

# HEALTHY LIVING

*Tips to improve your health and well-being*



## Boosting Immunity for a Healthy Season

**Get immunized:** The flu shot will be available at our clinic mid-end of October. The GNPLC prioritizes patients that are high-risk of influenza-related complications, including: patients over the age of 65, pregnant women, children 6 months – 5 years old, patients with chronic health conditions, and caregivers of the above patients. Immunizations also include regularly scheduled vaccinations to protect against disease. This is an important step in protecting not only oneself, but the community and those who cannot be immunized for medical reasons. If you are not part of the high-risk groups, please speak with your Nurse Practitioner about vaccine availability.

**Wash your hands!** Hand washing is an easy and effective way to reduce the risk of getting and spreading illness, especially as we move indoors and cold and flu season begins. Always wash your hands, before and after preparing food, caring for someone who is sick, and using the restroom. It is especially important to wash your hands before you eat. To reduce the risk of spreading bacteria wash your hands after, coughing or sneezing, touching animals, handling any sort of waste, or when hands are dirty.

**Adopt a healthier lifestyle:** Make choices that will keep your immune system strong and not contribute additional stress to your body. Simple actions such as drinking more water and less alcohol, going to bed earlier, and reducing stress will all help. Aim for balance not perfection - make a commitment to prioritize your health and well-being, especially as the holidays approach and demands for your time and resources increase. Begin an exercise regime to improve your sleep, energy, and reduce stress. This is as simple as taking a 20-30 minute walk over your lunch hour or in the morning; this exercise will get your blood flowing and boost your mental state.

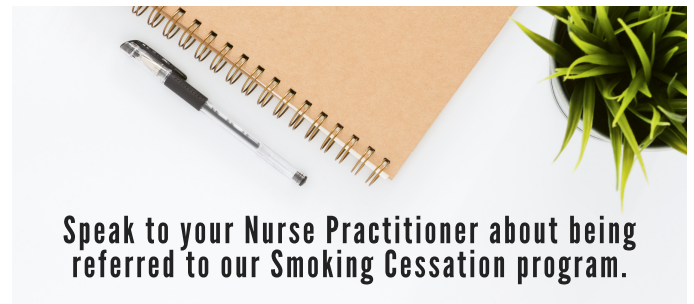


With COVID-19 cases on the rise, many are looking for ways to safely enjoy seasonal celebrations. Depending on your comfort level there are many ways to celebrate Halloween while being safe. For example, a **Pumpkin Scavenger Hunt** - go for a walk around the neighbourhood looking for various types of pumpkins; this is a fun way to get the family moving while enjoying some fresh air outdoors - costumes optional! **Host a Candy Hunt** for family either indoors or out, similar to an egg hunt at Eastertime. Want to stay indoors? How about having a **scary movie night**, or get creative with **pumpkin carving**, there are many FREE printable pumpkin carving templates available online.

## It's time to quit!

As the cooler days of Autumn settle in, and life falls back into a more structured schedule; now is the best time to quit smoking. Not only will you be able to stay nestled in the warmth of the indoors, you will also be able to breathe easier knowing you are doing one of the best things you can for your health.

The Georgina Nurse Practitioner Led Clinic would like to support you in your quit journey. We provide a comprehensive Smoking Cessation program that supports you as you navigate the use of Nicotine Replacement Therapy, medication, and behaviour change.



## Are you due for cancer screening?

October is a month to remind women to make their health a priority. The whole month of October is Breast Cancer Awareness Month and October 5th-9th is Cervical Cancer Awareness Week. Women often put the health of their family before themselves. It is important to keep yourself healthy so that you can continue to be there for your family.

Cervical cancer screening is completed by having a pap test. During the test, a sample of cells is taken from the cervix to see if there are any unusual changes. Women 21-70 who have ever had any sexual contact should have a pap test every 3 years. Almost all cervical cancers are caused by the Human Papillomavirus (HPV); there is a vaccine that can protect you from the strains of HPV that cause cancer. Ask your Nurse Practitioner if the vaccine is right for you.

Breast cancer screening is done by getting a mammogram. You start screening with a mammogram at the age of 50 if you are average risk. Average risk women have no family history and no symptoms of breast cancer, and get screened every 2 years. If you are average risk you do not need a referral to get a mammogram, call your closest Ontario Breast Screening Program site to book an appointment. Women can be high-risk if they have a family history of breast cancer. Talk to your Nurse Practitioner about your risk and when you should be screened.