



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

June 2022

June's Issue is on Men's Health

Remember when it come's to your health regular check ups are vital way to stay healthy along with eating good and exercising regularly. If you have any questions about your health, book an appointment with out RN, Scarleth Zwez-Ruiz.

Read about different health conditions such as alcoholism and heart disease. Also in this issue, BBQ Rub Recipes and more!



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

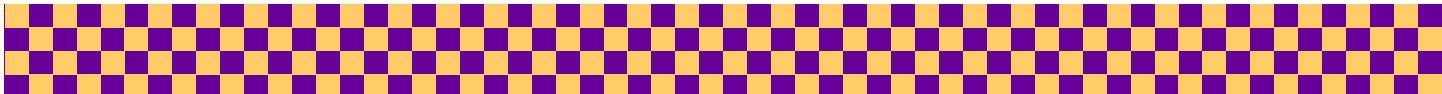
Email: corynn.revely@hhssbc.ca

Visit our Facebook Page & Website www.hhssbc.ca

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HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

Happy
Father's
Day



HAPPY FATHER'S DAY!!! June 19, 2022
The Heskwen'scutxe offices will be closed:
Monday June 20, 2022 in lieu of Aboriginal 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.

Mammograms Save Lives

Digital Mobile Mammography Coming to Your Community



BC Cancer Breast Screening's digital mobile mammography service will be visiting:

**Heskw'en'scutxe Health Services -
Siska Band Office Parking Lot**

Wednesday June 15, 2022

11:00 A.M.-4:00 P.M By
appointment only

To book your appointment call **Corynn** 250-455-6601

Mammograms are available for women ages 40 and over. Make an informed decision to screen for breast cancer. Visit www.screeningbc.ca to learn more.

Hentle! June 2022 newsletter, Wow!!

This month's delivery includes the Mother's Day and Father's Day gifts as well as the grocery store gift cards for the June food bags. There is no food bags delivered in June (for July), or July (for August), or August (for September). We will start the food bag delivery again in mid to end of September for your October hamper.

I hope all the Care Givers know how special you are! Your guidance is appreciated and valued!

The themes for June are men's health and communicable diseases. You will find lots of information in our newsletter.

June 19th is Father's Day

June 21st is the summer solstice (first day of summer) and Canada's Aboriginal Day.

Some health issues that have been prevalent due to the length of the pandemic is depression, and substance misuse.

If you are having a tough time please reach out to family, friends or professionals for support. HHSS can provide referrals to Interior Health mental health supports as well as drug and alcohol supports. There is no shame in needing help to get through any issues you may be facing. Talking it out helps us navigate our emotions so we can make better decisions regarding our health. We must do the hard work to help ourselves, with the support of others, and I believe you can do it!

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest.

Exercise is a great way to reduce stress levels, keep us physically healthy, and being on the land contributes to our spiritual and mental needs. I encourage everyone to start a daily walking or hiking routine. Even just getting outside in our yards can be refreshing to our souls.

Chronic Depression may require more support from professionals.

Alcohol Use Disorder (AUD) is a medical condition, a chronic disease characterized by uncontrolled dependence on alcohol. It can include periods of alcohol intoxication and symptoms of withdrawal.

The condition develops when a person consumes quantities of alcohol, resulting in several chemical changes in the brain. These changes increase the euphoric feeling that is associated with alcohol. This makes a person want to drink more despite the harm that alcohol causes. Alcohol use disorder develops gradually over time. Some of the symptoms include uncontrollable craving to consume alcohol, requiring more amount of alcohol for the same effects as before, presence of withdrawal symptoms on reducing or stopping alcohol.

Treatment can involve counseling by a healthcare professional. A detoxification program in a hospital or medical facility is recommended for those who need additional assistance. It's not just excessive drinking that may lead to health risks. Casual alcohol consumption, even within the recommended limits, can be a cause for concern.

Regardless of whether you consider yourself a social drinker or have a diagnosed AUD, there are both short- and long-term physical and psychological consequences to over-drinking, including alcohol use disorder (alcoholism).

Alcohol addiction could be mild to severe. The symptoms may include:

- *Unsuccessful attempts to limit alcohol consumption*
- *Spending more time to drink or recover from alcohol consumption*
- *Loss of control on the amount of alcohol consumed*
- *Inefficient at work and school*
- *Memory loss*
- *Unable to discontinue alcohol use despite physical, social or interpersonal problems*
- *Giving up social life, activities and hobbies*
- *Preoccupation with thoughts of obtaining and consuming alcohol*

Short-Term Effects Of Alcohol on the Body

Although a person may not be abusing alcohol regularly, they can still experience its short-term effects on the mind and body. The liver can metabolize (process) about one standard drink of alcohol per hour. However, this can vary depending on a number of factors, including the individual's age, weight, liver function, and gender. Typically, consuming more than one beverage per hour can lead to intoxication, raising an individual's blood alcohol content (BAC) with each drink.

The effects of alcohol can range from mild, such as skin flushing, to more severe symptoms such as passing out or vomiting.

The Short term Effects of Alcohol Use and Abuse Include:

- **Feelings of Relaxation:** A feeling of “loosening up” and a sense of euphoria accompany the first few drinks. This is the ‘high’ that people crave and the reason many people turn to intoxicants when they feel stressed and depressed.
- **Vomiting, Nausea, and Diarrhea:** Liquor can irritate the stomach's lining and triggers these symptoms, which may become severe if drinking continues, not only during hangovers.
- **Shallow Breathing:** Alcohol is a central nervous system (CNS) depressant. It inhibits (slows) various physiological functions, including breathing and heart rate. During episodes of severe binge drinking, these effects could be life-threatening.
- **Slower Reflexes and Impaired Hearing and Vision:** The initial stimulatory effect of drinking soon wears off. Because the CNS controls the senses and motor functions, drinking decelerates the brain's reaction time. The effects include slower reflexes, slurred speech, reduced hearing, and clouded eyesight.
- **Fatigue and Sleepiness:** Because booze is a depressant, it has a calming effect. After the initial high wears off, weariness and drowsiness usually set in.
- **Blackouts and Memory Lapses:** These side effects of alcohol abuse are common among heavy drinkers. Often binge drinkers have no memories of their behavior and are surprised to find they were involved in arguments or even physical altercations.
- **Clouded Thinking and Loss of Inhibitions:** Neural impairment is experienced by those under the influence, reducing inhibitions, distorting perception, and undermining the ability to think (continue on page 8)

