the provincial phone line for medical information and advice, including all COVID-19 questions. Call 8-1-1 free of charge to talk to trained nurses and get the info you need on the coronavirus and COVID-19.

Remember: 9-1-1 should only be used in an emergency! 9-1-1 operators do not have COVID-19 information. Calling 9-1-1 can put others at risk by delaying other emergency response efforts.

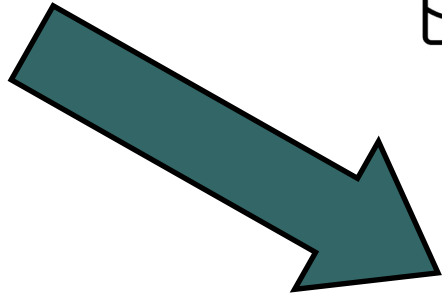
For non-medical questions about COVID-19, like questions about travel restrictions, call 1-888-COVID19 (1-888-268-4319). This info line is open from 7:30 AM to 8 PM. Do not call this line if you are sick. 8-1-1 is the best phone line if you think you have COVID-19.

To self-assess your symptoms, please visit the BC Centre For Disease Control's COVID-19 Symptom Self-Assessment Tool here: [covid19.thrive.health](https://www.bccdc.ca/covid19/thrive/health)



For the latest information on COVID-19, go to www.fnha.ca/coronavirus

Check out our insert For our Father's Day Word Search contest!



S	P	S	P	O	R	T	S	Y	N	N	U	F	P
E	E	G	T	H	O	U	G	H	T	F	U	L	R
I	Y	N	H	N	S	T	C	E	P	S	E	R	O
R	D	O	S	L	O	V	E	N	H	U	G	S	T
O	D	R	H	E	R	D	T	T	T	Y	O	A	E
M	A	T	S	E	S	I	M	O	T	R	O	F	C
E	D	S	H	O	H	Q	B	O	C	L	A	S	T
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O	E	I	C	P	O	A	L	A	I	C	E	P	S

- TOOLS
- JOKES
- SPORTS
- HOME
- BBQ
- CARING
- FAMILY
- PROTECTIVE
- RESPECT
- LOVE
- DADDY
- TIE
- SPECIAL
- GIFTS
- HONOR
- HUGS
- FUNNY
- THOUGHTFUL
- MEMORIES
- STRONG



Complete the word search and submit to Corynn or Nadine to be entered in a draw for a gift card. Deadlines for the submissions will be June 17, 2021.

Winners to be announced on June 18, 2021 on live draw on FB

Prizes for each community: \$100 Canadian Tire Gift Card
\$75 BBQ Meat Package
\$ 25 Desert Hills

Prostate cancer

A cancer that occurs in the prostate. The prostate is a small walnut-shaped gland in males that produces the seminal fluid that nourishes and transports sperm.

Prostate cancer is one of the most common types of cancer. Many prostate cancers grow slowly and are confined to the prostate gland, where they may not cause serious harm. However, while some types of prostate cancer grow slowly and may need minimal or even no treatment, other types are aggressive and can spread quickly.

Prostate cancer that's detected early — when it's still confined to the prostate gland — has the best chance for successful treatment.

Symptoms

Prostate cancer may cause no signs or symptoms in its early stages.

Prostate cancer that's more advanced may cause signs and symptoms such as:

- Trouble urinating
- Decreased force in the stream of urine
- Blood in the urine
- Blood in the semen
- Bone pain
- Losing weight without trying
- Erectile dysfunction

Causes

Prostate gland

It's not clear what causes prostate cancer.

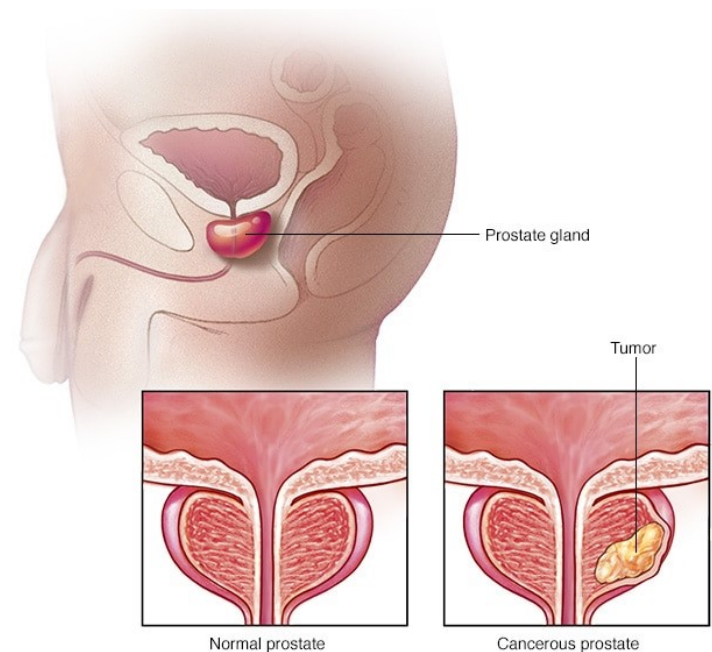
Doctors know that prostate cancer begins when cells in the prostate develop changes in their DNA. A cell's DNA contains the instructions that tell a cell what to do. The changes tell the cells to grow and divide more rapidly than normal cells do. The abnormal cells continue living, when other cells would die.

