

Evolution News

What's in a name?

For nearly 35 years our clinic went by the name of 'Doctor's Office'. While it adequately described what we have done for many years it lacked a description of what we are moving towards as an organization. We are evolving to support our patients and clients with more support, services and ground breaking treatments. You've seen the physical changes inside the practice to make your visit more comfortable. We are also working to deliver more education, service delivery options and more community connection. Your ideas, comments and suggestions are welcome

Heart Health

There are many things people can do to reduce their risk of heart disease and maintain overall health. This Heart Month, join the "Move with Heart" program and take the steps to help prevent heart disease. Just 2 ½ hours of physical activity each week will help to get your heart pumping. You can also break these activities up throughout your day.



Therapeutic Botox Now Available

Botox can be highly effective in the ongoing treatment of chronic headaches. Speak with your doctor today to learn more about this effective option.

In this issue:

- What's in a name ?
- Heart Health
- Weight Management
- Hydration
- Does Medical Screening Matter?

Weight Management

Here are some key points about losing weight.

To lose weight, you must burn off more calories than you consume.

A balanced diet and exercise combined are a healthful and effective way to lose weight.

A sedentary adult aged 31 to 50 years should consume 2,200 to 2,400 calories or less each day.

Crash diets may have short-term results but are unlikely to be successful in the long run.

Sleeping for 7 or 8 hours a day may help with weight loss.

Hydration

It's always important to remain hydrated so you can stay energized and reach your workouts full potential. Drinking water will help to keep you cool, even when your workout reaches its most intense point. Remember, next time you workout, make sure to pack a water bottle too.

Does Medical Screening Matter?

Screening saves lives

The purpose of a screening program is to apply a relatively simple, inexpensive test to a large number of people in order to identify those with risk factors for cancer or who are in its early stages.

Breast Screening

Screening mammograms help find cancer when it is small, allowing more treatment options and a better chance of recovery. Free screening mammograms are available for eligible BC women ages 40 and older.

Cervix Screening

Regular screening can reduce the risk of developing cervical cancer by 70% and save your life. Women between the ages of 25-69 should be screened every three years for cervical cancer.

Colon Screening

Colon cancer is one of the most commonly diagnosed forms of cancer, affecting one in six people in British Columbia. All women and men ages 50-74 should get screened regularly for colon cancer.

Staying on Track

It's hard to believe how fast time can sometimes fly by. The resolutions we planned at the start of the year may be falling by the wayside.

Whether you want to eat better, exercise more, stop smoking, or make any other healthy lifestyle change, it's never too late to accomplish your goals. If your best intentions have fallen by the wayside take some time to think about the steps you need to take towards achieving your resolution and to maintaining your commitment to those goals.



Mental Health: All too often we take for granted that we and those we love are 'ok'

There are many things in life that can trigger mental health issues and it is important to know where you can go for help should you become distressed, depressed or feel your mental health is compromised. A positive first step is to always speak with your family physician to discuss options

Mobile Apps: our team have tried to support their health journeys with some great apps available
Weight Watchers: helps with tracking your daily food intake, recommends healthy recipes, tips on eating out sensibly and more.

Calm—helping with mindfulness, relaxation, sleep support.