

November
2019

Neighbours Health Bulletin
Supporting the English Speaking Community
of Rouyn-Noranda/ Abitibi-Témiscamingue

Our Health IS IN OUR HANDS



**A community that is engaged
and working together can be
a powerful force**



Legault Indifferent Amidst Release of 2018

Biomonitoring Results

Rouyn-Noranda, October 10 2019 — Following the publication of the biomonitoring results of lead, cadmium and arsenic levels in the Notre-Dame district of Noranda, premier François Legault issued a statement during question period in the National Assembly declaring that risk to the population was minimal (« risques sont minimales »). In a press release published following the premier's statement, mayor of Rouyn-Noranda, Diane Dallaire, rebutted Mr. Legault's claims saying, "obviously, the Prime Minister does not take seriously the legitimate concerns of the citizens of Rouyn-Noranda". Mayor Dallaire went on to say that the premier's words will cause much



confusion among citizens as his words directly contradict the findings of the biomonitoring results from the Regional Department of Public Health that was published this September. As such the mayor intends to host a meeting in order to raise public awareness on the issues. Stay tuned to our Neighbours Newsletter, Health Bulletins, and Facebook page as we will publish the date of such a meeting and update on new developments as they occur.

The CAQ's dismissive position on the risk posed to the citizen's of Rouyn-Noranda also includes a refusal to create an interdepartmental committee and appoint a minister to assist in assessing and resolving the issue. The mayor expressed her frustration and disappointment with the CAQ's decision on this file as the request for the creation of an interdepartmental committee is perfectly legitimate. The City has "obtained unequivocal support from major stakeholders in our region", which demonstrates a, "strong signal to the government that the citizens of Rouyn-Noranda are entitled to receive clear answers", said Mayor Dallaire.

Lead and Arsenic in Public Schools: A Double Standard

As part of their investigation the City of Rouyn-Noranda and Department of Public Health will be implementing further testing for lead and arsenic in schools and CPEs in the Notre Dame district of Noranda in the coming months. A call for nail samples from residents was made this past September with anticipated results to be released in 2020. While immediate actions have been implemented throughout Quebec to test the lead in the water levels of schools, the citizens of Rouyn-Noranda have been told that they must wait for those same tests in our area. To many, the mayor included, this is a double standard in the way the CAQ have handled matters of public health in the regions outside of Montreal and Quebec. "Arsenic levels in children in the Rouyn-Noranda neighborhood exceed standards, public health orders immediate action, but the government is still slow to act. Is our population less important to our premier?", Mayor Dallaire asked Legault .

The City of Rouyn-Noranda has pledged to remain steadfast in monitoring the situation with the Ministry of Environment and Public Health, and the Horne Foundry.

Source: City of Rouyn-Noranda, CBC News

Neighbours Health Promotion: Samedi des Aines

For a second year, Neighbours has participated in the Samedi des Aines, where they promoted the English Health Service Agent and explained what Neighbours does for the English Community. Our NPI Coordinator Nathalie networked with some of the 24 organizations present at the event and the English Health Agent Vanessa spoke with the community promoting the EHSA project. The event ran from 8:30 am until 4:00 pm and brought out well over 150 participants to take part in workshops and presentations on housing.

A wonderful lunch was served for the low cost of \$5 per person as well as snacks and refreshments throughout the day.

All in all it was a great opportunity to meet organizations and mingle with the community.



Neighbours NPI Retreat in Quebec City



The bi-annual retreat organized by the CHSSN (Community Health and Social Services Network) was held on October 9 through 11 in Quebec. Neighbours Executive Director, NPI Coordinator, Activity Coordinator for Bright Beginnings, and English Health Services Agent (Val d'Or expansion) attended the event. Workshops and presentations were split into two sessions, one for the Executive Directors and one for the NPI Coordinators, each with wonderful topics such as leadership training, knowledge sharing, training, health and social services priorities, building strategies, and so much more.



The event also gave the opportunity to network, share the wonderful work that each organization is doing and create new bonds since so many new faces were present at the event, including two from Neighbours.

