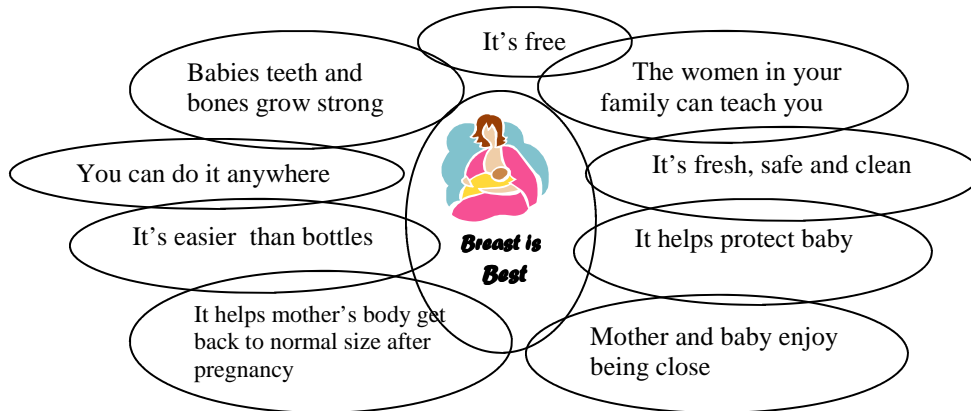


Newsletter

World Breastfeeding Week

October 1-7 is World Breastfeeding Week. Breast milk is understood to provide optimal nutrition for infants. Breast milk is also the most secure form of nutrition in areas where formula or healthy food choices may be limited, difficult to access, too expensive, or the quality of the water used to make formula may be questionable.



Minaki Nursing Station has been promoting **HeartSmart Health**. Monthly newsletters/calendars reach all community members and are raising the awareness of risk factors of coronary and vascular disease that can be changed. Cholesterol checks, prescriptions and counsel related to lifestyle changes are available. **Minaki is located 50 km north of Kenora—phone 224-3531 for more information. Joan Grandbois is the Community Health Nurse, and Sharon Anderson is the Administrative Assistant.**



October 2007

Administration/Healing Lodge
Obashkaandagaang FN
P.O. Box 320
Keewatin, Ontario
POX 1C0
Phone: (807) 543-1065
Fax: (807) 543-1126
Toll Free: 1-800-656-9271

Satellite Clinic
212 4th St. S., Kenora
Phone: (807) 467-8770
Fax: (807) 467-2666
Toll Free: 1-877-224-2281

www.kahac.org

October is Breast Cancer Awareness Month

There is no single cause of breast cancer but some factors appear to increase the risk of developing it:

- Age (breast cancer can occur in women of any age but increases as she ages).
- Personal history of breast cancer (a woman who has had breast cancer in one breast has an increased risk of getting breast cancer again).
- Family history of breast cancer (especially in a mother, sister or daughter diagnosed before menopause or if mutations on BRCA1 or BRCA2 genes are present).
- Family history of ovarian cancer.
- Never having given birth or giving birth for the first time after age 30.
- Beginning to menstruate at an early age.
- Reaching menopause later than average.
- Taking hormone replacement therapy (estrogen plus progestin) for more than 5 years.
- Drinking alcohol, or taking oral contraceptives (the Pill), is linked to a slight increase in breast cancer risk. Other possible risk factors are being studied, such as smoking, diet, physical inactivity and obesity.

Some women develop breast cancer without having any of these risk factors. Most women with breast cancer do not have a family history of the disease. Also, many women who do have risk factors do not get breast cancer.

What You Can Do:

- Mammograms (breast x-rays) can find small breast cancers 2 to 3 years before they can be felt.
- Finding breast cancer early saves lives.
- The Ontario Breast Screening Program (OBSP) provides breast screening services for women aged 50 and over or if you have a family history or other indicators as per your health care provider.
- You don't need a Doctor's referral to go to the Ontario Breast Screening Program. You can call to make an appointment. The service is free.