The accumulating abnormal cells form a tumor that can grow to invade nearby tissue. In time, some abnormal cells can break away and spread (metastasize) to other parts of the body.

Risk factors

Factors that can increase your risk of prostate cancer include:

- Older age. Your risk of prostate cancer increases as you age. It's most common after

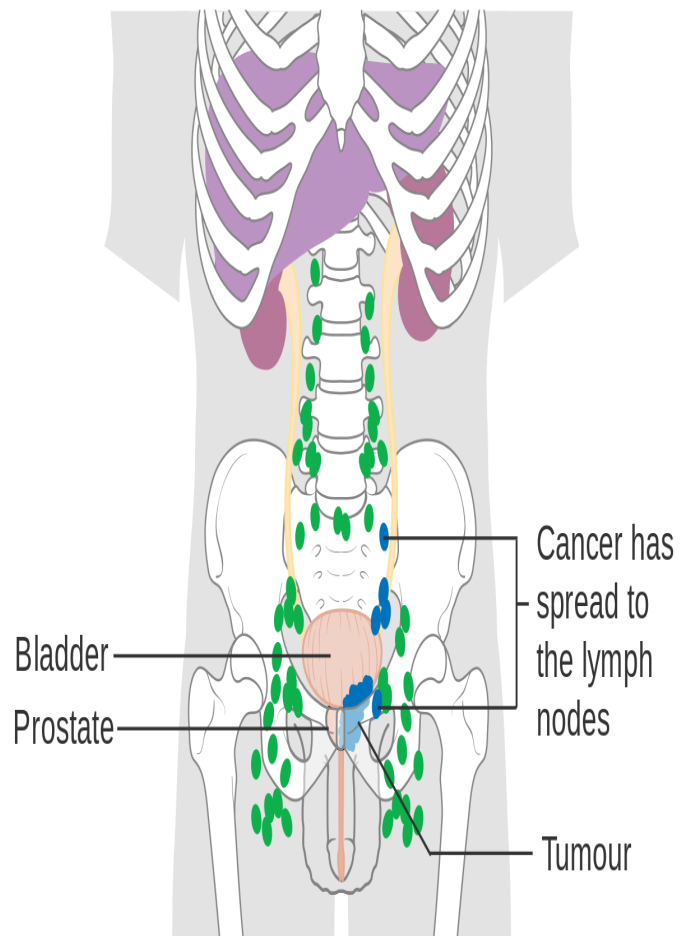


- Race. For reasons not yet determined, Black people have a greater risk of prostate cancer than do people of other races. In Black people, prostate cancer is also more likely to be aggressive or advanced.
- Family history. If a blood relative, such as a parent, sibling or child, has been diagnosed with prostate cancer, your risk may be increased. Also, if you have a family history of genes that increase the risk of breast cancer (BRCA1 or BRCA2) or a very strong family history of breast cancer, your risk of prostate cancer may be higher.
- Obesity. People who are obese may have a higher risk of prostate cancer compared with people considered to have a healthy weight, though studies have had mixed results. In obese people, the cancer is more likely to be more aggressive and more likely to return after initial treatment.

Complications

Complications of prostate cancer and its treatments include:

Cancer that spreads (metastasizes). Prostate cancer can spread to nearby organs, such as your bladder, or travel through your bloodstream or lymphatic system to your bones or other organs. Prostate cancer that spreads to the bones can cause pain and broken bones. Once prostate cancer has spread to other areas of the body, it may still respond to treatment and may be controlled, but it's unlikely to be cured.



Incontinence. Both prostate cancer and its treatment can cause urinary incontinence. Treatment for incontinence depends on the type you have, how severe it is and the likelihood it will improve over time. Treatment options may include medications, catheters and surgery.

Erectile dysfunction. Erectile dysfunction can result from prostate cancer or its treatment, including surgery, radiation or hormone treatments. Medications, vacuum devices that assist in achieving erection and surgery are available to treat erectile dysfunction.

Prevention

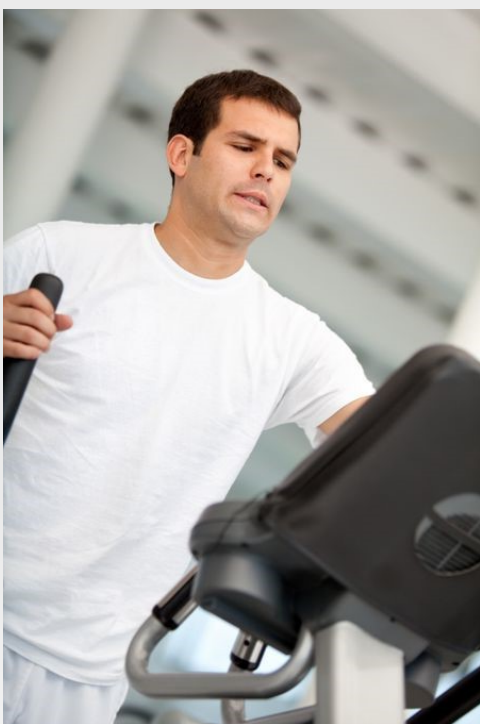
You can reduce your risk of prostate cancer if you:

Choose a healthy diet full of fruits and vegetables. Eat a variety of fruits, vegetables and whole grains. Fruits and vegetables contain many vitamins and nutrients that can contribute to your health.