At the end of the 3 days, Neighbours staff came back home enriched with new ideas and knowledge. These events provide our staff with many important networking and partnership opportunities as we meet and learn from the many fine and wonderful organizations that provide English-speaking Quebecers with the vital health, social, and cultural services that are key to the vitality of our community not only here in Rouyn-Noranda, but throughout the entire province of Quebec.



By: Nathalie Chevrier

The Seasons Are A-Changing: From Autumn to Flu Season

With the change of season from autumn to winter, our un-official fifth season — flu season, will quickly be here too. Here is a short guide to fighting flu and cold this season.

The best way to get rid of colds and help prevent them is to stay hydrated, it cuts down the cold symptoms like a sore throat and stuffy nose.

Gargle with Salt and Water.

Add a teaspoon or so to warm water. Doing this draws out any excess water in your throat tissues, reducing inflammation, and clears mucus and irritants from the back of the throat. It also rinses out the bacteria and viruses which may help get rid of a cold or prevent one.

Keep Your Nose Clear.

Using saline nasal spray right after cold symptoms first appear could reduce their impact. Take hot showers to help clear your nose and congestion.

Medication

Within the first two hours of feeling cold or flu symptoms, take a pain reliever to combat pains and aches associated with cold and flu. Over the counter allergy medication can help with runny noses and watery eyes. While over the counter cough medicine is a popular solution, some recent medical studies cast doubt on how useful they really are in relieving symptoms. Honey works the best and is an all natural solution to sore and scratchy throats. You can have it straight out of the jar or add a teaspoon to tea, or hot water and lemon.

Get Your Rest

For the next six hours, be well rested. Try to stay home one day from work. If that's not possible, try to stay away from your co-workers. The first days of a cold are the most contagious. Wash your hands regularly with an alcohol based disinfectant and cough into your elbow to keep germs from spreading further.

Diet and Exercise Help

A healthy diet can help fuel the immune system. Choose protein packed food like lean meat, fish, beans, and pair it with a whole grain side like brown rice and plenty of veggies. Take a hot shower before bed if your sinuses are really congested. Light exercise can boost the immune system and help prevent further colds in the future. If you have no fever and symptoms are confined to sneezing, sinus pressure, or stuffy nose, it is safe to exercise. Try a walk or light jogging for 20 minutes; it will open up your nasal passages and aide in decongesting your sinuses. If the next day you have a fever, start vomiting, or develop an increasingly bad headache, call your doctor. It is possible that you may have something other than the common cold. Remember: The difference between a cold and flu are similar but vary in intensity. A flu can include fevers, cough, sore throat, runny nose, headaches, and fatigue . A cold will produce milder symptoms than a flu and those with colds are more likely to have runny noses and congested sinuses.

Sources: WebMD, Health.com, Centre for Disease Control



Super Flu Fighting Foods! What to Eat When You're Sick

From Mom's homemade soup to flat ginger ale, we've all grown up with homespun remedies to help fight cold and flu. Yet, have you ever wondered why some of the foods we eat help fight cold and flu? Here's a brief look at some of the more common food related remedies and why they work.

Chicken Soup: The time tested, mother approved, cold and flu remedy classic—and with good reason. Chicken soup is an easy to eat source of important minerals, vitamins, calories and protein; it has everything your body needs to help fight a cold or flu. Chicken contains an amino acid called N-acetyl-cysteine that helps break down mucus and has anti-viral, anti-inflammatory, and anti-oxidant properties



which aid in fighting cold and flu, but also relieves symptoms like aches and sinus pressure. The steam from hot soup is also a natural decongestant with one study finding it to be the most effective method of clearing mucus from nasal passages (best not to think about it when you're eating, though).

Garlic: Not just for fending off vampires, but an effective means of fighting cold and flu, too! Garlic has been shown to have many anti-bacterial and anti-viral effects. It has been demonstrated that garlic helps stimulate and enhance the immune system and decrease the severity of cold and flu symptoms. However, there have been generally few high quality human related studies on the efficacy of garlic to fight cold and flu. One study found that a group of people taking garlic spent 70% less time sick than those in the placebo group; while another study showed that those who took garlic got better 3.5 days faster than the placebo group on average. For flavour and relief, you can add garlic to your chicken soup or broth.

