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February is Heart Health Month

High blood pressure, or hypertension, often goes unrecognized and untreated because there are no symptoms. Your pharmacist can help you reduce your risk for heart attack and stroke, by:

1. Reviewing your medications, helping you take them as prescribed and managing potential side effects.
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4. Helping you quit smoking.

Learn more about how to keep your blood pressure under control by speaking with our pharmacist. *Amit Thakkar, Pharmacist, MillenniumMedical.ca*

Looking for a Female Doctor?

Experienced multi-lingual female doctor is now accepting new patients at Millennium Medical Centre.

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Acupuncture for Knee Pain

Knee pain caused by osteoarthritis or injury can have a negative impact on quality of life, reducing mobility and getting in the way of your daily activities. One study of 18,000 patients found acupuncture to be helpful for many pain conditions, including knee osteoarthritis. When the acupuncture needles are placed on the body, a signal is sent along the spinal cord to the brain which may trigger a release of endorphins, helping to reduce pain. Acupuncture also may decrease the production of cortisol in the body, a hormone that helps control inflammation. With reduced pain sensations and less inflammation, knee function and mobility can be improved. *Dr. Priscilla Kerr, Prairie Medical Acupuncture Clinic, WinnipegAcupunctureClinic.ca*

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Nurturing Our Relationships

How can we possibly put our own needs aside, just for a moment, to understand what our partners might be going through in times of stress? How does building empathy for others help us build more empathy for ourselves? Listen to Podcast by Natasha Ross - Individual and Relational Therapist. Natasha talks about the work of couples therapy, and the importance of community and connection. *Safe Harbour Therapy, SafeHarbourTherapy.com*

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Three Tips to Boost Focus

1. Practice Mindful Journaling: set aside time every day to write down how you are feeling right now, sensations you feel, and why you are feeling the way you are. Do this without judgement and be kind to yourself. **2. Practice Gratitude:** every day tell a family member or colleague three things you are grateful for – your overall positivity will skyrocket after one month. **3. Try Uni-tasking.** That is, focus only on one thing at a time. Want more tips? Check out our full **Guide to Mindfulness at Work** at wellnessworkscanada.ca. *Victoria Grainger*

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Heart Healthy Workplace

Employees are the heart of your company! An estimated 1.6 million Canadians are living with heart disease or effects of a stroke. Much of this is preventable. Empower your employees to reduce the impacts with prevention and supports. Encourage nutritious eating by putting healthier snacks in vending machines, bring in a dietician, and encourage employees to take breaks to eat lunch. Exercise is good for the whole body. Host walking meetings, offer onsite or gym memberships and bring in someone to do yoga. Health screenings can be life saving though. Send out reminders or host onsite screenings at your workplace. *Laura Kusko, HashtagBalance.ca*

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Words to Live By

"Recovering from suffering is not like recovering from a disease. Many people don't come out healed; they come out different."
~ David Brooks, *The Road to Character*

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The Silent Six

For every person experiencing a substance abuse problem, on average, at least six others are affected – **partners, spouses, children, parents, friends, employers, and co-workers.** Although family members, friends, employers and co-workers are often in the best position to intervene, on average, significant others do not seek direct help for their loved one's substance abuse or addiction problem for at least nine years. Those affected by a significant other's substance abuse, may experience significant physical, emotional, social and spiritual stressors. Some commonly experienced emotions are anxiety, depression, and feelings of hopelessness when trying to deal with their loved one. *St. Raphael Wellness Centre, srwc-mb.ca*

Who is SRWC?

SRWC is a unique, welcoming, recovery-oriented community, accompanying individuals, families and friends affected by substance abuse in their journey towards recovery. We offer, group individual, couples counselling, and family counselling and education programs during the day and evening, co-ed and gender specific programs and support for individuals and their families. The Access, program for those awaiting a program of their choice, Exploring Options participating in a recovery plan, gender specific **Continuing Recovery Program**, or our co-ed evening **Work Sober Program** focusing on recovery maintenance. We support your recovery by helping you find the services you need. *St. Raphael Wellness Centre, srwc-mb.ca*

Substance Abuse in the Workplace

Among full-time workers age 18-64, substance abuse has become a major source of revenue loss to small, medium, and large corporations? The direct and indirect costs to Canadian employers are calculated at \$38 Billion per year, with Manitoba employers experiencing a loss of 1.4 Billion per year. (Canadian Centre on Substance use and Addiction, citing the Canadian Substance Use Costs and Harms Scientific Working Group 2018). The economic cost in 2019-2023, and the effect of substance abuse on the economy during the COVID-19 pandemic in 2020-2022, is expected to be staggering. *St. Raphael Wellness Centre, srwc-mb.ca*

Did You Know?

Did you know that there is a difference between men and women, where alcohol is concerned. The differences have a profound impact on women's health. Women have 25% less water in their body, and less enzymes in the stomach and liver to break down alcohol. Alcohol goes through their system in undiluted and higher concentrations. Consequently, the effect for women is a higher risk for breast cancer. If you have a history of breast cancer in the family – you should limit your intake. Alcohol is not recommended in any amount, if you have had breast cancer. *St. Raphael Wellness Centre, srwc-mb.ca*

Pay it Forward

Your HELP is vital to saving lives. Be a HERO today. Donations of money or time can make a big difference to a small local charity like **SRWC Wellness Centre**. For over 26 years, SRWC has helped people from all walk of life find their personal recovery path. SRWC supports recovery and harm reduction for substance abuse, addictions, and other mental health issues. You can donate over the phone by calling Candace at 204-956-6650 ext. 104, or mail a check or a money order to: St. Raphael Wellness Centre Inc. 2nd floor, 225 Vaughan Street Winnipeg, MB, R3C 1T7. Donations can also be completed online. *St. Raphael Wellness Centre, srwc-mb.ca*

Prevention

Be mindful of the Federal Health Guidelines for the use of alcohol in moderation and avoiding high risk situations. The Federal Health Guidelines state that safe levels of use for women is one drink a day or less, and two drinks a day or less for men. These recommended safe use amounts can assist in avoiding health related risks such as high blood pressure, stroke, liver, and colon cancer. High risk activities include driving while over the limit, taking over-the-counter and prescription medications that interact with alcohol, or drinking and participating in activities which require skill, coordination, and alertness. *St. Raphael Wellness Centre, srwc-mb.ca*

Intervention

Research indicates that the sooner one accepts help for their mental health and substance abuse problem – as in any health-related problem - the better the prognosis for recovery. Those closest to the individual, employers, co-workers, friends and family, are often in the best position to intervene and support them in their recovery journey. SRWC can assist in the intervention process. *St. Raphael Wellness Centre, srwc-mb.ca*

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