

Q'wemtsín Health Society Newsletter



2015



Happy New Year!

Q'wemtsín Health Society board and staff would like to wish our communities and clientele a very healthy and Happy New Year!

Wishing you all the best for 2015!

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If you would like a copy of the QHS monthly newsletter please contact Lee-Anne Deneault at 250.314.6732



Skeetchestn Clinic Days

January 2015

Sunday	Monday	Tuesday Diane Procter SIB	Wednesday	Thursday Diane Procter SIB	Friday	Saturday
				1 	2	3
4	5	6 Picku	7	8	9	10
11	12	13 SIB CLINIC DAY Karen Irving Picku	14 SIB CLINIC DAY Dr. Bradwell	15	16	17
18	19 SIB Foot Care Suzanne	20 Picku	21 Parents and Tots Group 11am to 1 pm	22	23	24
25	26	27 Picku	28 SIB CLINIC DAY Dr. Bradwell	29 REMINDER: All appointments must be booked through Skeetchestn health Clinic at 250.373.2580		



New Year's Resolutions

Everyone has new years resolutions. But it seems everyone has the same resolutions as last year and the year before last. You are probably very familiar with the following list:

quit smoking



lose weight



eat healthier



This is a great list as, a matter fact it's a list that will improve your personal health. But if this has been your list since 1980, maybe its time to rethink your list! So, instead of making the same resolutions as last year, why not make a new one?

smile
choose happiness
new adventures with your kids
Be GRATEFUL

quality time with loved ones

Be Kind
pursue a passion
challenge yourself
be present

Head Lice

What are head lice?

Head lice are tiny, greyish brown, wingless insects that live on the scalp, feeding on human blood. They lay eggs, also called nits, which stick to strands of hair very close to the scalp. Head lice often go undetected or are not diagnosed correctly. The nits are easier to see. Live nits are very small, about one-third (1/3) the size of a sesame seed and take about a week to hatch. Dead nits are found further down the hair shaft. Nits may look like dandruff, but they cannot be easily removed because they are sticky.

How are head lice spread?

Anyone can get head lice. Having head lice does not mean a person has poor hygiene or lives in an unclean environment. Any who has hair can get head lice.

Head lice are commonly spread among children and adults who have close contact, such as in child care settings and schools. Head lice are spread through head-to-head contact or through contact with an item, such as a towel, a pillow, or a blanket that is used by someone with head lice. Head lice can be spread by children sharing hats, helmets, scarves, combs, hair accessories, hairbrushes or headphones.

Head lice cannot jump or fly from 1 person to another.

How do I prevent the spread of head lice?

Head lice can be controlled through the cooperation of parents, children, daycares, schools and health care providers. Once you learn how to recognize head lice, regularly checking your own and your child's hair is the best way to prevent the spread. Children should be encouraged not to share personal items such as hats, helmets, scarves, combs, hair accessories, hairbrushes or headphones. If your child has long hair, tie it up or put in a braid.

What are symptoms of head lice?

Symptoms of head lice include:

- Crawling or tickling sensation on the scalp
- Itchy scalp due to an allergic reaction caused by the bites; and
- Scratch marks or small red bumps like a rash

Some people who may have head lice have no symptoms.

How can I tell if my child has head lice?

First check your child's scalp and hairline at the back of the neck and behind the ears. Live lice or eggs may be easier in these areas. Next, part the hair into small sections and check the entire scalp and along the hairline, going from side to side with your fingers or a special head lice comb. Good lighting is important. Some people agree that first applying hair conditioner to hair is helpful in finding live nits or eggs.

If no lice or nits are found, repeat the above process again in 1 week and check more frequently if there is an outbreak at your child's school or daycare. Repeat again after 2 weeks if someone else in the family has head lice. ***Having head lice once does not protect your child from getting them again.***

What are safe options for treating head lice?

Treatment should be considered only if head lice or live nits are found. Head lice will not go away without treatment. There are various chemical treatments that can be used to treat head lice. Shampoos, creams, rinses and sprays that contain an ingredient that kills lice are available at most pharmacies without a prescription. Not all chemical treatments are appropriate for children and pregnant or nursing mothers you should speak with your pharmacist.

Wet-combing— this method removes live head lice and nits. Wet-combing is less expensive but takes more time to complete. The combing steps must be followed carefully and completely. Combing treatments are done using generous amounts of hair conditioner and a special lice comb, every 3 to 4 days for 2 weeks. Any young lice that hatch from eggs after the first session are removed at the second, third and fourth sessions. This is why it is important to do the full 4 sessions. Contact your public health unit at: www.health.gov.bc.ca/socsec for complete instructions on the wet-combing method.