Whether you can prevent prostate cancer through diet has yet to be conclusively proved. But eating a healthy diet with a variety of fruits and vegetables can improve your overall health.

Choose healthy foods over supplements. No studies have shown that supplements play a role in reducing your risk of prostate cancer. Instead, choose foods that are rich in vitamins and minerals so that you can maintain healthy levels of vitamins in your body.

Exercise most days of the week. Exercise im-



proves your overall health, helps you maintain your weight and improves your mood. Try to exercise most days of the week. If you're new to exercise, start slow and work your

way up to more exercise time each day.

Maintain a healthy weight. If your current weight is healthy, work to maintain it by choosing a healthy diet and exercising most days of the week. If you need to lose weight, add more exercise and reduce the number of calories you eat each day. Ask your doctor for help creating a plan for healthy weight loss.




Talk to your doctor about increased risk of prostate cancer. If you have a very high risk of prostate cancer, you and your doctor may consider medications or other treatments to reduce the risk. Some studies suggest that taking 5-alpha reductase inhibitors, including finasteride (Propecia, Proscar) and dutasteride (Avodart), may reduce the overall risk of developing prostate cancer. These drugs are used to control prostate gland enlargement and hair loss.

However, some evidence indicates that people taking these medications may have an increased risk of getting a more serious form of prostate cancer (high-grade prostate cancer). If you're concerned about your risk of developing prostate cancer, talk with your doctor.

CHOLESTEROL

In Men



Why Should I Care About High Cholesterol in Men?

High cholesterol, also called hypercholesterolemia, puts men at higher risk for heart attacks, strokes, and peripheral artery disease. For many men, the risk from high cholesterol starts in their 20s and goes up with age.

High cholesterol tends to run in families, so genes play a role. But a variety of lifestyle choices -- including diet, activity, and weight -- also affect cholesterol levels. The only way to know how high your cholesterol levels are is to get a blood test. Everyone over 20 should get a cholesterol test at least once every 5 years. If your numbers are high, your doctor may recommend the test more often.

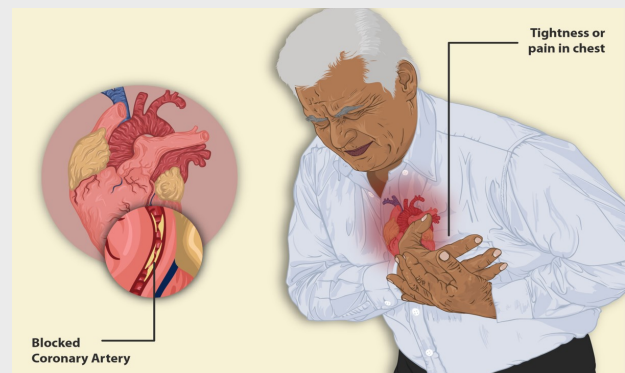
What Is High Cholesterol?

Cholesterol is a waxy, fat-like substance made in the liver and other cells. It's also found in certain foods, such as dairy products, eggs, and meat.

Your body needs some cholesterol to make hormones, vitamin D, and the bile acids that help you digest fat. But the body needs only a limited amount of cholesterol. When there's too much, health problems, such as heart dis-

ease, may develop.

There are different kinds of cholesterol, and if there's too much of certain kinds in your blood, a fatty deposit called plaque can build up on the walls of your arteries. It's like rust on the inside of a pipe. This plaque buildup can block blood flow to the heart muscle, reducing its oxygen supply. If levels of blood and oxygen to the heart drop far enough, you may start feeling chest pain or find yourself short of breath.



A heart attack happens when the plaque completely blocks a blood vessel feeding a section of the heart muscle. If the plaque blocks a blood vessel going to your brain, you can have a stroke.

The cholesterol that blocks arteries is called low-density lipoprotein (LDL). Another kind of cholesterol called high-density lipoprotein (HDL) is known as good cholesterol because it helps remove LDL from the blood and from the body. For good health, you want to keep the LDL levels down and the HDL levels up. If this balance isn't maintained, especially if it's reversed, you are said to have high cholesterol.

What Are the Risk Factors for Having High Cholesterol?

Your risk of having high cholesterol goes up if:

You diet is high in saturated fat. These fats, found in meat and full-fat dairy products, raise LDL cholesterol. Dietary cholesterol, found in eggs and organ meats, can also raise blood cholesterol levels, but not as much as saturated fat does.

You eat foods with trans fats. These are human-made fats found in partially hydrogenated oils. They raise LDL cholesterol and lower HDL cholesterol -- exactly the wrong combination.



- **You eat processed foods or foods high in carbohydrates.** These types of foods have also been shown to increase LDL cholesterol.



You are overweight or obese. Extra weight increases LDL and lowers HDL.

You don't get much exercise. Studies show that frequent exercise can boost HDL, the good cholesterol. Lack of exercise can lead to weight gain.

What's the Link Between Testosterone and High Cholesterol?