For more information or an appointment, call the Ontario Breast Screening Program toll-free at 1-800-668-9304. The **breast screening van is in Kenora:**

October 3 - October 8

October 10 - 13

October, 2007

COMMUNITY SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|
| 1 DR @ Clinic LED @ Wabigoon JM, LS, LAM @ Clinic BP @ NWA37A | 2 DR @ Clinic - PM JM, LS, LAM @ Clinic AA @ SL40 BP @ OBK | 3 Diabetes Strategy Meeting | 4 AA, LED @ GN EB, LS, LAM @ Clinic JM @ Fellowship MB @ Aids Conference THBAY Traditional Healing Clinic | 5 Traditional Healing Clinic |
| 8 THANKSGIVING | 9 EB, JM, LS, LAM @ Clinic BP @ OBK LED @ RP/DA RW @ Portage Youth | 10 DR @ Clinic - PM LS, LAM @ SL39 AA @ WD BP, EB, JM @ Clinic RW @ Portage Youth | 11 AA, LED @ GN EB, LS, LAM @ Clinic JM @ Fellowship Centre BP @ WFB Sweat @ KAHAC (6 P.M.) | 12 DR @ Clinic - PM DR @ Clinic |
| 15 LED @ Windigo JM, LS, LAM @ Clinic JR @ SL40 | 16 DR @ Clinic - PM Customer Service Workshop | 17 LED @ Minaki LAM @ WFB EB, JM, LS @ Clinic AA @ WD RW @ Portage Youth | 18 AA, LAM @ GN EB, LS @ Clinic JM @ Fellowship BP @ WFB | 19 DR @ Clinic - PM |
| 22 JM, LAM @ Clinic | 23 JR, AA @ SL40 EB @ Clinic RW @ Portage Youth | 24 JR, AA @ WD EB @ Clinic RW @ Portage Youth | 25 AA, LED @ GN EB @ Clinic JR @ SL39 Sweat @ KAHAC (6 P.M.) | 26 |
| 29 JR, BP, JM, LAM @ Clinic LS @ Migisi BP @ NWA37A | 30 DR @ Clinic - AM EB, JM, LS, LAM @ Clinic AA @ SL39 BP @ OBK LED @ RP/DA RW @ Portage Youth JR @ WD Health Fair | 31 DR @ Clinic - PM LED, JM, LAM @ Minaki EB, LS @ Clinic AA @ WD JR @ SL40 RW @ Portage Youth | During our recent retreat, Primary Care and Community Development Team members decided to participate in Kenora's Christmas Parade of Lights . Look for us at the parade in late November/early December. Come out and walk with us. Check out the art work that was created during the retreat! Miigwech! <i>Ida Copenace, FASD & Child Nutrition Consultant</i> | |

The Centre's satellite clinic is expanding to serve you better in the very near future.

We apologize for any inconvenience during this time, while we complete Phase II of our renovations.

Handicapped parking will be blocked by a scrap bin, but the wheelchair ramp will remain clear for pedestrian access. Proceed with caution. The clinic will operate as usual. Again, we are sorry for the inconvenience.



- EB Esme Boone, Nurse Practitioner
- AP April Preisentanz, Registered Practical Nurse
- LED Lee Ann Desrochers, Nurse Practitioner
- JR Jennifer Roberts, Nurse Practitioner
- BP Barb Pemskey, Nurse Practitioner
- DR Dr. Hammett, Thomas, or Snyder
- AA Allan Anderson, Dental Health Educator
- RW Randy White, Traditional Health Coordinator
- IC Ida Copenace, FASD/CN Consultant
- SL Serena Lewis, Health Promoter
- MB Maria Blackhawk, HIV/AIDS Coordinator
- JM Judith McLeod, Diabetes/Foot care Clinician
- LS Leticia Santos, Dietitian/Diabetes Clinician
- LAM Lauri-Ann Marshall, Nurse/Diabetes Clinician
- JG Janet Green, Family Support Coordinator

Communities

- GN Grassy Narrows
- NWA33A Dogpaw Lake
- NWA33B 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

Staff