- **Liver Damage.** Drinking damages the liver and can cause cirrhosis or liver cancer. Alcohol-induced liver disease is responsible for one-third of liver transplantations in the U.S., and close to 50 percent of cirrhosis fatalities can be directly linked to heavy drinking.
- **Chronic High Blood Pressure.** Problem drinkers have consistently elevated blood pressure, at well beyond the danger zone. Chronic high blood pressure damages the kidneys, heart, and arteries and increases stroke and heart attack risk.
- **Damage to the Heart.** Drinking damages the heart by boosting heart rate, blood pressure, and the levels of certain fats in the bloodstream. As a result, chronic alcoholism dramatically increases cardiovascular disease risk such as cardiomyopathy, or irregular heartbeat.
- **Stomach and Intestinal Ulcers.** Massive quantities of alcohol consumed over time can have a corrosive effect on the interior of the body, leading to ulcers that may ultimately burst and endanger life.
- **Increased Risk of Some Forms of Cancer:** The negative health effects of alcohol abuse are many and myriad, and the list includes an increased risk for cancer of the mouth, throat, breast, liver, and colon.
- **Lasting Brain Damage.** Excessive drinking causes a loss of brain cells, which results in decreased brain mass. Eventually, this deterioration and its associated effects can provoke alcohol-related dementia, a severe disease that mimics Alzheimer's.
- **Reproductive Health:** drinking too much can have a negative impact on reproductive and sexual health. It can cause problems like erectile dysfunction, irregular menstruation, and reduced fertility.
- **Bone Health:** Drinking can disrupt Vitamin D production, which is essential for calcium to be absorbed by the bones. Lack of calcium increases the risk of osteoporosis and can cause bone fractures and serious disabilities.
- **Respiratory Infections:** Excessive drinking can decrease respiratory rate, airflow, and oxygen transport, thus causing conditions like aspiration pneumonia, obstructive sleep apnea, reduced pulmonary defense against infections, and acute respiratory distress syndrome.
- **Memory loss** is also one of the long-term effects of alcohol.
- In a worst-case scenario, if one does not stop their excess drinking, their organs may start to shut down, causing coma and eventually death.

Alcohol Poisoning

Binge drinking can lead to alcohol poisoning. Alcohol poisoning occurs when the body has consumed more alcohol in a short period of time than it can process. The toxic effects of alcohol overwhelm the body and can lead to impairment and some even more serious medical side effects, including death in severe cases.

Signs of alcohol poisoning include:

- Confusion.
- Nausea and vomiting.
- Slowed or irregular breathing.
- Cyanosis, or a blue-tinted skin.
- Pale skin.
- Low body temperature, or hypothermia.
- Unconsciousness.

Seizures.

It is extremely important to call 911 if you feel a person is experiencing alcohol poisoning. Alcohol poisoning can cause permanent brain damage and even death. A person's blood alcohol level can keep rising after they stop drinking and even after they pass out.

Effects of Alcoholism on the Body

Alcoholism and chronic heavy drinking are associated with many serious health problems. Below are some of the ways alcohol may affect the body:

Liver health risks: One of the possible severe medical consequences of chronic alcohol abuse is liver disease. Over time, with consistent alcohol abuse, the liver may become inflamed and/or scarred. Conditions such as fatty liver, alcoholic hepatitis, fibrosis, and cirrhosis may develop. A person may also develop liver cancer.

- **Digestive system risks:** Alcohol can wear down the lining of the stomach and increase the production of stomach acid, which can contribute to ulcers. Alcohol may also alter nutrient breakdown, absorption, transportation, storage, and excretion, leading to nutrient deficiencies and/or trouble fully using nutrients. For example, thiamine deficiency is common and can lead to serious neurological issues. Alcohol can also impair blood sugar control.
- **Pancreatic health risks:** Alcohol prompts pancreatic production of harmful substances, which can lead to pancreatitis. Pancreatitis is inflammation of the pancreas that impairs digestion.

- **Brain health risks:** Thiamine, or vitamin B1, deficiency associated with chronic heavy drinking can lead to Wernicke–Korsakoff syndrome or ‘Wet Brain’. Symptoms may include confusion, impaired coordination, learning problems, and memory difficulties. Liver disease can also harm the brain, resulting in symptoms such as sleep changes, alterations in mood, personality changes, depression, anxiety, impaired concentration, incoordination, low self esteem, and violent behaviour. Too much alcohol may also hinder new brain cell growth.
- **Cardiovascular health risks:** Drinking alcohol has complicated impacts on cardiovascular health. Consuming too much alcohol is linked to high blood pressure, irregular heartbeat, trouble pumping blood through the body, blood clots, stroke, cardiomyopathy (sagging, stretched heart muscle), or heart attack. Excessive alcohol use, both directly and through malnutrition, can also lead to anemia.
- **Reproductive health risks:** Consuming too much alcohol can lead to reproductive problems, including erectile dysfunction and irregular menstruation. Both men and women may have reduced fertility with long-term, heavy drinking. Women who drink while pregnant are at increased risk for miscarriage, stillbirth, or having a child with a fetal alcohol spectrum disorder (FASD).
- **Musculoskeletal health risks:** Alcohol abuse can cause a calcium imbalance in the body, which is an important nutrient to maintain healthy bones. Consuming too much alcohol can also cause a disruption to the production of vitamin D, which is needed for calcium absorption. Lack of calcium increases the risk of osteoporosis. Osteoporosis increases the risk of bone fractures, which can cause serious pain and disability.