Testosterone is an important hormone for men. It helps control growth and develop-

ment and is linked to sex drive, muscle, and bone mass. Researchers are studying the idea that it's also linked to cholesterol in some way. Some think it might help prevent heart disease.

Studies have found that testosterone doesn't seem to have any effect on LDL -- "bad" -- cholesterol. But higher testosterone can lead to lower levels of "good" cholesterol in healthy men between the ages of 20 and 50. Researchers haven't seen that happen in older men who take testosterone supplements, though.

Testosterone and heart disease

As men age, their bodies make less testosterone. Older men are also more likely to have heart problems and high cholesterol. Testosterone can help get rid of fat and build muscle mass, both of which can make you less likely to have a heart attack.

So, can boosting the hormone help prevent heart disease?

In 2015, the American Association of Clinical Endocrinologists, who study hormones and how they affect your body, tried to answer that question. They learned that there's a strong link between low testosterone and heart attacks and other heart problems, especially in older men.

But other studies suggest that some men might be more likely to have heart trouble if they take testosterone supplements.

In 2010, researchers cut short a study of testosterone supplements in older men who had problems getting around. Of the 209 men in the study, 23 men who were getting testosterone treatments developed high blood pressure or abnormal heart rhythms or had heart attacks.

Since the trial involved a small number of men who were older and unhealthy in other ways, scientists said they couldn't learn much from the results.

The bottom line is that more study is needed for doctors to better understand the risks and benefits of using testosterone supplements.

How Does the Doctor Know I Have High Cholesterol?

There are two different types of cholesterol tests. The simplest measures total cholesterol levels in the blood. Most doctors use a lipoprotein analysis, which includes:

- Total cholesterol level
- LDL cholesterol level
- HDL cholesterol level

Triglycerides (another fat in your blood that raises the risk of heart disease)

How Can I Prevent High Cholesterol?

Eat a healthier diet. To reduce your cholesterol, one of the most important changes to make is to cut back on the amount of saturated fat and trans fats in your diet. That means

cutting back on meat and poultry -- either by eating smaller portions or eating them less often -- and choosing skim or low-fat dairy products. It also means eating less fried food, processed food, and foods high in sugar.

It is also important to increase the amount of soluble fiber you eat. This form of fiber, found in oatmeal, kidney beans, and apples, for example, helps remove LDL from the body.

Lose weight. If you are overweight or obese, losing even just a few pounds can help lower your cholesterol levels. There is no magical formula for weight loss, of course, but reducing portion sizes and cutting out things you can easily live without, such as beverages sweetened with sugar, are good places to start. The average American now gets more than 20% of calories from beverages. Switching to water is painless and can make a big difference in total calories.

Get regular exercise. As little as a brisk 30-minute walk most days raises HDL and may slightly lower LDL. Exercise is especially important if you have high triglyceride and LDL levels and more than your share of abdominal fat.



What Are the Treatments for High Cholesterol?

The first treatment of choice for high cholesterol is adopting a healthier lifestyle. In many men who have cholesterol in the borderline high category, healthier habits can bring the numbers down to normal. If lifestyle changes are not enough, a variety of cholesterol-lowering medications are available.

The leading choice -- statin drugs -- are very effective at lowering LDL. Recent studies have confirmed that, in addition to lowering cholesterol levels, these drugs reduce the risk of heart disease. The medications are most effective when combined with a low-cholesterol diet.

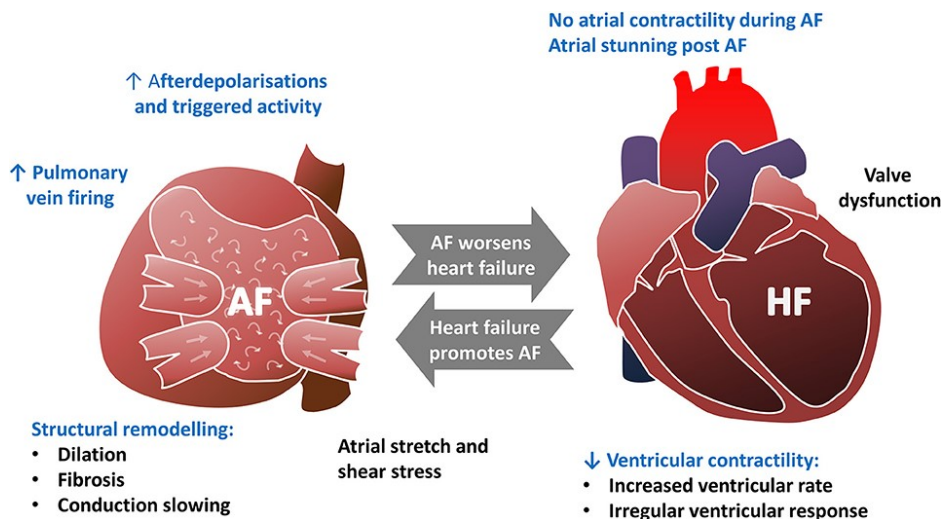


The Hidden Heart Problem That's Claiming Men's Lives Now: AFIB

Working out is one of the healthiest things you can do for your heart, so imagine exercising intensely for a decade—like cycling at least 25 hours a week—and then finding out you have, of all things, a heart problem. That’s what happened to Fabian Sanchis-Gomar, M.D., Ph.D. At 26, he was diagnosed with atrial fibrillation, or AFib. It’s a heart-rhythm disorder that increases your risk of a stroke or heart failure, and it’s killing nearly 40 per cent more Americans (especially Black men) than it did just two decades ago.

