

HEALTHY LIVING

Tips to improve your health and well-being



Tips for Staying Healthy This Cold and Flu Season



Wash Your Hands

Hand washing is one of the best ways to protect yourself and your loved ones from getting sick. Wash your hands multiple times a day with soap and clean running water for a minimum of 20 seconds.



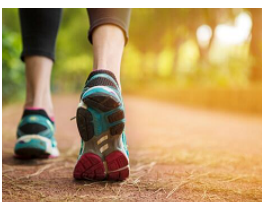
Check In With Your Nurse Practitioner

Staying up to date with preventative screenings and regular check ups is key to good health, and ensuring illness or disease is caught early.



Make Time to Unwind and Connect with Others

Stress management is important for good health. Practice deep breathing, stretching, and do an activity you enjoy. Talk to people you trust about how you're feeling, or reach out if you need help.



Move More, Sit Less

Regular physical activity helps improve our overall health, and reduce our risk for disease. Adults need at least 150 minutes of moderate activity each week. Quick tip: start by adding 10 minutes bouts of walking throughout your day.



Balanced Diet and Proper Hydration

Try to incorporate more fruits, vegetables, whole grains, lean-meats and health fats into your diet. Ensure you are continuing to hydrate with 8-10 glasses of water a day, and limiting your intake of sugary and alcoholic drinks.

WHAT IS HAPPENING AT GNPLC

Smoking Cessation Program

The STOP Smoking Cessation Program offers counselling support and Nicotine Replacement Therapy at no cost to patients who want to quit smoking!

Flu Shot Clinic

Keep an eye of social media and in clinic resources for dates for this years Flu Shot Clinic

Call the clinic at 905-722-3251 or check out our website gnplc.ca for any questions about services and what is happening in clinic

October is Breast Cancer Awareness Month

Cancer Care Ontario recommends that eligible average risk women ages 50-74 get screened with a mammogram every two years, as part of the Ontario Breast Screening Program (OBSP).

A mammogram takes an x-ray photo of the breast, which can detect breast changes or lumps while they are too small to see or feel. Breast Cancer is the most common cancer in Canadian women, and can affect anyone even those with no family history. Early detection provides the best chance of successfully treating it.

Speak with your Nurse Practitioner to determine your risk and ensure you are up to date with your screening appointments



1 in 8 women are expected to develop breast cancer during their lifetime



*and 1 in 33 will die of it
Early detection saves lives*

Fall Vaccine Information

Keeping up to date with your vaccines is an important way to protect yourself and your loved ones, especially coming into the cold and flu season. Having a COVID-19 vaccine does not protect you against the influenza virus. Receiving your annual flu shot remains the most effective way to prevent the flu illness and any flu related complications.

COVID-19 Vaccines

What is a COVID-19 Booster dose?

A booster dose is a dose of a COVID-19 vaccine that you receive after the primary set of COVID-19 vaccines. For most people, this is after you receive dose 1 and 2.

Why get a Booster Dose?

Protection after the primary series of COVID-19 vaccines may start to decrease over time, especially against new variants. A booster dose increases your protection.

What is the new bivalent COVID-19 Vaccine?

Bivalent vaccines are vaccines that target two different viruses, or two strains of the same virus. The bivalent COVID-19 vaccine is an updated version of the COVID-19 vaccine that targets the original virus and the Omicron variant, which is currently the dominant variant in Ontario.



To Do List

Talk to my Nurse Practitioner about:

- 1) Preventative Cancer Screening
- 2) Getting my annual Flu Shot
- 3) Eligibility for my COVID-19 Vaccine or Booster Shot

Pfizer COVID-19 vaccine: 6 months to 4 years

York Region residents 6 months to 4 years old are now eligible to book an appointment at a York Region Public Health clinic to receive paediatric Pfizer vaccine. Appointments can be booked online by visiting: york.ca/COVID19Vaccine or by calling Access York at 1-877-464-9675.