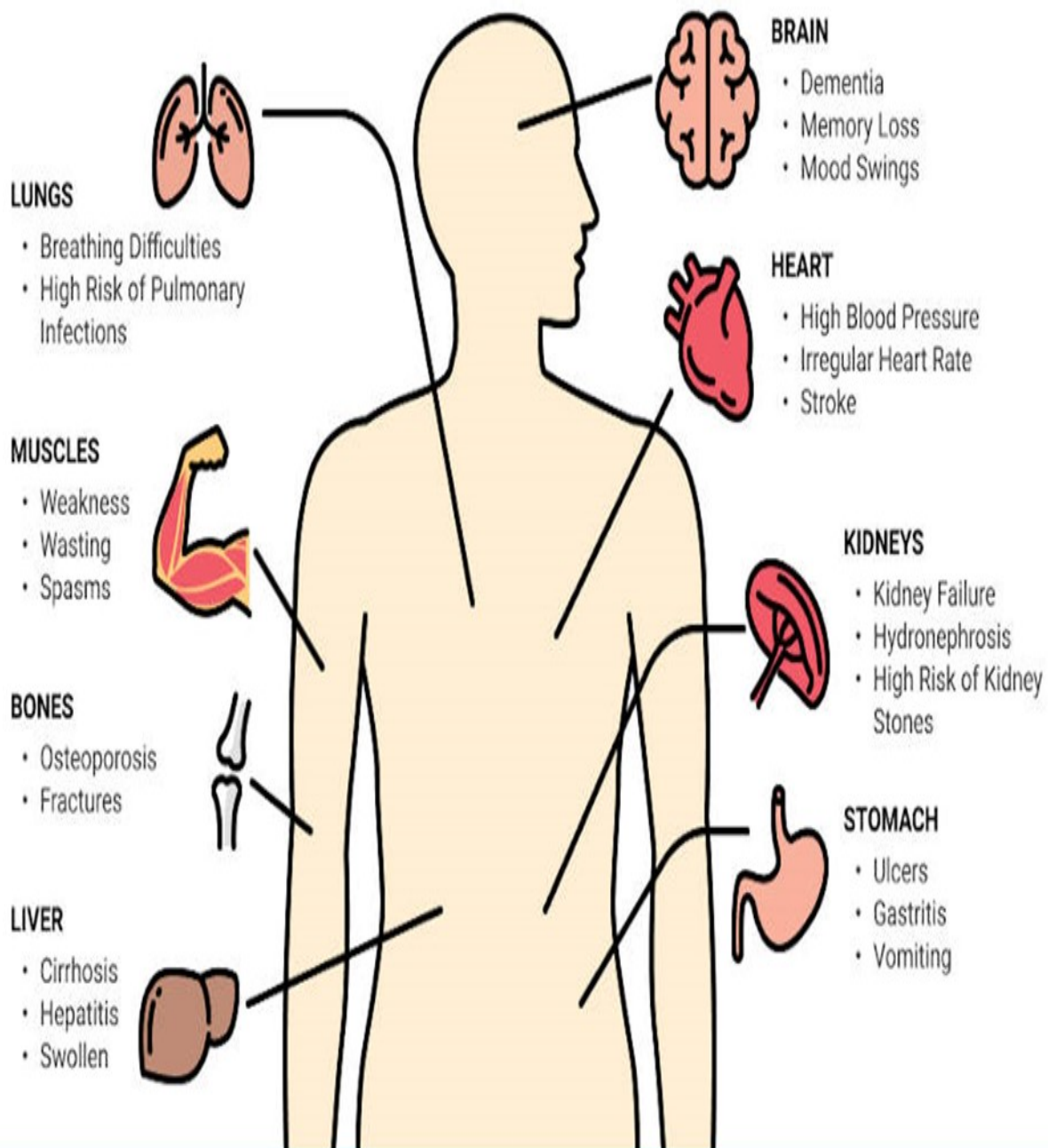
Beer, wine, and hard liquor products all contain a substance called ethyl alcohol. While these products enjoy full social acceptance (they are legal), ethyl alcohol itself is poisonous to the human body. Unlike food, this substance does not get broken down by the digestive system. Instead, it passes directly into the bloodstream.

If you require support please reach out to HHSS.

Humulth,

Tina Draney, Acting HHSS Manager

Physical Effects of Alcoholism



ARE YOU LOSING BREATH ENERGY SPIRIT?



TB MAY BE THE CULPRIT CHECK IT OUT



First Nations Health Authority
Health through wellness

**First Nations Health Authority
Tuberculosis Services**

Toll-Free: 1.844.364.2232 | Email: fnhatb@fnha.ca
www.fnha.ca/tuberculosis



Job Posting: Casual Part Time Medical Transportation

Heskw'en'scutxe Health Services Society is looking for a compassionate, responsible, and reliable person to join our team to fill the

Casual Part Time Medical Transportation position.

Term: Casual Part Time Monday – Friday, Hours vary, some overnight stays Hourly wage: \$ 17.00

Location: We serve 2 locations, the communities of Siska Band and Cook's Ferry Band

Most travel is to Kamloops, Lytton, Lillooet, Merritt, Ashcroft, Kelowna, and Vancouver

It is critical drivers provide safe transportation, assist the passenger as needed and have compassion and understanding for the client. We are looking for someone who has the following qualities:

- Calm, mature and confidential
- Easygoing and personable
- Flexible, conscious of time constraints
- Empathetic

Responsibilities:

- Maintain strict Confidentiality
- Ensure safe and timely transportation of clients to their scheduled appointments or special events
- Pick up clients at designated locations, transport to their medical location and return
- Maintain secure handling of all documentation
- Assist passengers with special needs through provisions of physical escort or other needs
- Obey all BC highway traffic laws
- Encourage and assist client's doctors to sign Confirmation of Attendance Forms
- Report any needed maintenance of the medical transportation vehicles
- Clean medical transportation vehicles after each use as per BCCDC standards
- Other related duties as assigned by the Health Manager or designate

Credentials:

- Valid Driver License and clean drivers abstract
- Clear Criminal Record Check
- First Aid/CPR certificate or be willing to take this training
- "As a requirement of this position, the successful candidate will need to provide acceptable proof that they have been fully vaccinated for COVID-19, or demonstrate that they are unable to be vaccinated against COVID-19 for reasons protected under the B.C. Human Rights Code. Heskw'en'scutxe Health Services will grant reasonable accommodation requests up to the point of undue hardship."