For Dr. Sanchis-Gomar, it announced itself with “palpitations, dizziness, and shortness of breath,” he says. The diagnosis was frustrating, since he led a healthy life. Now he’s a researcher at Stanford University and the University of Valencia, seeking to fill a gap in modern medical knowledge. Currently, experts can’t pinpoint who will get AFib, or how dangerous it will be, and Dr.

Sanchis-Gomar is furiously trying to identify genetic markers that can help change that. That’s critical because the earlier you catch it, the more treatment options you have, from meds and surgery to everyday lifestyle tweaks.



To understand how to prevent and detect it, you need to know how things should go in your heart, and what goes wrong. Normally, the heart’s electrical system coordinates the rate and rhythm of your heartbeats, which pump blood through the chambers. When someone has AFib, those circuits become faulty, says cardiologist Aseem Desai, M.D., author of *Restart Your Heart: The Playbook for Thriving with AFib*. “The chambers on the top quiver, beating rapidly and out of sync with the bottom two chambers.” You might have palpitations—anything from flutters to thumps—or become dizzy, tired, light-headed, or short of breath. Some guys feel fatigued; others feel nothing. AFib episodes can weaken the heart, which can be fatal. Researchers like Northwestern University’s Sadiya S. Khan, M.D., aren’t sure what’s causing the recent increase in deaths—they’re grasping at rising obesity rates and increased stress. But what is clear now is that the following precautions and preemptive practices can keep your risk for AFib down and help you detect it early.

How to Lower Your Risk of Afib Trouble

Listen to your heart

Today, many guys are spotting signs of AFib early thanks to heart-monitoring apps and alerts on smartwatches. They've been useful, since AFib is episodic and won't show up on an EKG unless it's happening right as the test is being taken. If you see an abnormal-pulse alert, call your doctor but don't panic. Mayo Clinic research found that only about 15 percent of people who received this alert from an Apple Watch required treatment.



Check for sleep apnea

This is likely an underrecognized AFib risk factor in young and obese men, says Dr. Desai. The drop in oxygen when you stop breathing at night can trigger AFib episodes and alter the electrical system in your heart over time. "I've had patients who have failed every treatment for AFib that we have, and finally, when someone discovers they have sleep apnea and they're treated, the AFib goes away," he says.

Keep doing what your heart loves

What helps keep heart attacks away also helps chase AFib. That means: Keep your blood pressure and diabetes under control. Quit smoking if you haven't already. Find a way to manage stress. Drop pounds if you need to—obesity may throw rhythms out of whack by enlarging your heart or causing fatty tissue to form around it that interferes with its complex circuitry.



Consider a different pour

The news that nonalcoholic beers are better than ever pleases more than your taste buds. Landmark research in the *Journal of the American College of Cardiology* suggests that every drink you consume per day increases your risk of an episode by about 8 percent. “Alcohol causes you to lose potassium and magnesium, two electrolytes in particular that are very important for your heart rhythm,” says Dr. Desai. Newer research strengthens the link between alcohol and AFib: This large study (nearly 108,000 people) suggested that one small alcoholic drink a day was linked to a 16 percent increase in the risk of AFib compared to people who drank nothing.



Exercise

There’s a U-shaped curve with AFib—people who don’t exercise are at higher risk, people who exercise moderately tend to have the lowest risk, and then there’s that troublesome issue of the highly trained athletes like Dr. Sanchis-Gomar who are also at higher risk for AFib. If you don’t exercise often, definitely aim to meet the American Heart Association’s recommendation of 150 minutes per week of moderate-intensity aerobic activity. If you are an endurance athlete, it can’t hurt to check in with a heart specialist and run through any risk factors, until research like Dr. Sanchis-Gomar’s comes up with a better way to identify AFib.

