

Newsletter



Are you a parent or caregiver for young children?
Did you know that this is the best time to get your children into good dental hygiene practices?



A healthy mouth is a good indicator for overall health.

Having a nice smile leads to confidence, proper speech and eating techniques along with a beautiful appearance.

By practicing good dental hygiene you set an example for your children and keep your own health in shape, because studies have shown that poor dental hygiene contributes to heart disease and diabetes.

Brush and floss your teeth - set a good example for your young ones.

April, 2007

P.O. Box 320
Keewatin, Ontario
POX 1C0

**Administration
Healing Lodge**

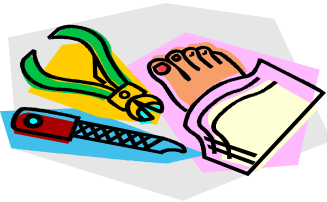
Phone: (807) 543-1065
Fax: (807) 543-1126
Toll Free: 1-800-656-9271

Satellite Clinic

Phone: (807) 467-8770
Fax: (807) 467-2666
Toll Free: 1-877-224-2281

www.kahac.org

April is Dental Health Month



Diabetic foot care is available at the satellite clinic. Call 467-8770 to book appointments with Judith McLeod.

Satellite Clinic Update

Effective immediately, all patients will be asked to update their contact information, including **OHIP numbers**, when checking in at each appointment. While valid OHIP cards are not a requirement for KAHAC services, they are needed to cover the cost of lab tests, x-rays, etc. Without a valid health card number, labs will often refuse to complete testing. The results of those lab tests are critical to providing appropriate and effective care to our patients. We will make every effort to assist people who don't have a valid OHIP number to obtain one as soon as possible.

Valid contact information is also very important in health care. It is often necessary to contact patients to follow up on urgent issues that have been identified, and it is important to have accurate information so we can be sure to contact the right person in a timely manner.

Our downtown location and recent changes at the Kenora Medical Centre are creating increasing pressure on KAHAC staff. Due to **increased demand for services**, we are now booking a month in advance. We apologize for the longer wait time. We do maintain a waiting list to "fit in" urgent matters in the event of no-shows or cancellations.

Diabetes and Gum Disease

If you have diabetes, make sure you take care of your mouth. People with diabetes are at risk for mouth infections, especially periodontal (gum) disease. Periodontal disease may also make it hard to control your blood glucose (blood sugar). Investigators from the U.S. National Institute of Diabetes and Kidney Disease found that Pima Indians with type 2 diabetes and severe gum disease had 3.2 times the risk of dying from heart and kidney disease than diabetics with mild or no gum disease.

Unfortunately caring for the mouth is often overlooked when trying to control other problems associated with diabetes.

Signs and symptoms of periodontal (gum) disease:

- Bleeding gums
- Red, swollen or tender gums
- Persistent bad breath or bad taste
- Lose permanent teeth or teeth that have moved
- Most people do not experience pain

Take steps to keep your mouth healthy. If you have diabetes:

- Control your blood sugar
- Brush and floss every day
- Visit your dentist regularly - tell your dentist you have diabetes
- Tell your dentist if your gums are sore or dentures don't fit right
- Quit smoking - smoking makes gum disease worse
- Check your mouth regularly for problems or sores



April 2007

COMMUNITY SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 2 DR @ Clinic LED, JM @ Clinic | 3 DR @ Clinic - PM JM, LED @ Clinic | 4 LED @ NWA37 JM @ Clinic SL - Healthy Babies | 5 DR @ Clinic - PM BP @ WD LED @ GN JM @ Clinic | 6 Good Friday |
| 9 Easter Monday | 10 DR @ Clinic - PM JM, LED @ Clinic SL @ Keewatin Public Library | 11 LED @ NWA37 JM @ Clinic SL - Healthy Families | 12 DR @ Clinic - PM BP @ WD JM @ Fellowship LED @ GN | 13 DR @ Clinic - PM JM @ Clinic - AM MB @ Migiisi |
| 16 DR @ Clinic LED, JM, MM @ Clinic JR @ SL39 | 17 MM @ RP JR @ SL40 JM, LED @ Clinic SL @ Keewatin Library | 18 MM @ DA JR @ WD LED @ NWA37 JM @ Clinic SL - Healthy Families | 19 DR @ Clinic - PM BP @ Minaki MM @ WFB JR @ Clinic LED @ GN JM @ Fellowship SL @ DA | 20 DR @ Clinic IC, SL @ Dryden FASD NW |
| 23 DR @ Clinic JM, MM @ Clinic JR @ SL39 LED @ Wabigoon | 24 MM @ RP JR @ SL40 JM, LED @ Clinic SL @ Migiisi | 25 MM @ DA LED @ NWA37 JM @ Clinic SL @ Healthy Families | 26 DR @ Clinic - PM BP @ WD MM @ WFB JR @ Clinic LED @ GN JM @ Fellowship SL @ SL39 | 27 DR @ Clinic - PM |
| 30 DR @ Clinic JM, LED, MM @ Clinic JR @ SL39 | | | | |

Parking at downtown clinic
Parking for clients attending appointments is available across the street on the south side of the lane .

The driveway is reserved for pick-up and drop-off, or parking for handicapped clients while at the clinic.

Do not park along the street or in the alley behind the clinic—you will be towed by the City of Kenora.

**Head Office and Nanaandawe'i-yewigamig Healing Lodge at Obashkaandagaang First Nation have a toll free number:
 1-800-656-9271**

- MM Malcolm McCormick, Nurse Practitioner
- LED Lee Ann Desrochers, Nurse Practitioner
- JR Jennifer Roberts, Nurse Practitioner
- BP Barb Pemskey, Nurse Practitioner
- DR Dr. J. Hammett, OR Dr. M. Thomas
- AA Allan Anderson, Dental Health Educator
- RW Randy White, Traditional Health Coordinator
- IC Ida Copenace, FASD/CN Consultant
- SL Serena Lewis, FASD/CN Consultant
- MB Maria Blackhawk, HIV/AIDS Coordinator
- JM Judith McLeod, Diabetes Clinician/Foot Care
- LS Leticia Santos, Diabetes Clinician/Dietitian
- LAM Lauri-Ann Marshall, Diabetes Clinician/Nurse
- JG Janet Green, Family Support Coordinator



- GN Grassy Narrows
- NWA33A Dogpaw Lake
- NW Angle Inlet
- SL40 Shoal Lake 40
- NWA37A Regina Bay
- NWA37B Windigo Island
- OBK Obashkaandagaang
- WD Whitedog
- WFB Whitefish Bay
- SL39 Shoal Lake 39
- RP Rat Portage
- DA Dalles
- WAB Wabigoon Hall, Wesawkwete

Staff