We thank all applicants however only those selected for an interview will be contacted.

Please submit a cover letter and resume with work related references to:

Tina Draney, Acting Health Manager

Email: tina.draney@hssbc.ca

Heskw'en'scutxe Health Services Society
3691 Deer Lane, Box 188 Spences Bridge, BC V0K 2L0
Telephone 250.458.2212 Fax 250.458.2213
Closing Date: until filled

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 substance misuse, supports for trauma, and/or residential school survivors

BC First Nation FNHA Mental Health Benefits 1-855-550-5454

Stopping the Violence Counselling Program 250-378-6170

Nlaka’pamux Mental Health Services Mental Health and Addictions Services **By appointment only. You do not need a referral to book an appointment.**

Office: 250 378.9772

Email: Wanda Dixel dixel.w.e@nlxfn.com

Diana Lepine-Thomas and@nlxfn.com

Stacy Hebner (Child counsellor) hebner.s@nlxfn.com

Melissa Dixel (Child counsellor) Dixel.m@nlxfn.com

Erin Aleck (Family Wellness) aleck.e@nlxfn.com

Ricardo Pickering (Counsellor) pickering.r@nlxn.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



MEN'S MENTAL HEALTH



KYMF
#KnowYourManFacts

Key facts everyone should know about men's mental health



#1

Suicide is the leading killer of men under 55 in Australia



Suicide kills

7

Australian men a day



3 in **4**

suicides are men

4 Habits for Mentally Healthy Men

Healthy body

Eat well, exercise, reduce alcohol



Healthy lifestyle

Take care of relationships, work life and social life



Healthy mindset

Be mindful, set goals, reframe unhelpful thoughts



Healthy connections

Talk with mates, know when and where to get help



During a Man's Lifetime



1 in **2**

will have a mental health disorder



1 in **3**

will have a substance abuse disorder



1 in **5**

men will have an anxiety disorder



1 in **8**

men will have a mood disorder (e.g. depression)

MEN **WOMEN** **AVERAGE LIFE EXPECTANCY**
80 **84** **FOR CANADIAN MEN IS**
4 YEARS LESS THAN
WOMEN.



1 IN 5 CANADIANS WILL
EXPERIENCE A MENTAL HEALTH
PROBLEM EACH YEAR.



ABOUT 2 IN 5 CANADIANS WILL DEVELOP
CANCER IN THEIR LIFETIMES.

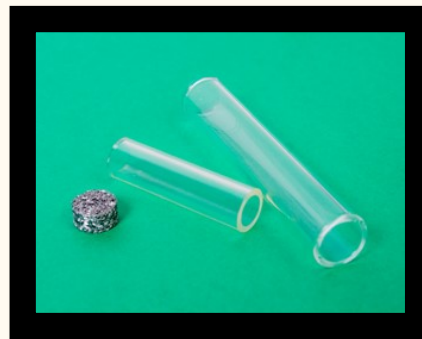


TWO THIRDS OF CANADIAN MEN
WERE OBESE.

AVOIDABLE MORTALITY
ACCOUNTED FOR 74%
OF PREMATURE DEATHS
AMONG MEN.

Do you or does someone you love need:

- Nasal Naloxone
- Injection Naloxone
- Safe Injection kits
- Safe Inhalation kits
- A nurse to refer you to someone to talk to, such as a counsellor or a mental health clinician
- A nurse who can refer to OAT clinic (Opioid Agonist Treatment provides people who have an opioid use disorder with treatment using medication)



We at Heskwen'scutxe Health Service Society offer confidential pick-up. We want everyone to be safe out there. Pick-up as much supplies as you need. No questions asked.

Any HHSS staff member can help you!



Heart Disease in Men

How does heart disease affect men?

- Heart disease is the leading cause of death for men in the United States, killing 357,761 men in 2019—that's about 1 in every 4 male deaths.¹
- Heart disease is the leading cause of death for men of most racial and ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer.²
- About 1 in 13 (7.7%) white men and 1 in 14 (7.1%) black men have coronary heart disease. About 1 in 17 (5.9%) Hispanic men have coronary heart disease.³
- Half of the men who die suddenly of coronary heart disease had no previous symptoms.⁴ Even if you have no symptoms, you may still be at risk for heart disease.

What are the symptoms of heart disease?

- Sometimes heart disease may be “silent” and not diagnosed until a man experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia.⁵ When these events happen, symptoms may include
- Heart attack: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.⁵
- Arrhythmia: Fluttering feelings in the chest (palpitations).⁵
- Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.⁵
- Even if you have no symptoms, you may still be at risk for heart disease.



Heart Disease in Men

What are the risks for heart disease?

In 2013–2016 47% of men had hypertension, a major risk factor for heart disease and stroke.

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use

How can I reduce my risk of heart disease?