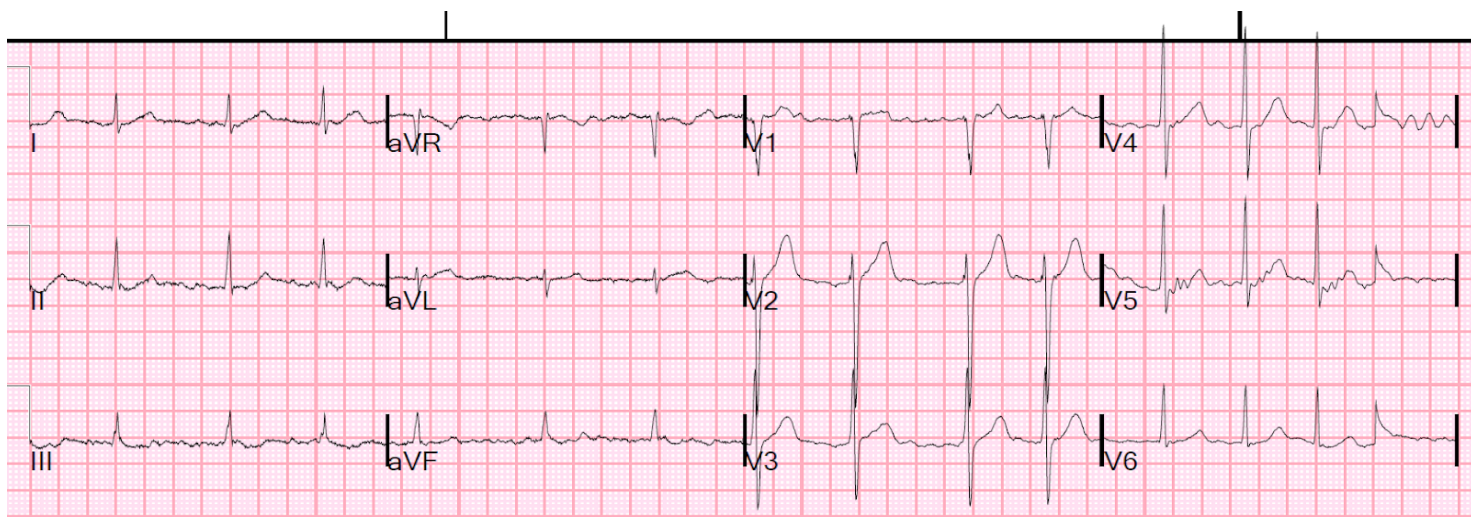


What to do if you've been diagnosed with Afib

“There used to be this notion that AFib was an incurable disease, and that there weren't really a lot of treatment options out there,” says Dr. Desai. “That's completely untrue.” Your options will depend on the frequency and severity of your AFib.

Common treatments include:

- Medications. Anti-arrhythmic drugs can be administered through a pill or IV to bring your heart's rhythm back in order and/or prevent episodes. You may also get blood thinners to reduce your stroke risk.
- Cardioversion. This procedure, used for people with continuous AFib, is administered in a hospital and shocks your heart back into rhythm through electrodes placed on your chest. It's really important to know about this: One review in the *Journal of the American College of Cardiology* suggests that Black and Hispanic people with AFib are less likely than white men to receive a cardioversion. If your doctor doesn't mention this option, ask!
- Catheter ablation. Through a tiny tube, a doctor applies either extreme heat or cold to tiny areas of your heart, scarring locations that were making your electrical signals go haywire. Dr. Sanchis-Gomar had this at age 34, and at 42 he's symptom-free.
- On the horizon: a quick fix for episodes. “Patients in the U. S. have no real options to have their hearts return to normal rhythm within a few minutes,” says Grace Colón, Ph.D., president and CEO of InCarda Therapeutics. The company is working on an oral inhalable version of an existing drug (flecainide) that can reach the heart quickly to stabilize its rhythm. InCarda estimates approval is a couple years away.



Easy At-Home Workouts

- Easy workouts also help you to:**
- **Boost self-confidence**
 - **Burn more calories and lose weight**
 - **Decrease your stress level**
 - **Develop strong muscles**
 - **Establish a healthy daily habit**
 - **Improve your sleep**

Set a short-term goal to complete three workouts during your first week, then add workout days gradually until you are doing some form of activity on most days of the week.

The type of exercise you choose to do is less important than the consistency of your program. But if you are short on ideas, here are five simple workouts to get you started.

1. **Bodyweight training:** You don't need any special gym equipment to burn calories and build stronger muscles. Take 10 to 15 minutes to try doing five incline push-ups (against a surface that allows your body to be at an incline, like a bathroom sink), five chair squats, and five walking lunges (or a set of stationary lunges holding on to a countertop for support). Repeat the sequence two to three times.
2. **Chair workout:** If you are not yet comfortable standing for long periods of time, grab a sturdy chair and complete 10 to 15 minutes of movement with this workout several times each week.
3. **Dancing:** Put on some music, grab your kids, your sweetie, or go solo and groove for 15 to 30 minutes. No choreography is necessary; the important thing is to move to the music.
4. **Online workouts:** If you want to avoid the gym, exercise at home. It's easy to do with online workouts. Many of them are free and most offer easy workouts for beginners. Plus you can enjoy the benefit of working out in the privacy of your own living room.
5. **Shadowboxing:** If dancing isn't your cup of tea, try shadowboxing at home. No equipment is required for this workout and it helps to decrease stress as well.
6. **Stair-climbing:** Take 10 minutes out of your day and walk up and down a flight of steps. If you don't have a staircase available, use a step or platform.



Easy Outdoor Workouts

Exercising outside provides extra perks. There are stress-relieving benefits to breathing fresh air and enjoying your local park, pool, or nature preserve.

Aqua jogging: If your joints don't feel good when you walk for long periods of time, try pool running, or aqua jogging. Many public pools provide the blue belt you need to keep your upper body afloat. Once you're in the water you simply walk without letting your feet touch the bottom of the pool. No belt? Just walk in the water with your feet on the pool floor.



Biking: Dust off your Schwinn and hop aboard. Take a leisurely spin around the neighborhood or better yet, find a continuous path that allows you to keep pedaling for 20 to 30 minutes or so without stopping

for lights and traffic.

Walking: Enjoy a 30-minute walking workout and count it as your daily exercise. Walk slowly for five minutes, pick up your pace for 20 minutes, then cool down and walk slowly again for five minutes



- **Gardening or yard work:** If you like to spend time in your yard, this is a great way to work your muscles and burn calories. Digging, weeding, raking, and mowing are all good sources of activity.