Children should receive their first treatment, whether, chemical or non-chemical, at home the first day that they are found to have head lice. Children should not be sent home or kept home from school or daycare because of head lice. The child should be encouraged to avoid head-to-head or close contact with other students. Speak to the school nurse or daycare operator about any guidelines they may have about head lice. Schools and daycare centres may want to remind all parents to check their child regularly for head lice in order to manage the spread. Confidentiality should be maintained in order not to embarrass a child or family who has head lice.

If a child has head lice a second time, he or she likely has caught them from a person with untreated lice.

What should be cleaned?

Head lice do not survive for long once they are off the scalp. Head lice do not pose a risk to others through contact with furniture, pets or carpets. There is no evidence that a major cleaning of the house or car is necessary.

On the day you start the treatment, wash all dirty clothes including hair ribbons, hats and scarves, bedding, towels, brushes and combs in hot water. Items that cannot be washed, such as pillows or stuffed animals, can be placed in a plastic bag for 10 days or in the freezer for 48 hours. Vacuum child car seats as a precaution.

For more information please go to Healthlink BC Website.

The Naturopathic Alphabet

Submitted by: Dr. Melissa Bradwell, ND

Q- CoQ10

CoQ10 is used for energy production by every cell in your body, and is therefore vital for good health, high-energy levels, longevity, and general quality of life. While it can be beneficial for virtually everyone, especially if you're seeking to combat the natural aging process, it's absolutely *vital* for those taking a statin drug (to lower cholesterol) to replenish that which is depleted by the drug. CoQ10 can also help protect your body from free radical damage. What you might not be aware of however, is that there are two forms of CoQ10, and the better, far more effective alternative is its reduced form, called *ubiquinol*.

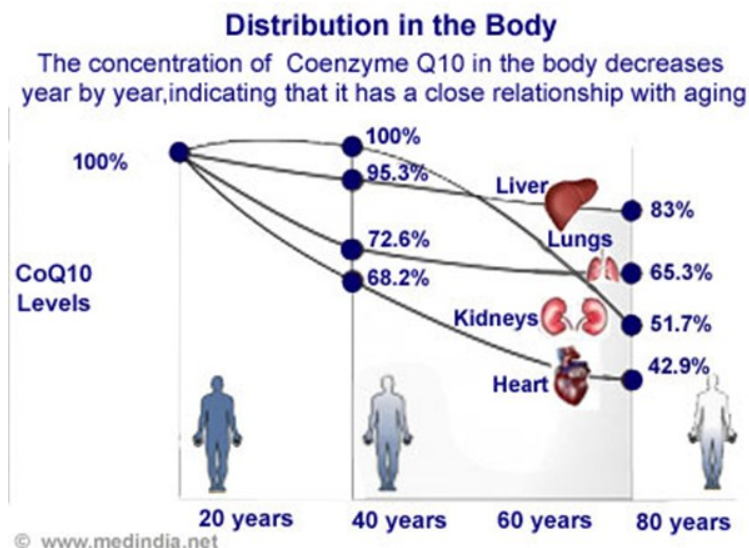
Ubiquinol vs CoQ10:

Ubiquinol is the form your body actually uses to achieve its benefits. Substantial research shows that if you are over 25, this reduced form is superior for your health in a number of ways. If you're under 25 years old, your body is capable of converting CoQ10 to the reduced form fairly well and the additional expense of purchasing the reduced form is unnecessary. However, if you're older, your body becomes increasingly challenged to convert the oxidized CoQ10 to ubiquinol.

Aside from aging, numerous other factors can also impact this conversion process, including:

Increased metabolic demand	Oxidative stress	Insufficient dietary CoQ10 intake
Deficiency of factors required for biosynthesis and ubiquinol conversion	Potential effects from illness and disease	Age-related changes in your genes

If you're over 40, it is *strongly* recommend you take ubiquinol instead of CoQ10 as it's far more effectively absorbed by your body. In every study conducted so far, ubiquinol has been shown to be far more bioavailable than the non-reduced form (CoQ10).