Hot Tea: Just like chicken soup or broth, hot tea is a natural decongestant and a great way to keep hydrated while fighting congestion. Tea also contains polyphenols which has been demonstrated to have a number of health benefits such as anti-oxidant and anti-inflammatory effects (one type of polyphenols, tannins, have anti-viral, anti-bacterial, and anti-fungal properties). One study even found that the tannins found in some black teas could decrease the kind of bacteria associated with sore throats.

Ginger: Best known for its anti-nausea effects, ginger is your best bet if you're symptoms includes nausea or vomiting. Ginger has also been found to act like non-steroidal forms of anti-inflammatory medication, so it may contribute to inflammation relief associated with cold and flu. You can add a piece of ginger to teas, and broths; or of course you can buy some ginger ale. To get the full effect, be sure that whatever food product you choose has ginger or ginger extract, and not just ginger flavouring.

Honey: Containing high amounts of antimicrobial compounds, honey has been proven to have potent antibacterial compounds; so much so that ancient Egyptians would use honey as a wound dressing. Many studies show that honey helps suppress coughing in children, but remember that honey should not be given to children younger than 12 months. For a soothing and hydrating drink, add a teaspoon of honey to a warm glass of milk, water, or tea.

Sources: Healthline.com, PubMed Central

Health Canada Warns of Potential Risk of Pulmonary Illness Associated with Vaping Products



Ottawa – Health Canada is advising Canadians who use vaping products to monitor themselves for symptoms of pulmonary illness (e.g., cough, shortness of breath, chest pain) and to seek medical attention promptly if they have concerns about their health.

In the wake of the recent cases of severe pulmonary illness and a number of deaths being associated with the use of vaping products in the United States, Health Canada and the Public Health Agency of Canada provided national guidance to the provinces and territories on identifying cases in Canada.

The Public Health Agency of Canada alerted provincial and territorial public health officials and asked them to report probable and confirmed cases of severe pulmonary illness in their jurisdictions based on the Canadian working case definition.

Following the first confirmed case in Quebec in September, the Province of New Brunswick has now notified the Public Health Agency of Canada of two probable cases of severe pulmonary illness related to the use of vaping products. Canada now has one confirmed and two probable cases of severe vaping-related pulmonary illness. The incident report out of the Middlesex-London Health Unit in Ontario remains classified as an “incident under investigation” until the investigation is complete and officially reported to the national level by the Province of Ontario.

Health Canada and the Public Health Agency of Canada launched a new webpage (www.canada.ca/en/public-health/services/diseases/vaping-pulmonary-illness.html) to keep Canadians informed about Canadian cases of severe pulmonary illness related to vaping. The latest numbers of confirmed or probable cases of severe vaping-related pulmonary illness in Canada will be posted and updated weekly or as required.

On August 30, the United States Food and Drug Administration and the United States Centers for Disease Control and Prevention (US CDC) released a statement on their ongoing investigation into the cause of the illnesses. The US CDC continues to provide regular updates on the investigations related to these illnesses. The source of all illnesses in the U.S. remains unclear; however, the US CDC reports that chemical exposure is the likely cause. Many patients have reported vaping tetrahydrocannabinol (THC) and/or nicotine-containing products. However, at this time, no consistent product, substance or additive has been identified in all cases.

It is important for Canadians to know that vaping does have health risks and that the potential short and long-term effects of vaping remain unknown. Non-smokers, people who are pregnant and young people should not vape.

What is Vaping? Vaping is the act of inhaling and exhaling an aerosol produced by a vaping product, such as an e-cigarette. Vaping doesn’t require burning the way cigarette smoking does. The device heats a liquid into a vapour, which then turns into an aerosol. This vapour can contain substances such as nicotine and flavourings.