**The NEW PROVINCIAL NUMBER for booking is: 1-833-838-2323
COVID SHOT INFORMATION**

Age/Group Date Eligibility Starts

55+ (born 1966 or earlier) Mon, April 12 at 12 PM, PDT

50+ (born 1971 or earlier) Wed, April 14 at 12 PM, PDT

45+ (born 1976 or earlier) Fri, April 16, at 12 PM

40+ (born 1981 or earlier) Mon, April 19 at 12 PM, PDT

Aboriginal people 18+ (born in 2003 or earlier) Ongoing

People who are clinically extremely vulnerable with invitation letter 16+ (born 2005 or earlier)

[Residents of Whole Community Clinic Communities 18+ \(born 2003 or earlier\)](#) Ongoing

People aged 55 to 65 (born in 1956 to 1966) may also choose to get the AstraZeneca COVISHIELD vaccine at eligible pharmacies with vaccine supply.

How to register for your vaccine appointment

You can register for yourself or someone else who needs assistance. Everyone 18 and older is eligible to be vaccinated, even if you don't have a Personal Health Number.

Public health will never share your information with any other agencies or parts of government. **You will never be asked for your Social Insurance Number (SIN), driver's license number or banking and credit card details**

Register Online with a Personal Health Number

You can register 24 hours a day.

To register online, you **must** provide:

- First and last name, Date of birth, Postal code, Personal Health Number
- An email address that gets checked regularly **or** a phone number that can receive text messages

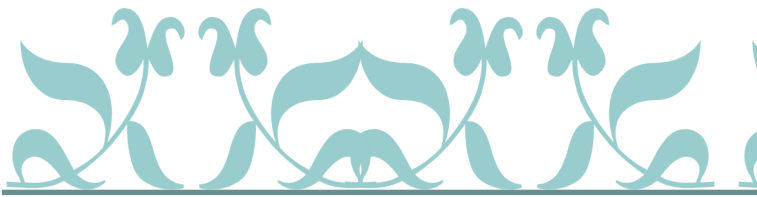
Register by Phone

Call: 1-833-838-2323 **Seven days a week, 7 am to 7 pm (PDT)**

The provincial call centre can also help if you feel more comfortable registering over the phone.

Please have the following information ready:

- legal name, date of birth, postal code, your personal health number (PHN)
- **You do not require a PHN to register by phone.**



Whole Wheat Crust Pizza

Ingredients:

- 1 cup Whole wheat flour
- 1 cup All-Purpose flour
- 1/2 tsp Sugar
- 1 1/4 tsp Instant Yeast
- 3/4 cup Warm Water
- 2 tbsp Olive Oil
- 1 cup Pizza Sauce
- Low fat Mozzarella
- Various Pizza Toppings

Making Pizzas:

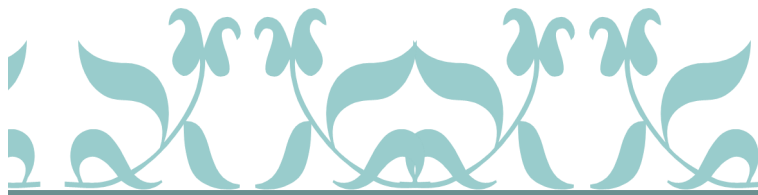
1. Put first 5 ingredients into a medium bowl. Stir together well. Add warm water and oil. Mix well until dough leaves sides of bowl. Knead on lightly floured surface for 5-8 minutes until smooth and elastic.
2. Place dough in large greased bowl, turning once to grease the top. Cover with tea towel. Let stand in



warm spot until doubled in volume, about an hour. Punch dough down. Roll out and press in greased 12 inch pizza pan, forming ridge around the edge.

3. Spread pizza dough with commercial sauce and top with sliced vegetables and grated mozzarella cheese.
4. Bake at 425 degrees Fahrenheit for 10 minutes or until cooked through. To test for doneness cut through to dough in centre of Pizza. If still wet, return to oven and cook further, testing after every 5 minutes.





Ingredients for Cauliflower Crust

- **Cauliflower:** You will need a large head of cauliflower, 6" – 7" in diameter, about 2.5 – 3 lbs.
- **Egg:** Egg is part of "the glue" that holds cauliflower pizza dough together.
- **Cheese:** As cheese melts during baking, it helps to bind small pieces of cauliflower into a crust. Cheese is crucial! So is the egg. Sorry can-

not be vegan.

Spices: Simple dried herbs like oregano, basil or Italian mix plus salt and pepper add flavor to the crust. Cauliflower itself is pretty bland. Also you can add garlic powder.

How to Make Cauliflower Pizza Crust

1. Separate Cauliflower Head into Florets

- **Using cauliflower rice:** Skip this step.
- **Preheat oven:** It is a good time to preheat oven to 375 degrees F. We first cook rice in it and after bake the crust, so it makes sense to keep the oven on.

Separate cauliflower: Using a paring knife, remove outer leaves, rinse and cut off florets one by one.

2. Rice the Cauliflower

Food processor: Place cauliflower florets in a food processor and process until "rice" texture. Some coarse chunks are fine. You will be baking and then squeezing the cauliflower, so chunks do not matter.

