

April 2023

Primary Health Care North East 6



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:

Rosthem: April 4th April 18th
(2014 6th St) April 11th April 25th
 April 14th April 28th

Waldheim: April 13th
(4004 Central Ave)

Wakaw: April 6th
(1st St North) April 20th
 April 27th

Duck Lake: April 11th
(556 Front St)

Hague: April 5th April 19th
(Medical Wellness Center)



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

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)

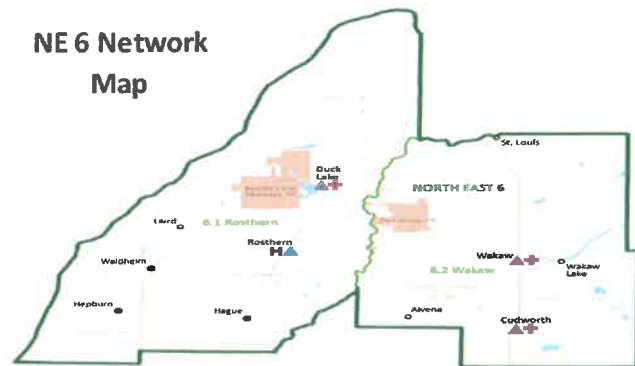
TOPIC	Date and Time
All About Diabetes <ul style="list-style-type: none"> - Risk factors - What happens in your body when you have Diabetes - What do the numbers mean (blood sugar monitoring) - Management: Healthy eating, Physical activity, Medication 	ROSTHERN April 26/23 1:00-3:00pm
All About Your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

Brought to you by your local Chronic Disease Management Teams:
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



May 10-16, 2023 is NATIONAL NURSING WEEK!

Thank you

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.

