

**Essex County
Nurse Practitioner-Led Clinic**

**Clinique dirigée par du personnel
infirmier praticien du comté d'Essex**

APRIL 2014

ESSEX SITE



Welcome back Tresa Hagell, NP-PHC!

We are saying goodbye to Nurse Practitioner, Zulma Hernandez, NP-PHC, who has been covering Tresa's maternity leave for the past year. We are happy to report that Zulma will be moving to a permanent position at our Drouillard Road site. Please come in to welcome Tresa back to the ECNPLC family!

Welcome to our Newsletter!

The Essex County Nurse Practitioner-Led Clinic will now be producing a monthly newsletter! We will be providing you with monthly info about our upcoming programs and groups, as well important health information from our Nurse Practitioners and other allied health staff!

So keep your eyes posted at the beginning of each month for the updates!

UPCOMING PROGRAMS

“Coping with Anxiety & Depression”

Where: ECNPLC – 35 Victoria Ave., Unit 6

When: Wednesday, April 16, 2014 – 2 to 4 pm

Details:

- ✓ 10 Week Program
- ✓ For clients who are struggling with diagnoses of depression and/or anxiety
- ✓ Learn about your diagnosis and develop coping strategies
- ✓ Benefit from group experience and knowing that you're not alone

**CONTACT KAREN FRANCIS, MSW RSW
AT (519) 776-6856 TO REGISTER!**



COMING SOON!

“CRAVING CHANGE”

- ✓ A group for clients who struggle with emotional eating.
- ✓ Facilitated by the ECNPLC Registered Dietitian and Social Worker
- ✓ Dates and times to be announced soon



“Nurses Corner”

with Alanna Struhar,
4th year BScN
Student, St. Clair
College.

*SPRING IS HERE...and so are
your allergies!! Achooooo...*

What are Allergies?

- The lining of our nose, skin, lungs, and intestinal tract contain cells which may react to environmental irritants and send a signal to the immune system to release histamine
- Histamine causes symptoms associated with allergies
- The most common kind of allergy is Allergic Rhinitis also known commonly as “hay fever”

Common Symptoms

- tiredness and irritability
- itchiness, pressure, sneezing and runniness to nose
- itchy red watery eyes
- itchiness to the roof of the mouth
- headaches caused by congestion
- feelings of fullness and a popping sensation to the ear
- post nasal drip

What Causes Allergies?

- Heredity may influence why the body reacts to irritants and develops an allergy
- Environmental irritants such as:
 - **Pollen**- trees, grass, weeds
 - **Mold**- worsened with humidity
 - **Animal dander**- exposure to dead skin and hair from contact with pets or dust inside a home with pets
 - **Dust Mites**- microscopic bugs living within surfaces of our homes where dander (human and animal) is present such as carpet, furniture, toys and mattresses

What can you do?

*Speak to your primary care provider to
learn more about allergies*

