



SPRING 2009

HALDIMAND-NORFOLK HEALTH UNIT

# EMPLOYEE HEALTH & WELLNESS

## Stroke Prevention: Step Up to a Healthier You

### June is national Stroke Awareness Month!

Stroke is the 4th leading cause of death for Canadians. Each year 40 000 to 50 000 Canadians will experience a stroke. However, many people who experience a stroke do not seek medical treatment quickly enough, with only 20% to 25% of people who have a stroke getting medical care within 3 hours of any initial signs. The longer you wait, the greater the risk of major physical and mental damage.

### What is Stroke?

A stroke occurs when the blood supply to part of the brain is cut off. Without oxygen-rich blood, brain cells begin to die. If the blood supply is not restored, the affected part of the brain dies, causing disability and/or death, an individual's ability to move, see, remember, speak, reason, read or write could be affected.

### Signs and Symptoms of Stroke

#### Weakness

Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary

#### Trouble Speaking

Sudden difficulty speaking, or understanding, or sudden confusion, even if temporary

#### Vision Problems

Sudden trouble with vision, even if temporary

#### Headache

Sudden severe and unusual headache

#### Dizziness

Sudden loss of balance, especially with any of the above signs

### Actions to Take:

If you experience any of these symptoms, call 9-1-1 or your local emergency number immediately

#### Did you know?

More than 75% of adults in Ontario have at least one risk factor for cardiovascular disease – Preventstroke.ca

If you are ready to Step Up To A Healthier You, join Anna Glowala, the Health Unit's Stroke Prevention Health Promoter for a 4 week educational program this Oct in both Delhi and Caledonia.

For more information please contact:  
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Stroke Prevention Health Promoter  
Haldimand-Norfolk Health Unit  
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# Preparing Your Kids for Safe Summer Fun!

The warm weather is here! Biking, skateboarding and in-line skating are great ways for kids to be active and have fun outside. Now is the perfect time to check out your kids gear and make sure that your kids are ready for safe summer fun.

## Tips:

- Inflate bike tires
- Safety check all equipment before your child uses it
- Make sure the lifejacket fits your child's weight
- Check the expiry date on your sun-screen products
- Ensure that all mosquito repellent being used by children contain no more than 10% DEET
- Readjust car seat straps to fit snugly under lighter clothing

Remember: Children learn by example. Be a role model for your children by wearing a helmet and other protective gear and practicing good safety behaviours this summer.



## Helmet fitting:

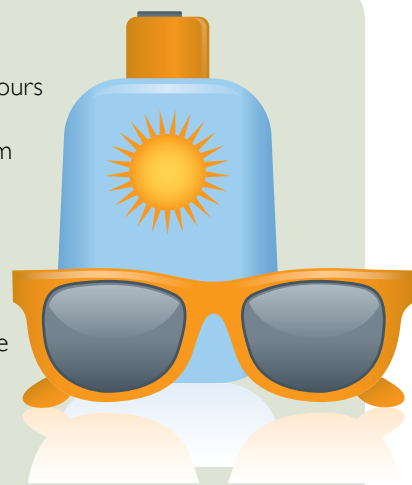
- Make sure the helmet is level on your child's head
- The chin strap should be snug
- You should be able to fit only one finger between the strap and child's chin
- The helmet should not move around when your child shakes his head

([www.safekidscanada.com](http://www.safekidscanada.com))



## Sun sense tips:

- Avoid exposure to direct sunlight between the hours of 11 a.m. and 4 p.m.
- Whenever possible seek shade as protection from the sun
- Keep babies under 12 months out of direct sunlight
- Wear sunscreen with an SPF of 15 or higher
- Wear clothing that is loose fitting, tightly woven and light weight
- Wear a hat that protects the face and back of the neck
- Don't forget your sunglasses
- Avoid the outdoors when the UV index is 3 or higher



# Strawberry Spinach Salad

## Dressing

¼	50 mL	Frozen orange juice concentrate, thawed
1 tbsp	15 mL	fat-free or low-fat mayonnaise
1 tbsp	15 mL	low-fat plain yogurt
¼ tsp	1 mL	granulated sugar
4 cups	1 L	lightly packed baby spinach
1 cups	250 mL	sliced strawberries
¼ cup	50 mL	pine nuts or slivered almonds, toasted



1. Prepare the dressing: In a small bowl, combine orange juice concentrate, mayonnaise, yogurt and sugar.
2. Wash, trim and tear spinach into a large salad bowl. Add strawberries and pine nuts; toss gently. Immediately before serving, drizzle with dressing.