Using cauliflower rice: Skip this step.

3. Cook "the Rice"

- **Dish:** I spread rice on same baking sheet I will be using for baking or use pie plate for microwave.
- **Oven:** Bake in the oven for 15 minutes.

Or Microwave: For 8 minutes.

4. Let Cool a Bit

Line large bowl with [cheesecloth](#): You can also use linen tea towel. We will be folding and squeezing "rice" in this material.

Transfer and cool: Then transfer cooked cauliflower "rice" to prepped bowl and let cool down until s5. **Squeeze All Water Out**



Fold, hold and squeeze: Holding by the four corners of a cheesecloth with one hand, squeeze out as much liquid as you can with another hand. How much to squeeze? Squeeze really well. Quite a few times. I mean it! Count it as an arm workout for the day. I squeezed and then moved the cauliflower around a bit, and squeezed again. If your arm is sore for a bit after, you did it well. (cont'd)

Final product: You should be left with a cauliflower mash that is very-very dryafe to the touch. We will touching the ball with hands to squeeze.

6. Form the Crust

- **Increase oven temperature to 450 degrees F:** If you cooked "rice" in the oven, it is a good idea to keep it on. And now is a good time to crank up the temperature for baking the crust.
- **Make pizza dough:** Transfer squeezed cauliflower to a bowl. Add egg, oregano or basil, cheese, salt and pepper, and mix well.
- **Prep baking sheet:** Line rectangle or round baking sheet with parchment paper or silicone baking mat and spray with cooking spray well. Can also use pizza stone but line and spray!



Flatten the crust: Using your hands, flatten pizza dough. Make it smaller than in the video. I made it a bit too thin and edges burnt a bit, which is not the end of the world though

7. Bake the Crust

How long to bake? Bake for 20 minutes at 450 degrees F.



Make crispy: Flip and bake for a few more minutes until crispy.

Ready! Your healthy pizza crust is ready for toppings.

8. Add Toppings and Bake

- **Load it up in this order:** Add pizza sauce, toppings, cheese and bake again until cheese is melted.

Not too much: Do not overload the crust with heavy toppings as you won't be able to hold the



Footcare with LPN Suzanne Marcel

Licensed Practical Nurse



Footcare in Cooks Ferry Tuesday, June 15, 2021
Footcare in Siska Friday, June 25, 2021

All existing clients will be contacted to book an appointment. Clients will be asked to wear masks and will be called the day before with a health check questionnaire.

A personal **foot care nurse** completes the daily tasks that allow for the treatment and prevention of **foot health** issues related to diabetes and other diseases. They serve as a valuable resource for information that helps patients manage their health.



Give your Feet the Proper Care they Deserve!

- * Diabetic Foot Care Assessment
- * Corn and Callous Reduction
- * Fungal and Thick Nails
- * Therapeutic Foot Massage
- * Cracked Heel Care
- * Warts
- * Ingrown Nails
- * Therapeutic Foot Massage
- * Waxing
- * Foot Care for Athletes



RESTORATIVE MASSAGE WITH KATHRYN YOUNG (RMT)

COOKS FERRY

Thursday, June 17 2021



SISKA

Tuesday, June 15 2021



**Medication Pick-up is every Wednesday.
Remember to have your prescriptions refilled.**



FNHA covers baby aspirin and polysporin prescriptions. Make sure to get a prescription. If you had to pay for these items, please call Corynn or Nadine who will help you with filling out a form to FNHA to be reimbursed.

Shopping Day Cooks Ferry May 26, 2021

Shopping day Siska June 1, 2021

Heskw'en'scutxe Health Services Society

Invitation to

Siska and Cooks Ferry Community members:

**Free Nicola Valley Aquatic Centre & Gymnasium
access to our community members**

*Gym & Pool Passes available to both on and off reserve
registered band members.
Call Nadine to be added to the list.
Transportation not included*



**Heskw'en'scutxe
Health Services Society**

Cooks Ferry

Phone: (250) 458-2212

Fax: (250) 458-2213



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Cooks Ferry Band

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Angela Phillips

Director

Siska Indian Band

Appointed

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Director

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Jaguar Isaac

Nursing Administrative Support

Summer Student 2021

Jaguar.isaac@hhssbc.ca

She will be working from our Siska office



VISIT OUR
NEW WEBSITE

HHSSBC.CA

Is Your Child Starting Kindergarten?



DID YOU KNOW YOUR CHILD NEEDS VACCINES?

Your child needs two vaccines starting at age 4 (kindergarten entry):

- The **Tdap-IPV vaccine** to protect against tetanus, diphtheria, pertussis (whooping cough), and polio
- The **MMRV vaccine** to protect against measles, mumps, rubella, and varicella (chickenpox)

These vaccines are free.

Call to book your child's immunization appointment today!

Heskw'en'scutxe Health Services Society

Cook's Ferry: 250-458-2212 Or Siska: 250-455-6601

Vaccines are a healthy choice for your child. They protect your child's health and the health of their classmates.

HEALTH UNIT FINDER



www.immunizebc.ca/finder



ImmunizeBC

CANImmunize
A free immunization tracking app.
www.canimmunize.ca

