

Chronic Disease Management

Monthly Minute



NOVEMBER 2014

DID YOU KNOW?

The major risk factors for chronic disease are an unhealthy diet, physical inactivity, and tobacco use.

(<http://www.who.int/about/copyright/en/>)

November 10-15 Family Doctor Week

Tell your family doctor why they ROCK!

Ingredients

- 1 tbsp (15 mL) canola oil
- 2 celery stalks, chopped
- 2 carrots, diced
- 1 onion, chopped
- 2 garlic cloves, minced
- 4 cups (1 L) low sodium chicken broth
- 3 cups (750 mL) spaghetti sauce
- 1 can/19 ounces (540 mL) chickpeas, rinsed and drained
- 1 can/19 ounces (540 mL) white kidney beans, drained and rinsed
- 1 ½ cups (375 mL) dry short tube pasta (such as ditalini)
- ½ tsp (2 mL) fresh ground pepper
- 8 skinless, boneless chicken thighs cut into ½-inch cubes
- ½ cup (125 mL) grated fresh parmesan cheese

Instructions: In large sauce pan, heat canola oil over medium heat. Add celery, carrot and onion and sauté until tender. Add garlic and cook about 1 minute, stirring constantly. Add broth, spaghetti sauce, chickpeas, kidney beans, pasta, pepper and bring to a boil. Reduce heat to medium-low and simmer until pasta is tender, about 10-12 minutes. Add chicken to pan and cook 5-8 minutes, until chicken is cooked through. Sprinkle with parmesan cheese and serve.

- See more at: <http://www.diabetes.ca/diabetes-and-you/recipes/chicken-and-chickpea-stew#sthash.UUOpy0d9.dpuf>

Healthy Eats—With Amanda

"Chicken and Chickpea Stew"



What's up, Doc?

Continuity with a family doctor reduces hospitalizations, prescriptions, diagnostic tests and emergency visits. Leads to more appropriate preventative care, and more likely to have accurate diagnoses.

Starfield and Shi, (2004). Hollander, M.J., Kadlec, H., Hamdi, R., & Tessaro, A. (2009). Increasing value for money in the Canadian Healthcare System: New Findings on yhr contribution of primary care services. Healthcare Quarterly, 12(4), 30-42

**Don't have a family doctor?
Call the PCN and we will let
you know who is accepting
new patients.**

**You can set up a "meet &
greet" appointment.**

Who's on your team?

Nurses—Cheryl, Eileen, Krista, Rachel, LeaAnn (Located in your Physician's office)

Diabetic Foot Care—Roy (at PCN office Wednesday–Friday, by appointment)

Dietician—Amanda (at PCN office Monday—Thursday, by appointment)

Mental Health—Alycia & Amy (at PCN office Monday—Friday, by appointment)

**PrimaryCare
Network**
WETASKIWIN
your health. your team.



Wetaskiwin Primary Care Network

Phone: 780 -312- 2500
Email: info@wetaskiwinpcn.ca
Website: www.wetaskiwinpcn.ca



PCN OFFICE HOURS
8:30AM—4:30PM

5010C 48 Street
Wetaskiwin, AB
T9A 1G2

Monday	Tuesday	Wednesday	Thursday	Friday
Senior Moments		Mommyhood 101		
Last Monday of each Month 10am—11am	Dr. Badawi's	9:00 to 11:00	Primary	Tele-
Walk-In	Prenatal	Women's	Prenatal	Ophthalmology
Counselling	Day	Wellness & Teen Clinic	Clinic	Clinic
12:00 - 4:30		11:30 - 4:30	8:30 to 4:30	8:30 - 4:30

November is Diabetes Awareness Month!

With more than 20 people being newly diagnosed with the disease every hour of every day, chances are that diabetes affects you or someone you know. People with prediabetes who lose 5%–7% of body weight and get at least 150 minutes a week (30min per day) of moderate physical activity can reduce the risk of developing type 2 diabetes by 58% over four years. Talk to your CDM nurse about creating achievable weight loss and activity goals!

- See more at: <http://www.diabetes.ca/about-diabetes/what-is-diabetes#>



A Wealth of (Health) Information

Mention the words “I googled it” to your health care provider and prepare for the groan.

We want you to be educated on your chronic disease—but use caution - there is SO much information on the internet . It can be helpful, but it can also be overwhelming, misleading, out of context or incorrect.

We are thrilled that you may be interested in learning more so here is a fantastic list of websites that we use and trust to be great resources!

Of course, with this knowledge comes responsibility!

If you read something that leads you to have questions, please let your Primary Care Nurse know!

Trusted Websites

www.myhealth.alberta.ca

www.diabetes.ca

www.heartstroke.com