To reduce your chances of getting heart disease, it's important to do the following:

- Know your blood pressure. Having uncontrolled blood pressure can result in heart disease. High blood pressure has no symptoms so it's important to have your blood pressure checked regularly. Learn more about high blood pressure.
- Talk to your health care provider about whether you should be tested for diabetes. Having diabetes raises your risk of heart disease.⁹ Learn more about diabetes.
- Quit smoking. If you don't smoke, don't start. If you do smoke, learn ways to quit.
- Discuss checking your cholesterol and triglyceride levels with your health care provider. Learn more about cholesterol.
- Make healthy food. Having overweight or obesity raises your risk of heart disease. Learn more about overweight and obesity.
- Limit alcohol intake to one drink a day. Learn more about alcohol.
- Lower your stress level and find healthy ways to cope with stress. Learn more about coping with stress.

If you are experiencing any health problems, call to book an appointment with our RN, Scarlth Zwez-Ruiz!



WHEN WAS THAT EVENT AGAIN?

- CAN'T REMEMBER WHEN IS THE DEADLINE TO SUBMIT A COLORING PAGE?
- WHEN IS CHILD ALLOWANCE OR PENSION DAY?
- WHEN IS THE FOOTCARE NURSE COMING AGAIN THIS MONTH?
- WHEN IS THE HEALTHY FOOD BAG BEING DELIVERED IN JUNE 2022?



Check out our monthly calendar of events <https://hssbc.ca/events-calendar/> and find out what services are available in your communities.

Events for 2022

Categories ▾

MON	TUE	WED	THU	FRI	SAT	SUN
				1 Siska Footcare	2	3
4	5	6	7	8	9	10
11 CF Messages	12	13 Siska Messages	14	15 Good Friday	16	17 Easter
18 Easter Monday	19	20 Child Benefit Deadline to submit Easter Coloring	21 Healthy Food Bag Deliveries	22 Earth Day	23	24
25	26	27 CF Shopping Day	28 Pension Day	29 Siska Shopping Day	30	

Bus Transportation

Book a Trip (2 days in advance): 1-855-359-3935

The Thursday Health Connections to Kamloops trip via Lytton has resumed regular routing, effective January 20th.

		Health Connections to Kamloops		To Kamloops	
8:00	Lv. Lillooet: Buy Low, Reynolds Hotel	A			
9:00	Lv. Lytton: Esso				
9:25	Lv. Spences Bridge: South Frontage Road, <i>Flag Stop</i>				
10:05	Lv. Ashcroft: Across from Safety Mart				
10:20	Lv. Cache Creek: A&W				
10:50	Lv. Savona: Corssroads, <i>Flag Stop</i>				
11:20	Ar. Kamloops: Aberdeen				
11:30	Ar. Kamloops: Hospital (RIH)				
11:40	Ar. Kamloops: Lansdowne Save-On-Foods				
3:50	Lv. Kamloops: Lansdowne Save-On-Foods				
4:00	Lv. Kamloops: Hospital (RIH)				
4:05	Ar. Kamloops: Aberdeen				
7:30	Ar. Lillooet				

MEN'S HEALTH REPORT CARD

In a survey of **1000**
Canadian men aged **30-54**



58%

Do not see their diet as healthy



43%

Have done no moderate physical activity recently



69%

Ate something high in sugar or salt recently



44%

Did not get enough sleep last night



79%

More likely to die from heart disease



20%

Felt anxious, depressed, or sad recently



THE GOOD NEWS IS

70%

Of men's health conditions are preventable



SOURCE

Canadian Men's Health Foundation survey conducted between May 26 to 29, 2014. For this survey, a sample of 1000 Canadian men aged 30 to 54 from Research Now's online panel were interviewed.



DontChangeMuch.ca
MensHealthFoundation.ca

THE COST OF POOR MEN'S HEALTH



THE GOOD NEWS IS IF CANADIAN MEN:

-  **GOT ACTIVE**
-  **QUIT SMOKING**
-  **SHED EXCESS WEIGHT**
-  **REDUCE ALCOHOL**

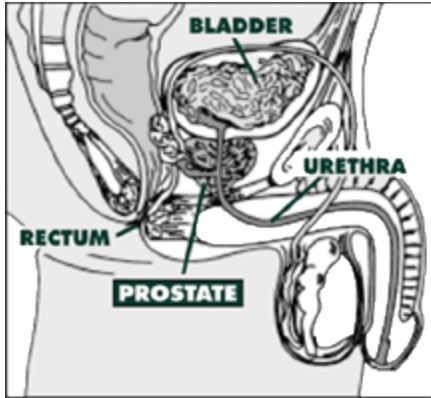
WE COULD PREVENT UP TO 70% OF THESE COSTS



DontChangeMuch.ca
CanadianMensHealthWeek.ca
MensHealthFoundation.ca

SOURCE: CANADIAN MEN'S HEALTH FOUNDATION
 Prepared by: H. Krueger & Associates Inc., *The Economic Burden Associated with Diseases in Men And the Contribution of Tobacco Smoking, Excess Weight, Alcohol Consumption and Physical Inactivity to this Burden*, October 2014.

Benign Prostatic Hyperplasia



What is BPH?

BPH — or benign prostatic hyperplasia — is the medical term for an enlarged prostate (the prostate is the male sex gland that produces the fluid for semen [3]. An enlarged prostate is not cancerous and is the most common prostate health problem among men over 50.[1]

How common is it? Half of all men between the ages of 50 and 60 will develop it, and by the age of 80 about 90% of men will have BPH.[2]

The symptoms of BPH may be uncomfortable and may include frequent urination, incomplete emptying of the bladder, a weak urine stream, or difficulty starting urination. [3]

Why is BPH so common?

BPH is a condition associated with aging, probably due to hormonal changes. Among men over 50, prostate enlargement may continue through the rest of their lives.[4]

How can BPH symptoms include both a difficulty in starting urination and an uncontrollable urge to urinate?

Just as BPH symptoms vary with the individual, they also differ as the condition progresses. The discomfort and complications associated with an enlarged prostate are related to a combination of problems that develop over time.

In the early phase of prostate enlargement, a man may find it very hard to urinate because the bladder muscle has to work harder to push urine through the narrower urethra. This extra force may eventually thicken the bladder muscle, making the bladder overly sensitive to the presence of fluid and resulting in an urgent and frequent need to urinate.

