

# Newsletter

**Non-Smoking Week** January 15-21



January/February 2007

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**M**anaaji asema—Tobacco, like our other medicines, is only sacred when we use it the way it was intended. It is first in our way of life, to be used in a sacred manner to pray, heal, give thanks, and to make peace. Like all things in life, when used in a good way it brings good things, but when used improperly it can be dangerous. Taking back the sacredness of tobacco is respecting our heritage and traditions.

**N**on-traditional tobacco use has many bad health effects, particularly for people with diabetes. No matter how long you've smoked, your health will improve after you quit.

The best-known effect of smoking is that it causes cancer. Smoking can also aggravate many problems that people with diabetes already face, such as heart and blood vessel disease.

1. Smoking cuts the amount of oxygen reaching tissues. The decrease in oxygen can lead to a heart attack, stroke, miscarriage, or stillbirth.
2. Smoking increases your cholesterol levels and the levels of some other fats in your blood, raising your risk of a heart attack.
3. Smoking damages and constricts the blood vessels. This damage can worsen foot ulcers and lead to blood vessel disease and leg and foot infections.
4. Smokers with diabetes are more likely to get nerve damage and kidney disease.
5. Smokers get colds and respiratory infections easier.
6. Smoking increases your risk for limited joint mobility.
7. Smoking can cause cancer of the mouth, throat, lung, and bladder.
8. People with diabetes who smoke are three times as likely to die of cardiovascular disease as are other people with diabetes.
9. Smoking increases your blood pressure.
10. Smoking raises your blood sugar level, making it harder to control your diabetes.
11. Smoking can cause impotence.

Speak to your health provider today to ask how you can get help with quitting! Remember - quitting smoking may be the most important thing you can do for your health and for those around you.

## Smoking and your smile

**S**moking not only affects your heart, lungs and overall health, it affects your smile. Smoking can cause tooth decay and gum disease, which can lead to an aching mouth and missing teeth. Smoking is not glamorous or cool. Tobacco stains your teeth and gives you bad breath. How many movie stars can you think of with stained teeth? Remember, if you do smoke you are setting a bad example for your children. Keep a healthy white smile, and be a good role model to your children.

**S**exual health is a broad term. It involves our sense of identity, our values and beliefs, and emotional intimacy as well as the physical act of intercourse.

Intimacy is an important key to a healthy relationship. It's the feeling of trust and closeness between partners. It's when two people can be themselves and share their deepest thoughts, feelings and emotions, without being afraid their partner will laugh or judge them. This is called emotional intimacy. Physical intimacy means sharing your body openly, with trust that the other person will respect you. This intimacy includes kissing, hugging, caressing or intercourse. In the development of a healthy sexual relationship, both emotional and physical intimacy must exist.

*"It's easy to bare your body—it is much harder to bare your soul."*

## ORTHO EVRA

Ortho EVRA is the first weekly form of birth control. You put on a new patch weekly for 3 consecutive weeks then you go patch free for the fourth when you get your period (moon). This type of patch is now covered by non-insured health benefits but only after an attempt at other form of birth control has been tried. Women who are over 35 are strongly advised not to smoke cigarettes while using the patch. You will also be exposed to 60% more estrogen hormone than if you were using other birth control pills containing 35 mcg. The patch does not protect against HIV or any other sexually transmitted diseases. See your health care provider to see if the patch is right for you.



# February, 2007

# COMMUNITY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>WIISOOKOOTADIWIN 2007</b>            Together in Nurturing Community Well-being: Diabetes  <b>February 26-March 1</b>  <i>Watch for details, or call 543-1065 for more information!</i></p>			1 LED, AA @ GN LAM @ Minaki MM @ WFB BP @ WD JR @ Clinic JM @ Fellowship	2 JM, LAM @ Clinic
5 DR @ Clinic JM, MM, LS, LAM @ Clinic LED @ Clinic - AM JR @ SL39	6 AA @ SL40 JM, LED, LAM, LS @ Clinic MM @ RP BP @ OBK JR @ SL40	7 AA @ WD LAM, LS @ OBK MM @ DA JM, BP @ Clinic LED @ NWA37	8 AA @ GN LAM, LS, BP @ WD MM @ WFB LED @ GN JM @ Clinic	9 JM, LAM, LS @ Clinic
12 DR @ Clinic JM, LAM, MM, LS @ Clinic LED @ Clinic - PM JR @ SL39	13 AA @ SL39 JR, LAM, LS @ SL40 MM @ RP BP @ OBK JM, LED @ Clinic	14 JR, AA @ WD LAM, LS @ SL39 MM @ DA JM, BP @ Clinic LED @ NWA37	15 LED, AA @ GN LAM, LS @ Clinic MM @ WFB BP @ WD JR @ Clinic - PM JM @ Fellowship	16 JM, LAM, LS @ Clinic
19 DR @ Clinic LS @ Migtisi JM, MM @ Clinic LED @ Wabigoon JR @ SL39	20 DR @ Clinic - PM AA @ OBK JM, LED, LS @ Clinic MM @ RP JR @ SL40	21 AA @ WD JM, LS @ Clinic MM @ DA LED @ NWA37	22 DR @ Clinic - PM LED, AA @ GN JR, LS @ Clinic MM @ WFB JM @ Minaki	23 DR @ Clinic - AM JM, LS @ Clinic
26 DR @ Clinic MM @ Clinic LED @ Windigo JR @ SL39	27 BP, AA @ OBK MM @ RP LED @ Clinic JR @ SL40 Sweat @ KAHAC (5 PM)	28 JR, AA @ WD MM @ DA LED @ NWA37		

## Downtown Clinic Parking

Clients of the downtown clinic may park across the street on the south side of the lane in the gravelled parking lot while attending appointments at the clinic.

Vehicles may use the driveway at the clinic for client drop-off or as parking for handicapped clients while at the clinic.

When calling the satellite clinic, please remember our number is **467-8770**. We are having problems with people calling wrong numbers.

**Miigwech!**

M	Malcolm McCormick, Nurse Practitioner
LE	Lee Ann Desrochers, Nurse Practitioner
JR	Jennifer Roberts, Nurse Practitioner
BP	Barb Pernsky, Nurse Practitioner
JH	Dr. John Hammett
MT	Dr. Michelle Thomas
AA	Allan Anderson, Dental Health Educator
R	Randy White, Traditional Health Coordinator
IC	Ida Copenace, FASD Consultant
SL	Serena Lewis, FASD Consultant
M	Maria Blackhawk, HIV/AIDS Coordinator
JM	Judith McLeod, Diabetes Educator
LS	Leticia Santos, Diabetes Educator
LA	Lauri-Ann Marshall, Diabetes Educator

Communities

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

STAFF