Some Common Uses for CoQ10:

Q- CoQ10

- **Parkinson's Disease**
- **Immune Function:** immune enhancement in those with immune suppression due to aging and chronic illness with CoQ10 supplementation
- **Aging:** Not only when taken orally, but also topical CoQ10 has also shown some benefit for skin health related to aging.
- **Physical Performance:** Supplementation could increase aerobic capacity and muscle performance.
- **Cardiovascular Disease (CVD):** CoQ10 deficiency has been detected in many individuals with various cardiovascular diseases, however, it is not clear if this deficiency leads to disease or is the result of the disease.
- **Diabetes:** CoQ10 supplementation may help with decreasing blood pressure and improving glycemic control in this population.
- **Infertility:** Low levels of CoQ10 have been found in sperm with low motility and abnormal morphology and CoQ10 can also benefit egg health in females who are starting a family later in life.

Dosage: *These are just guidelines. Please consult your healthcare provider for accurate dosing.

On a statin drug- at least 100-200 mg of ubiquinol or CoQ10 per day

Starting dose for a healthy adult not on a statin drug- 200-300mg a day. Within a two- to three-week period your plasma levels will typically plateau to its optimum level. After that, you can go down to a 100 mg/day maintenance dose per day. This dose is typically sufficient for healthy people. If you have an active lifestyle, exercise a lot, or are under a lot of stress due to your job or "life" in general, you may want to increase your dose to 200-300 mg/day.

***If you would like to book an appointment with Dr. Melissa Bradwell
call QHS at 250.314.6732 or Skeetchestn Health Clinic at
250.373.2580***

References:

http://www.ndhealthfacts.org/wiki/Coenzyme_Q10

<http://articles.mercola.com/sites/articles/archive/2013/11/03/coq10-vs-ubiquinol.aspx>

PREGNANCY and your ORAL HEALTH



Congratulations on this exciting and busy time of your life! You have so much to think about during pregnancy but don't forget about your teeth and gums. It may be easy to overlook your mouth, but all the changing hormone levels that occur with pregnancy can actually make some dental problems worse.

Brushing and flossing contributes to your overall health, too, and if your mouth is healthy, it's more likely that your baby's mouth will be healthy.

See your dentist

It's important to continue to see your dentist during pregnancy for oral examinations and professional teeth cleanings. Make sure to tell your dentist that you are pregnant and about any changes you have noticed in your oral health. Good daily care is vital. That means always brushing your teeth twice a day with fluoride toothpaste, cleaning between your teeth once a day, eating a balanced diet and limiting between-meal snacks.

To book an appointment to see a dentist please call Crystal at (250) 314-6732

Reading Books to Babies



Reading aloud to your baby is a wonderful shared activity you can continue for years to come — and it's an important form of stimulation.

Reading aloud:

- teaches a baby about communication
- introduces concepts such as numbers, letters, colors, and shapes in a fun way
- builds listening, memory, and vocabulary skills
- gives babies information about the world around them

Believe it or not, by the time babies reach their first birthday they will have learned all the sounds needed to speak their native language. The more stories you read aloud, the more words your child will be exposed to and the better he or she will be able to talk.

Hearing words helps to build a rich network of words in a baby's brain. Kids whose parents frequently talk/read to them know more words by age 2 than children who have not been read to. And kids who are read to during their early years are more likely to learn to read at the right time.

When you read, your child hears you using many different emotions and

expressive sounds, which fosters social and emotional development. Reading also invites your baby to look, point, touch, and answer questions — all of which promote social development and thinking skills. And your baby improves language skills by imitating sounds, recognizing pictures, and learning words.

But perhaps the most important reason to read aloud is that it makes a connection between the things your baby loves the most — your voice and closeness to you — and books. Spending time reading to your baby shows that reading is a skill worth learning. And, if infants and children are read to often with joy, excitement, and closeness, they begin to associate books with happiness — and budding readers are created.



Connections with Family and Community

Connecting your child with extended family and community will help your child have a sense of belonging. A sense of belonging will help your child develop trust not only in you but also in community and extended family members. There are many ways you can help build connection.