Over time, the bladder muscle may weaken, so that urine is not completely excreted. Any unusual variation, or difficulty in the pattern of urination, is a red flag that a prostate problem may exist.

Can enlarged prostate lead to cancer?

Although it is possible to have both conditions at the same time, there is no known link between BPH and prostate cancer.[5]

Does an enlarged prostate interfere with sexual activity?

An enlarged prostate usually does not interfere with the ability to have sex. However, embarrassing BPH symptoms may discourage a man from pursuing sexual activity.

TESTICULAR CANCER IS THE MOST COMMON CANCER IN YOUNG MEN AGED 15-35 YEARS.

ANNUALLY
8,820
NEW CASES

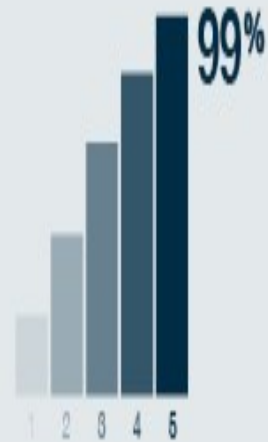
ABOUT 8,820 NEW CASES OF
TESTICULAR CANCER ARE DIAGNOSED
EACH YEAR.



TESTICULAR CANCER IS GENERALLY
RARE IN NON-CAUCASIAN
POPULATIONS WORLDWIDE.

380

ABOUT 380 MEN WILL DIE
OF TESTICULAR CANCER.



THE FIVE-YEAR RELATIVE SURVIVAL
RATE FOR MEN IN THE UNITED STATES
WITH LOCALIZED TESTICULAR
CANCER IS 99%.

QUICK FACTS ABOUT STIS

CHLAMYDIA

Cases reported in Canada in 2002: 56,241

In 2006:

65,000

As few as 5 in 10 men and 2 in 10 women living with Chlamydia will know they have it.



GONORRHEA

Cases reported in Canada in 2002: 7,367

In 2006:

10,808

As few as half of both men and women living with Gonorrhea will know they have it.



SYPHILIS

Increased rates of infection between 1999 and 2008:

2x



8x

86.1%

In 2008, men accounted for 86.1% of reported cases.



FACT

Young adults age 20-24 are only 63% likely to use a condom during intercourse.

GRAPHIC BY JONAH EISEN. COMPILED BY EMILY MILLER.

COVID-19: BRINGING FATHERS CLOSER TO THEIR KIDS

Research for The **Canadian Men's Health Foundation** reveals silver lining in the COVID gloom: fathers feel closer to their kids and want it to continue.

40%

COVID-19 had a **positive impact** on role as a father

52%

more aware of **importance** as a father

60%

feel **closer to their children**

1/2

decided to be **more engaged** as a father in the future

61%

providing **companionship** to their children more often and almost 1/2 plan to continue

56%

providing **guidance** to their children more often and 46% plan to continue.

almost **2/3s**

are eating **more meals** together



DontChangeMuch.ca
MensHealthFoundation.ca
CanadianMensHealthWeek.ca

Research conducted online with 1,019 Canadian fathers between May 8 and May 11, 2020 on behalf of the not-for-profit CMHF by Intentions Consulting



BBQ GRUB RUB

makes approx. 1 1/3 cups

- 1/2 cup brown sugar
- 1/2 cup paprika
- 1 tablespoon ground black pepper
- 1 tablespoon chili powder
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon dried parsley
- 2 teaspoons salt
- 1 teaspoon cayenne pepper (optional)



Mix all ingredients in a bowl. Fill mason jars or spice shakers. Decorate jars with our Free Printable Father's Day labels and tags on CanningCrafts.com

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HOW TO GET THE BEST CRISPY GRILLED CHICKEN WINGS

- 1 BUY FRESH WINGS, NOT FROZEN** 📅
- 2 INCLUDE CORNSTARCH IN YOUR RUB**
(IT'S THE SECRET TO CRISPY WINGS)
- 3 USE A BLEND OF WOOD PELLETS** 🔪
- 4 MAKE A SAUCE: GRILLMASTER'S CHOICE!**
- 5 LET THE GRILLING BEGIN!** 🍷

- **375 °F** (PREHEATED FOR 15 MINUTES)
- **35 MIN. TOTAL**, WINGS TURNED HALFWAY THROUGH
- **175-180 °F** INTERNAL TEMPERATURE
- SAUCE 'EM AND TOSS 'EM
- LET REST **10 MINUTES**
- ENJOY!





How to Pick & Grill the Perfect Steak



Skirt steak

Blade on Bone Steak

NY Strip

Ribeye

Filet

Set out steak to reach room temp

Dry steaks & season.

Grill to desired temp

Let sit 30 min before carving.

Grill 1-2 min per side, to an internal temp of 120



Blue rare



Medium

Grill 5-7 min per side, to an internal temp of 135-140

Grill 3-4 min per side, to an internal temp of 120-130



Rare



Medium well

Grill 7-9 min per side, to an internal temp of 140-150

Grill 4-5 min per side, to an internal temp of 130-135



Medium rare



Well done

Grill on med heat 9-11 min per side, to an internal temp of 150-170





MEN: Get It Checked.