Serving idea: Add some freshly grated Parmesan cheese and serve with a multigrain roll.

Recipe reprinted with permission of Dietitians of Canada from *Simply Great Food*, published by Robert Rose Inc, 2007 [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell)



## OPERATION LOOKOUT

### CALL 911 IF YOU SEE AN IMPAIRED DRIVER

Help keep our roads safe

- Every 20 minutes someone falls victim to an impaired driver in Canada.
- Every four hours an impaired driver kills someone.
- Impaired driving costs Canadians tens of millions of dollars annually in court costs, rehabilitation, lost earnings, health care and social programs.

### Signs of impaired driving

Any suspicious driving behaviour could be a sign of impairment:

- Excessive swerving.
- Driving too fast or slow, or at inconsistent speeds.
- Tailgating and frequently changing lanes.

- Passing with insufficient clearance.
- Failing to obey traffic control signs or signals.
- Driving at night without lights.

### How to report an impaired driver

Call 911 and provide the following information:

- Location/direction of travel.
- Make/model of vehicle.
- Colour of vehicle.
- Licence plate.
- Description of driver.

You can make a difference!

REPORT Impaired Drivers

OPERATION LOOKOUT IS AN ANONYMOUS COMMUNITY PROGRAM.

## UPCOMING EVENTS

### June:

- June 5 - Relay for Life (Port Dover)
- June 8 - Osteoporosis Public Forums (Cayuga)
- June 10 - Osteoporosis Public Forums (Port Dover)
- Stroke Awareness Month

### September:


- Sept. 13 - Terry Fox Run (Simcoe)

### October:

- Oct. Step up to a Healthier you - educational series for Stroke Prevention (Classes in Delhi and Caledonia)
- Oct. 4 - Run for the Cure (Simcoe)

# Breaking Barriers, Not Bones!

Osteoporosis is a potentially crippling disease that affects 1.4 million Canadians. These 2 free public forums 'Osteoporosis – Are you at risk' will provide the latest research about how to prevent, diagnose and treat this debilitating disease. Well-known community experts will present information to enhance the audience's awareness of bone health. Seating is limited so book early to ensure your spot. Free literature and refreshments will also be provided.



Osteoporosis Canada  
Ostéoporose Canada

## Breaking Barriers, Not Bones!

A public education about osteoporosis

**Date:** Monday, June 8<sup>th</sup>, 2009

**Time:** 7:00 p.m. to 9:00 p.m.

**Location:** Ruthven Park National Historical Site  
Coach House  
243 Haldimand Hwy 54  
Cayuga




**For men & women!**

**free admission!**

**Speaker:**  
*Jonathan D. (Rick) Adachi, B.Sc., M.D., FRCP (C)*

To REGISTER, please call  
1(800) 463-6842, ext.399  
or e-mail: [hamilton@osteoporosis.ca](mailto:hamilton@osteoporosis.ca)

[www.osteoporosis.ca](http://www.osteoporosis.ca)

Osteoporosis Canada  
Ostéoporose Canada

## Breaking Barriers, Not Bones!

A public education about osteoporosis

**Date:** Wednesday, June 10<sup>th</sup>, 2009

**Time:** 7:00 p.m. to 9:00 p.m.

**Location:** St. Paul's Anglican Church, Parish Hall  
302 St. George St  
Port Dover



**For men & women!**

**free admission!**

**Speakers:**  
*Michael Marini, B.Sc. Phm, Pharmacist*  
*Coraine Wray, R.D., Public Health Dietician*  
*Joanne Alessi, RN, B.SsN, Injury Prevention Coordinator*

To REGISTER, please call  
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Every step counts towards better health.**