Connection starts at home! You can form secure attachment by:

- Responding to your child's needs in a caring and loving way
- Be available when your child is stressed, upset or hurt
- Be committed to your child
- Keep your child safe by making sure that your house is safe, that you are close by when outside, and that only safe people are your child's life
- Be respectful of his/her wants and needs

Connect with extended family:

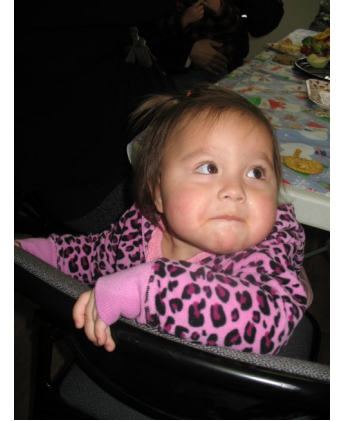
- Tell your child stories about family members
- Have family meals or events that include extended family
- Show your child pictures of family members

Build ties with Community:

- Participate in events such as community feasts and powwows
- Talk about your traditional lands and about traditional ways
- Learn from elders
- Practice traditions such as drumming or signing
- Teach your child words from your language



Everyone has a responsibility to help our children form “connection”. This builds strong roots to family and community!



Skeetchestn Health Clinic Open House



The clinic hosted an open house on December 10th. This is our way of saying thank you to Skeetchestn community and our clientele.



Community/staff members came over and enjoyed good food along with great company!

Thanks everyone....wishing you all the best for 2015!



Women's Wellness

The health and wellness of our clientele is important to us at QHS. We believe healthy starts from the inside out. Especially for the women in our communities. That is why QHS is having a Women's Wellness Day.

The focus of the day is getting pap tests done for the women in our community.

Date: Thursday, January 22, 2015

Time: 9:00 am to 4:00 pm

Place: Q'wemtsín Health Society

If you would like to sign up for your pap test please contact Sarin Burke, MOA/Receptionist. Call QHS at: 250.314.6732



Skeetchestn Families & TOTS GROUP

Next Families and Tots Group is scheduled for:

Date: Wednesday, January 21st

Time: 11:30 am to 1:00 pm

Place: Skeetchestn Health Clinic

We look forward to seeing everyone and having some fun!



Kamloops Medical Walk-in Clinics



Norkam Health Care Centre

370 TRANQUILLE ROAD
(Manshadi's Pharmacy Building)

Phone: 250.376.9595

Please call ahead to confirm they are open

Monday to Friday	8:30am to 4:30pm
Saturday	Closed
Sunday & Holidays	Closed

Kamloops Urgent Care Clinic

#4-910 COLUMBIA ST. WEST
(At the back of Great Canadian Super Store)

Phone: 250.371.4905

Please call ahead to confirm they are open

Monday to Friday	9:00am to 5:00pm
Saturday, Sunday & Holidays	9:00am to 1:00pm

Summit Medical Clinic

#4-1380 SUMMIT DRIVE
(Behind Toys R Us Store)

Phone: 250.374.9800

Please call ahead to confirm they are open

Monday to Friday	8:30am to 4:30pm
Saturday, Sunday & Holidays	10:00 am to 3:00 pm

Kinetic Energy Health and Wellness Centre

#207 - 450 Landsdowne St
Kamloops, BC V2C 1Y4

Phone: 250-828-6637

Email: info@kamloopskineticenergy.com

You can book your appointment via email

Please call ahead to confirm they are open

Monday to Friday	12:00pm to 6:00pm
Saturday	9:00 am to 1:00 pm
Sunday	Closed

Seasonal Affective Disorder (SAD)

What is seasonal affective disorder (SAD)?

Seasonal affective disorder, or SAD, is a type of depression that affects a person during the same season each year. If you get depressed in the winter but feel much better in spring and summer, you may have SAD.

Anyone can get SAD, but it is more common in:

- People who live in areas where winter days are very short or there are big changes in the amount of daylight in different seasons.
 - Women.
 - People between the ages of 15 and 55. The risk of getting SAD for the first time goes down as you age.
- People who have a close relative with SAD.

What causes SAD?

Experts are not sure what causes SAD, but they think it may be caused by a lack of sunlight. Lack of light may upset your sleep-wake cycle and other circadian rhythms. And it may cause problems with a brain chemical called serotonin that affects mood.

What are the symptoms?

If you have SAD, you may:

- Feel sad, grumpy, moody, or anxious.
- Lose interest in your usual activities.
- Eat more and crave carbohydrates, such as bread and pasta.
- Gain weight.
- Sleep more and feel drowsy during the daytime.

Symptoms come and go at about the same time each year. For most people with SAD, symptoms start in September or October and end in April or May.

How is SAD diagnosed?

It can sometimes be hard to tell the difference between non-seasonal depression and SAD, because many of the symptoms are the same. To diagnose SAD, your doctor will want to know if:

- You have been depressed during the same season and have gotten better when the seasons changed for at least 2 years in a row.