Checkup and Screening Guidelines for Men



Checkups and Screenings	When?	Ages		
		20-39	40-49	50+
Physical Exam Review overall health status, perform a thorough physical exam, and discuss health related topics.	Every 3 years Every 2 years Every year	✓	✓	✓
Blood Pressure High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
TB Skin Test Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓
Blood Tests & Urinalysis Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	✓	✓	✓
EKG Electrocardiogram screens for heart abnormalities.	Baseline Every 2 years Every year	Age 30	✓	✓
Tetanus Booster Prevents lockjaw.	Every 10 years	✓	✓	✓
Rectal Exam Screens for hemorrhoids, lower rectal problems, colon and prostate cancer (see PSA Blood Test, below).	Every Year	✓	✓	✓
PSA Blood Test Prostate Specific Antigen (PSA) is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician. <small>*Some medical associations recommend that men speak to their health care providers about a baseline PSA blood test at age 40. Men at high risk, including African Americans, should consider an annual prostate exam beginning at age 40.</small>	Every Year		*	✓
Hemoccult Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every Year		✓	✓
Colorectal Health A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 Years			✓
Chest X-Ray Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician		✓	✓
Bone Health Bone mineral density test. Testing is best done under the supervision of your physician.	Discuss with a physician		Age 60	
Self Exams Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.	Monthly by self	✓	✓	✓
Testosterone Screening Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with a physician		✓	✓
Sexually Transmitted Diseases (STDs) Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, HIV, and other STDs.	Under physician supervision	✓	✓	✓

Men's Health Network does not provide medical services but provides this maintenance schedule as a reminder of your need to take responsibility for safeguarding your health. Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. You should consult your health care provider to determine if these screenings are right for you and about the benefits of earlier screenings, especially if you are a member of a high risk group or have a family history of disease.

For more information about men's health, contact: Men's Health Network: 202-543-MHN-1, www.menshealthnetwork.org





First Nations Health Authority
Health through wellness

THE COMPLIMENTS AND COMPLAINTS PROCESS

Quality Care and Safety Office

The goal of the First Nations Health Authority (FNHA) Quality Care and Safety Office is to improve programs and services for all First Nations people across BC. We are here to receive any feedback you have about the care you, your family members or your loved ones have received, and to provide a transparent process for responding to concerns you may have about your care or for passing on your compliments. What you bring to the Quality Care and Safety Office is confidential.



Why you might contact us

You might contact us if you want to:

- **Make a complaint:** Tell us if the care you received did not meet your expectations.
- **Share a compliment:** Let us know if you had a positive experience. We can pass on your positive feedback to the people and teams that made a difference in your care.

What happens when you contact us

When you contact us by email or leaving us a voicemail, we will get in touch within two business days. Our Quality Care and Safety Liaisons will then give you a call to get more information about your experience.

Submitting a complaint

You have the right to provide feedback and receive a timely response to your concern without fear of retribution or an impact on your health services and care. The information you bring to the Quality Care and Safety Office is confidential. If you have a complaint or concern about the care you received, we can:

- help you learn about the different options available to you;
- provide support services based on your needs; and
- help host a First Nations-led resolution process, like a Learning Circle or Healing Circle.

*A **complaint** is defined as a formally-filed statement of dissatisfaction with a specific interaction experienced in the course of receiving health and wellness programs and services.*

What happens when you submit a complaint

A Liaison from the Quality Care and Safety Office will schedule a call to discuss the details of your complaint. After the phone call, your Liaison will discuss next steps in the management of your complaint, including any support services that may be helpful. If you wish, they can also help you draft a Client Opening Letter. This letter is owned and guided by you and your experience and we will work with you to make sure the letter reflects and represents your voice and experiences.

Once you have approved your letter, we will submit it to the appropriate group, which could be a health profession regulatory college, the Patient Care and Quality Office in your regional health authority or a specific FNHA department. Each organization has its own service standards for review timelines. We will keep you informed of these timelines and can help you set up a Learning Circle and/or Healing Circle if this is what you wish.

Submitting a compliment

You may want to share a compliment about the care you or a loved one received.



What happens when you share a compliment

A Liaison at the Quality Care and Safety Office will follow up with you in the same way that you contacted our office, either by email or telephone. Your compliment might also be accepted and managed by any FNHA employee.

Asking for information or feedback

You might have a question, general comments or a concern. We can help you get the information you need.

What happens when you ask for feedback

You will be contacted by someone from the Quality Care and Safety Office or another FNHA employee. They may:

- schedule a follow-up call to seek additional details
- work with our internal and external partners to provide you with an informed response, relevant support services and any ongoing assistance that the Quality Care and Safety Office can offer