Source: Health Canada

Understanding Fibromyalgia: A First Person Perspective

What you should know about fibromyalgia:

Fibromyalgia is not a new disease. In 1815, a surgeon at the University of Edinburgh, William Balfour, described fibromyalgia. With the passage of time, it has been described as chronic rheumatism, myalgia or fibrositis. Unlike diseases, syndromes such as fibromyalgia do not have a known cause, but they are a group of signs and symptoms that, unfortunately for the patient, are present at the same time. Rheumatoid arthritis and lupus are also syndromes. Most of the symptoms and emotional problems associated with fibromyalgia are not of psychological origin. This is not a disorder in which “everything is in your mind”. In 1987, the American Medical Association recognized fibromyalgia as a real physical condition and a major cause of disability. Fibromyalgia can be disabling and depressive, which interferes with simpler daily activities.

What you should know about me:

My pain– My pain is not your pain. It is not caused by inflammation. Taking your arthritis medication will not help me. I can not work, because my body does not resist. It is not pain that remains only in one part of the body. Today it is on my shoulder, but tomorrow it may be on one foot, or maybe it’s gone. My pain is caused by signals that reach my brain incorrectly, possibly due to sleep disorders. This is not well understood, but it is real.

My fatigue: not only do I feel very tired, I am severely exhausted. I would like to participate in physical activities, but I can not. Please, do not take it personally. If you saw me shopping yesterday, but today I can not help cleaning the yard, it’s not because I do not want to. I am paying the price for stressing my muscles beyond their capacity.

My concentration problems: All of us who suffer from fibromyalgia call these problems “fibro-fog”. Maybe I do not remember your name, but I remember your face. You may not remember what I promised to do for you, even if you had told me just a few seconds before. My problem has nothing to do with age, but it may be related to sleep disturbance. I have no selective memory. Some days, even, I have no short-term memory.

My clumsiness: if I stand up or run after the crowd, I’m not chasing you. I do not have control of my muscles to do that. If you are behind me on a ladder, be patient. These days, I take life and each step one at a time.

My sensitivity: I can not stay here! This may be due to certain factors, such as bright light, very loud or low noises, smells. Fibromyalgia has been called “the disorder that aggravates everything”.

My depression: Yes, there are days when I prefer to stay in bed, at home or die. Severe pain is relentless and can cause depression. Your sincere interest and understanding can get me out of the abyss.

My stress-: My body can not handle stress well. If I have to stop working, work part time or delegate my responsibilities at home, it’s not because I’m lazy. Daily stress can make my symptoms worse and disable me completely.

My good days: If you see me smile and function normally, do not assume that I feel good. I suffer from chronic pain and fatigue that has no cure. I can have my good morning, weeks or even months. In fact, it’s good morning that allows me to move on.

My individuality: Even those who suffer from fibromyalgia are not the same. That means I can not have all the symptoms mentioned. I may have a migraine, pain in my hips, shoulders or knees, but I do not have exactly the same pain as anyone with this condition.

Author’s Note: This letter is based on conversations with women and men with fibromyalgia around the world. This does not represent any of the 10 million people with fibromyalgia in the world, but it can help healthy people understand how devastating this condition can be.

Source: Stay Healthy With Us.info

What is Chron's Disease and Colitis?

November is Chron's and Colitis Awareness Month in Canada. With an estimated 270,000 Canadians suffering from either disease in 2018, it pays to shed some light on a medical issue that many suffer from, but many may be unwilling to discuss given the sensitive areas affected, and potentially embarrassing nature of both diseases.

Irritable Bowel Syndrome

Chron's disease and colitis are two of the most common forms of irritable bowel syndrome (IBS) that inflame the lining of the body's gastrointestinal tract. Colitis diagnoses are subdivided into two categories: ulcerative colitis and indeterminate colitis. Chron's and both varieties of colitis interfere with the body's ability to properly digest food, absorb nutrition, and eliminate water in a normal and healthy manner.