- You have symptoms that often occur with SAD, such as being very hungry (especially craving carbohydrates), gaining weight, and sleeping more than usual.
- **A close relative—a parent, brother, or sister—has had SAD.**

How is it treated?

Doctors often prescribe light therapy to treat SAD. There are two types of light therapy:

- **Bright light treatment.** For this treatment, you sit in front of a "light box" for half an hour or longer, usually in the morning.
 - **Dawn simulation.** For this treatment, a dim light goes on in the morning while you sleep, and it gets brighter over time, like a sunrise.
- Light therapy works well for most people who have SAD, and it is easy to use. You may start to feel better within a week or so after you start light therapy. But you need to stay with it and use it every day until the season changes. If you don't, your depression could come back.

Other treatments that may help include:

- **Antidepressants.** These medicines can improve the balance of brain chemicals that affect mood.
 - **Counselling.** Some types of counselling, such as cognitive-behavioral therapy, can help you learn more about SAD and how to manage your symptoms.
- If your doctor prescribes antidepressants, be sure you take them the way you are told to. Do not stop taking them just because you feel better. This could cause side effects or make your depression worse. When you are ready to stop, your doctor can help you slowly reduce the dose to prevent problems.

You may feel better if you get regular exercise. Being active during the daytime, especially first thing in the morning, may help you have more energy and feel less depressed. Moderate exercise such as walking, riding a stationary bike, or swimming is a good way to get started.

Resource Numbers for Kamloops Area

Emergency Assistance

Ambulance/Fire/Police	911
Children's Hotline	310-1234
Kids Helpline	1-800-668-6868

Mental Health Contact Numbers

Interior Crisis Line Network (depression, poverty, abuse, homelessness, suicide)	1-888-353-2273
Kamloops Urgent Response Team	250-377-0088
Kamloops Mental Health Intake	250-377-6500
Provincial Crisis Line	1-800-784-2433
Kamloops Street Services	250-314-9771
Kamloops R.C.M.P. Victim Services	250-828-3223
Y Women's Emergency Shelter	250-374-6162
Children Who Witness Abuse	250-376-7800
Outreach Services (Mobile service for women and children who have experienced abuse)	250-320-3110

Aboriginal Services

Q'wemtsín Health Society	250-314-6732
Skeetchestn Health Clinic	250-373-2580
Secwepemc Child and Family Services: 300 Chilcotin Road	250-314-9669
Sydney Avenue	250-461-7237
Toll Free number	1-866-314-9669
Interior Indian Friendship Society	250-376-1296
White Buffalo Aboriginal and Metis Society	250-554-1176
Secwepemc Cultural Education Society	778-471-5789
Native Youth Awareness Centre	250-376-1617
Aboriginal Training & Employment Centre	250-554-4556
Kamloops Native Housing Society	250-374-7643
Shuswap Training and Employment Program	778-471-8201

R.C.M.P.

Tk'emlúps Detachment	250-314-1800
Kamloops City Detachment (Complaints General inquiries)	250-828-3000
Downtown Community Policing	250-851-9213
North Shore Community Policing	250-376-5099
Southeast District	250-828-3111
RCMP SCAM LINE	250-828-3266
Email: silk@rcmp-grc.ca	

Addictions

Narcotics Anonymous	1-800-414-0296
Alanon/Alcoholics Anonymous	250-374-2456
House of Ruth (women only)	250-376-5621
Phoenix Centre	250-374-4684
Raven Program	250-374-4634
Sage Health Centre	250-374-6551
Smokers Health Line	1-877-455-2233
Alcohol & Drug Information & Referral Services	1-800-663-1441

Kamloops Walk-in Clinics

Summit Medical Clinic	250-374-9800
Kamloops Urgent Care	250-371-4905
North Shore Walk-in Clinic	250-376-9595

Royal Inland Hospital

Information	250-374-5111
Aboriginal Patient Navigator (RIH)	
Deb Donald	250-314-2100 (ext. 3109)
Gloria Big Sorrelhorse	250-314-2100 (ext. 3109)

First Nations Health Council

Health Advocate	
Mary Knox-Guimont	604-913-2080
Toll Free number	1-866-417-1139

Q'wemtsín Health Society

130 Chilcotin Road
Kamloops, BC
V2H 1G3

Phone: 250.314.6732

Fax: 250.314.6742

E-mail: qhs@qwemtsin.org

Hours of Operation:
Monday to Thursday
8:30 am to 4:30 pm

Friday 8:30 am to 4:00 pm