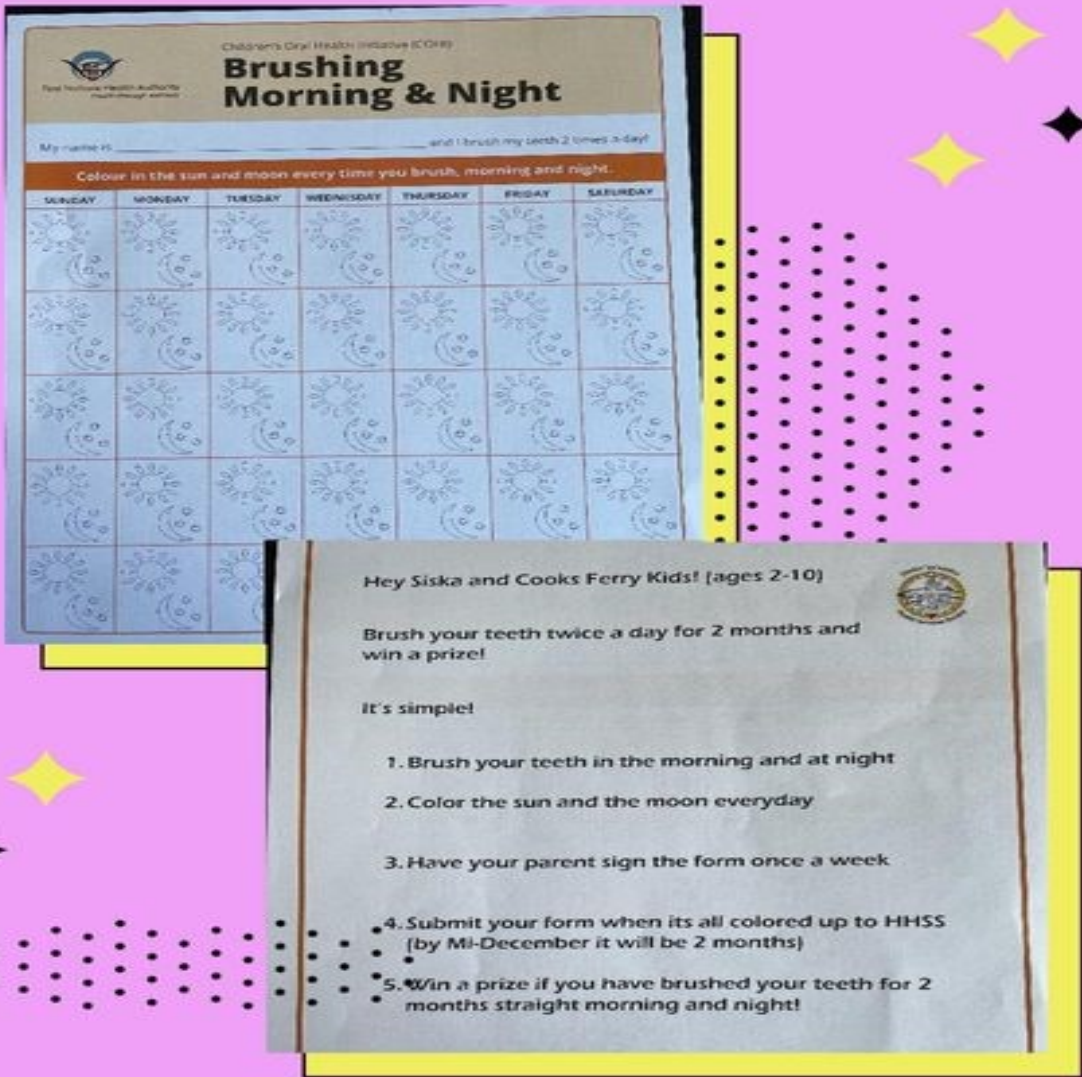
Contact the Quality Care and Safety Office at: quality@fnha.ca or
call our toll-free line at: 1-844-935-1044.

For more information, visit [FNHA.ca/compliments-and-complaints](https://fnha.ca/compliments-and-complaints)

COHI UPDATE With Danielle Munro —CHR

If anyone is interested, we are still doing the brushing morning & night for the kids ages 2-10 yrs old, every morning you brush color the sun & after brushing at night, you color the moon. Once you have the sun & moon in all the squares colored you send it to danielle.munro@hhssbc.ca or bring it in to one of the HHSS office's for a prize. Remember, brushing your teeth twice a day...help in preventing cavities.

We are hoping for COHI staff to come up from the lower mainland and see children again. We will inform you as soon as dates are in place.



DO YOU NEED MEDIC ALERT PRODUCTS?



Scarleth has learned how to access funding for Medic Alert products! If you feel you could benefit from these products, please contact our offices to book an appointment with the nurse. Wearing a bracelet can save your life in case of an emergency!



COVID-19 TREATMENTS AVAILABLE

Sharing this again! If you develop Covid-19 symptoms and you are immunocompromised, extremely clinically vulnerable, and over 60 and not fully vaccinated, skip the covid home test and contact Scarleth to arrange a lab test for you and connect you with a physician who can provide the covid medicine if you need it.

CALL OUT

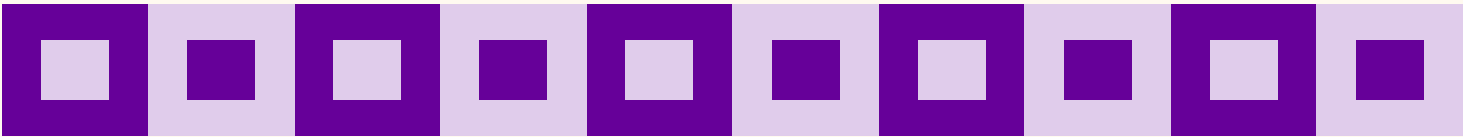
Nlaka'pamux Health Services Society is looking for Community Members to share their experience about the COVID-19 Pandemic, vaccination choices and impacts

Welcoming all ages, youth, families, elders and health care workers

- We are looking for a community member who has personally experienced COVID-19
- This interview will be documented through a videographer
- Honorarium provided and travel if necessary
- This video will be shared within the Nation and Partners
- This story could include youth, their families, community leadership and health experts

Please Contact Savannah Joe at 250-378-9772
or officeassistant@nlxfn.com





RESTORATIVE MASSAGE WITH KATHRYN YOUNG (RMT)



Cooks Ferry Tuesday, June 7, 2022

Siska Thursday, June 9, 2022

Footcare with LPN Suzanne Marcel

Licensed Practical Nurse

Cooks Ferry Wednesday, June 22, 2022

Siska Friday, June 24, 2022

**Medication Pick-up is every Thursday
in Lillooet & Ashcroft**

**Remember to have your prescriptions refilled. You
should try to refill a week or two before running out .**

Shopping Day Cooks Ferry June 29, 2022

Shopping day Siska June 1, 2022 & July 1, 2022

Healthy Food Bag Deliveries: June 16, 2022

HHSS BOARD

HHSS STAFF

Cook's Ferry

Siska

Lorette Edzerza

Chairman

Director

Cooks Ferry Band

Appointed

Angela Phillips

Director

Siska Indian Band

Appointed

Florine Walkem

Director

Cooks Ferry Band

Appointed

Samantha Gush

Director

Siska Indian Band

Appointed

Tina Draney Acting

Acting Health Manager

Finance

tina.draney@hssbc.ca

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Corynn Reveley

Siska Receptionist / Medical Transportation Clerk

Ext: 300

Nadine Methot

Cook's Ferry Health Administrative Assistant / Medical Transportation Clerk

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Scarleth Zwez-Ruiz

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Danielle Munro

Custodian / Transportation Support

Community Health Rep

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Medical Drivers:

Martha Van Dyke

Danielle Munro

Vacant position, apply today!

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