Chron's Disease

Chron's is named after American physician Burrill Bernard Chron who described 14 cases of the disease in 1932. Inflammation caused by Chron's can affect any part of the gastrointestinal tract from the mouth, to the intestines, to the anus. Most frequently inflammation is located in the lower portion of the small bowel and the upper colon. Inflamed tissue caused by Chron's is often interspersed with healthy, unaffected tissue in the gut and can penetrate both inner and outer layers of the intestinal lining.

Colitis

Ulcerative colitis is more localized in nature than Chron's and usually affects the colon (large intestine), rectum, and anus. Inflammation caused by ulcerative colitis is confined to the inner layer of bowel tissue. In contrast with Chron's, ulcerative colitis inflammation typically begins at the rectum and extends continuously upwards through the colon. Inflammation from colitis can be treated and controlled with medications, but severe cases may need to be treated with the surgical removal of the entire large intestine.

Indeterminate colitis is a diagnostic term used as a stopgap when physicians are unsure if inflammation suffered by a patient is caused by Chron's disease or ulcerative colitis.

Symptoms

Both Chron's disease and colitis produce lifelong complications for patients. Individuals diagnosed with either disease will experience alternating periods of active symptoms (i.e. active disease or flare ups) and periods where symptoms are absent (i.e. remission). Common symptoms of Chron's and colitis include: abdominal pain and cramping, diarrhea (bloody stool in cases of colitis), rectal bleeding (Chron's), nausea and vomiting, reduced appetite and weight loss, gas, bloating, fever, anemia, fatigue, and sores in the mouth and / or anus. Severity and symptoms can differ in type, frequency, and intensity between Chron's disease and colitis. If you are experiencing any of these symptoms it is highly recommended that you see a doctor. Your doctor may run tests to determine if gastrointestinal inflammation is caused by Chron's or colitis, or another cause.

Source: Chron's and Colitis Canada

Movember — A Season of Growth and Awareness

How a small gathering of friends in Australia created an awareness campaign that would spread through the globe



Humble Origins

In 2003 two friends from Australia, Travis Garone and Luke Slatterly, met up in a pub for a pint in Melbourne. Their conversation took a turn towards the disappearance of the moustache from the face of men's fashion in recent years. A fixture of men's fashion for decades, rarely would one spot a cookie duster or soup strainer on the faces of men in the early years of the 21st century. Travis and Luke, likely enlivened by the spirit of pub and pint, joked about bringing the humble moustache back into the realm of fashionable men's facial hair. Inspired by a friend's mother who was fundraising for breast cancer, the two friends decided to convince their friends to grow a moustache and raise money and awareness of prostate cancer and men's mental health issues. The rules of Movember (still in use today) were drafted and 30 men participated in the first year.

Rapid Growth

In 2004 Movember attained registered charity status in Australia with the Prostate Cancer Foundation of Australia and the first board was established. That year's Movember campaign had 480 participants and raised AUD 54,000 and saw their first international partners with Spain and the UK joining the movement. Rapid international growth continued and by 2007, Canada officially launched its own Movember campaign in association with Prostate Cancer Canada. That first Canadian campaign attracted 2,936 participants and raised \$545,795.

Work Funded by Movember

With this small but impressive start, the Canadian Movember campaign continued to grow exponentially in the years that followed. The 2018 Canadian Movember campaign raised \$18.1 million and 72.3% of funds raised were allocated to men's health projects. Money raised went to fund projects in prostate and testicular cancer research and patient support. Men's mental health awareness and suicide prevention support were also funded with money raised by Movember. Men's health is in a crisis. Prostate cancer has doubled in the last 50 years and testicular cancer rates are anticipated to double in the next 15 years. Men's mental health is also in crisis: across the world one man commits suicide every minute, with men accounting for 60% of all global suicides.

Global Reach

From its humble origins as a pub joke in Australia, Movember is now a global affair. Since 2003 over 5 million participants have helped raised millions of dollars, funding 1,250 different men's health initiatives and projects. Countries that participate now span across North America, Europe, and Asia; while the Movember organization is rated 49 in the top 500 non-governmental organizations in the world.

