

## Primary Health Care North East 6

April 2023



### *Importance of Timely Immunization - A message for Parents*

Parenthood is a blessing but it brings with it the responsibility of taking care of the most vulnerable, newborns and infants. Responsibilities such as providing them proper nutrition, weather appropriate clothing, shelter and of course, caring for them so they do not fall ill. Immunization is one such measure that can provide protection against many childhood diseases. To 'immunize' means to make somebody resistant to disease. This is usually done by providing vaccine which helps the immune system of the body to produce immunity against that particular disease. Vaccines usually need 1-2 weeks to produce protective immunity in an individual. Some vaccines may require several doses over a certain period of time to achieve optimum protection.

Immunization is considered among the greatest achievements of public health. According to World Health Organization (WHO), immunization prevents 2 - 3 million deaths annually. Vaccination has helped Canada rid several infectious communicable diseases like smallpox, measles, whooping cough, diphtheria, tetanus and polio. For vaccines to be effective and successful, high coverage rates are needed within the population. According to a study in the New England Journal of Medicine, vaccination programs for children have prevented more than 100 million cases of serious contagious diseases in the United States since 1924.

It is very important that all children are immunized according to the prescribed schedule. This will not only help children live healthy lives, but also help our country to have healthy citizens. Please talk to your doctor, nurse and/or public health nurse about timing of immunizations and any questions or concerns you may have.

- Dr. Mohammad Khan, Medical Health Officer

### NE 6 Child Health Clinics:

**Rosthern:** April 4<sup>th</sup> April 18<sup>th</sup>  
(2014 6th St) April 11<sup>th</sup> April 25<sup>th</sup>  
April 14<sup>th</sup> April 28<sup>th</sup>

**Waldheim:** April 13<sup>th</sup>  
(4004 Central Ave)

**Wakaw:** April 6<sup>th</sup>  
(1st St North) April 20<sup>th</sup>  
April 27<sup>th</sup>

**Duck Lake:** April 11<sup>th</sup>  
(556 Front St)

**Hague:** April 5<sup>th</sup> April 19<sup>th</sup>  
(Medical Wellness Center)



*Call Rosthern Public Health office to discuss and/or  
schedule your vaccination needs: 306-232-6001*

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## Primary Health Care North East 6



### What is Primary Health Care?

Primary Health Care (PHC) is every day care that we need to protect, maintain or restore our health. For most people, it is the first point of contact with the health care system and the most frequently used health service. Examples of PHC are:

- ★ visiting a family physician or nurse practitioner
- ★ talking to a Mental Health or Addictions counselor about depression, anxiety or substance abuse
- ★ accessing Public Health services for family vaccinations and pre-school dental services
- ★ accessing Physical Therapy or Occupational Therapy services for rehabilitation purposes
- ★ arranging in home support services through Home Care to aid in and promote at home independence

**These types of exchanges account for 80% of all interactions in our health care system.**

### Wellness Wednesdays

To REGISTER please call 306-233-4443

(VIRTUAL option is available for all sessions. If you are requiring virtual, please be sure to let our staff know when you are registering)

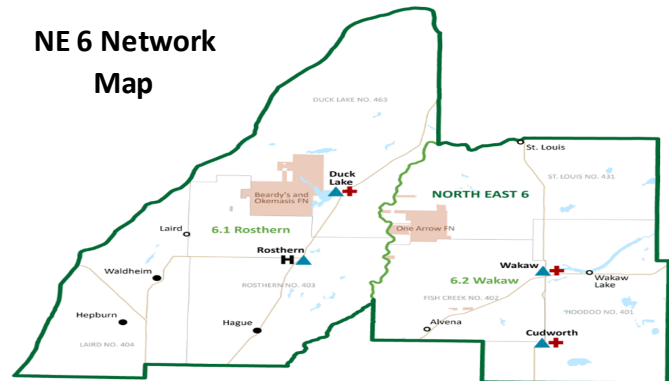
TOPIC	Date and Time
<b>All About Diabetes</b> <ul style="list-style-type: none"> <li>- Risk factors</li> <li>- What happens in your body when you have Diabetes</li> <li>- What do the numbers mean (blood sugar monitoring)</li> <li>- Management: Healthy eating, Physical activity, Medication</li> </ul>	<b>ROSTHERN</b> April 26/23 1:00-3:00pm
<b>All About Your Heart</b> <ul style="list-style-type: none"> <li>- Risk factors for heart disease and common conditions</li> <li>- Structure of your heart</li> <li>- High blood pressure, high cholesterol</li> <li>- Management: Healthy Eating, Physical activity, Medication</li> </ul>	<b>ROSTHERN</b> May 31/23 1:00-3:00pm  <b>WAKAW</b> June 14/23 1:00-3:00pm
<b>All about COPD (Chronic Obstructive Pulmonary Disease)</b> <ul style="list-style-type: none"> <li>- What is COPD</li> <li>- How is it diagnosed</li> <li>- Management: Medications, Physical activity, Healthy eating</li> <li>- How to prevent flare ups</li> </ul>	<b>WAKAW</b> May 10/23 1:00-3:00 pm  <b>ROSTHERN</b> June 7/23 1:00-3:00pm

Brought to you by your local Chronic Disease Management Team:  
 Lea Polkinghorne, Community Dietitian  
 Leah Tyree, Chronic Disease Nurse  
 Bonnie Anderson, Exercise Therapist

### What is Network 6?

Health Networks are collaborative teams of health professionals, including physicians and community partners providing fully integrated services to meet the health needs of individuals and communities.

### NE 6 Network Map



*thank you*

**May 10-16, 2023 is NATIONAL NURSING WEEK!**

Let's celebrate and thank our nurses for their continued *commitment* and *extraordinary care* provided to the residents of Rosthern, Wakaw, Cudworth and surrounding communities.