Source: Movember Canada



Movember at Neighbours

Attention All Men! Register with Neighbours to grow a moustache, or run 60km through the course of the month. You can register at Neighbours starting November 1st from 10:00am to 5:00pm in our office at 139 Ave Murdoch. We'll take your picture on Nov 1st, with a cleanly shaven face as you grow, or run for a good cause.

On Thursday November 21st at 7:00pm we will have a men's-only information session with presentations from the Canadian Cancer Society and Le Pont to discuss cancers and mental health issues that uniquely affect men. We will also enjoy a platter of sausage, cheese, and a selection of beer.

Neighbours Movember will wrap-up in our office on Saturday November 30th at 3:00 pm. Come on in and celebrate with snacks and prizes for: Sexiest Moustache, Bushiest Moustache, and Best Attempt.

For more information: Call 819-762-0882; email: neighboursinfor@cablevision.qc.ca; and don't forget to drop by the office on November 1st to register and select if you will grow a moustache or run for the cause.

Science Day at Neighbours!

Join us at Neighbours ARC Saturday November 23rd at 1:00 pm for a fun-filled family day of science with presentations by Technoscience Abitibi-Témiscamingue! As part of our Bright Beginnings project, this presentation is free for our members. For more information or to RSVP your spot, call Kathryn at 819-762-0882 or email neighboursbbprojects@outlook.com.

Teen Game Night—Saturday Nov. 9th 6:30 pm at Neighbours ARC

Come on down to Teen Game Night at Neighbours for a short presentation by Arrimage Jeunesse, followed by pizza and games!!! Call the Neighbours office at 819-762-0882 to RSVP your spot!

Neighbours 2020 Photo Calendar Competition:

Entries for our photo calendar contest are due on November 22 at 5:00pm. You may submit your photos that reflect the seasons, wildlife, landscapes, and buildings (or any subject!) that represents our city and region to neighbours@cablevision.qc.ca. Files must be sent digitally as a jpeg, png, or gif. By submitting photos, the photographer grants Neighbourhoods the right to publish the photographer's winning entry in the name and calendar. If a person is in your photo, be sure to get their permission.

Weekly Seniors Afternoons at Neighbours!!!

Neighbours will continue to host Seniors Afternoons every Wednesdays at 1:30 pm throughout the month of November in our ARC. We will host a variety of activities from arts and crafts, video conferences, guest speakers, games, and more! Note: when there is a CHEP video conference on Wednesdays, we will proceed with the video conference in the morning in lieu of having a senior's activity in the afternoon. We are also open to hearing from members of our seniors community as to the kinds of activities and services Neighbours can provide to better serve you. For more information or to join our call list, contact: 819-762-0882, or neighboursinfor@cablevision.qc.ca

NOVEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Movember Registration 10-5:00</i>	2
3	4	5 <i>Campfire Club 4-5 pm</i> 	6 <i>Seniors Afternoon 1:30 pm</i>	7	8	9
10	11	12 <i>Campfire Club 4-5 pm</i> 	13 <i>Seniors Afternoon 1:30 pm</i>	14	15	16 <i>Teen Game Night 6:30pm</i>
17	18	19 <i>Campfire Club 4-5 pm</i> 	20 <i>CHEP Video Conference Diabetes 10:00 am</i>	21 <i>Movember Men's Night 7:00 pm</i>	22 <i>Due Date for Calendar Submissions</i>	23 <i>Science Day 1:00 pm</i>
24	25	26 <i>Campfire Club 4-5 pm</i> 	27 <i>Seniors Afternoon 1:30 pm</i>	28	29	30 <i>Movember Wrap Up 3:00pm</i>



Our Health
IS IN OUR HANDS



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Santé
Canada

Health
Canada

Ministère
du Conseil exécutif
Québec



CHSSN

Community Health
And Social Services Network
Réseau communautaire de santé
et de services sociaux

Up-Coming Activities

Please refer to our
calendar to keep track of
what events and
activities will be coming up
next!

