

## Bulletin November 2022

Regina Community Clinic  
1962 to 2022  
60 Years of Cooperative Healthcare

1106 Winnipeg St.  
Regina SK  
S4R 1J6



[www.reginacommunityclinic](http://www.reginacommunityclinic)



### Holiday Hours

An on-call physician can be reached by calling: 306-543-7880

CLOSED Friday, November 11th—Remembrance Day

Friday, December 23rd (OPEN 8:30 am to 12:00 Noon),

CLOSED from noon to 5:30pm.

CLOSED Monday, December 26th and Tuesday, December 27th.

Friday, December 30th (OPEN 8:30 am to 12:00 noon),

CLOSED from noon to 5:30pm.

CLOSED Monday, January 2nd.

## SEM ANNUAL MEETING

A Semi-Annual Meeting for our Members is being planned for February 2023! Please stay tuned for more details!

Message from *Bryan Tudor*,  
Chair of the Member Relations Committee



## *RCC Member Relations Update*

The Member Relations Committee of the Regina Community Clinic was formed a few years ago when the Clinic's Board realized that as a co-operative organization, the Clinic needed to pay more attention to its members. Member involvement and democratic control are at the heart of what it means to be a co-operative. The Committee is currently composed of two Board Members and three members who responded to an invitation sent to all members last summer asking for volunteers. We meet every few months to provide ideas and feedback to management on member-related topics such as the Clinic's 60th anniversary, our newsletters and website, member meetings and co-op week activities.

One of the challenges for the Clinic is helping people to understand that being a patient does not make them a member, and that being a member does not allow them to become a patient of the Clinic physicians. Because of requirements from our principal funder, the Ministry of Health, and because of privacy legislation, our list of members and our list of patients are completely separate. Updating contact information in one database does not update the information in the other database, so it is always a challenge to keep our member database up to date.

As a co-operative, the Clinic is determined to continue to be member-driven and to respond as much as possible to member needs. If you are a member and have ideas, suggestions, concerns or questions, we would love to hear from you. Please contact us at [rccmember@reginacommunityclinic.ca](mailto:rccmember@reginacommunityclinic.ca)

# What is Movember?



Throughout the month of November men are encouraged to grow their moustaches to raise awareness and spark conversation for men's health issues, particularly prostate cancer, testicular cancer and mental health.

## Why Men's Health?

The state of men's health is in a crisis. Simply put, men are dying too young.

Gender is one of the strongest and most consistent predictors of health and life expectancy. For men, this is not good news. On average, across the world, men die 6 years earlier than women.

Moreover, poor mental health affects men more than women: three quarters of suicides are by men. The World Health Organization estimates that 510,000 men die from suicide globally each year. That's one every minute.

The impact of prostate and testicular cancer on lives is substantial, with prostate cancer being the second most common cancer in men worldwide and the number of cases expected to almost double to 1.7 million cases by 2030.

This is why people from across the globe become a united voice every Movember, bringing vital funding and attention to the hidden men's health crisis.

### Men – Make Your Health a Top Priority

Men should make their health a top priority and take daily steps to be healthier and stronger. There are many easy things that can be done every day to create a healthy lifestyle:

**Eat healthy.** Nutritious foods give you energy and may lower your risk of certain diseases. Focus on fruits and vegetables, whole grains, and low-fat or fat-free milk products.

**Stay at a healthy weight.** Being overweight or obese can raise your risk of diabetes, high blood pressure, heart disease, and stroke. Eat healthy foods, control portion sizes, and be active to keep your weight in check.

**Get moving.** Regular exercise is one of the most important things you can do for your health.

**Be smoke-free.** Smoking is linked to many of the leading causes of death, including cancer, lung disease, and stroke. If you smoke, quit today! Also, avoid secondhand smoke.

**Get routine exams and screenings.** Ask your doctor how often you need to be examined. Ask about screening tests for certain diseases and conditions, including high blood pressure, high cholesterol, diabetes, sexually transmitted infections, and certain types of cancer such as prostate and colon.

**Take any medications you need.** Thousands of deaths could be prevented each year by taking medications properly. Make sure to follow your doctor's instructions for all medications, including those that help control conditions like high blood pressure and diabetes.

**Avoid heavy drinking.** Heavy drinking can lead to many problems, including high blood pressure, various cancers, and accidents. For men 65 and younger, drinking in moderation means no more than two drinks per day. Men older than 65 should have no more than one drink a day.

**Manage stress.** Balancing work and family obligations can be challenging. But it's important to protect your mental and physical health.

**Get enough sleep.** Not getting enough sleep can affect your mood and your health. See your doctor if you think you have a serious problem. Sleep apnea, a common problem in which your breathing stops briefly, can increase the risk of accidents and certain health problems.

**Know your numbers.** Learn how your lifestyle affects your risk of health problems. Keep track of your numbers for blood pressure, blood glucose, cholesterol, body mass index (BMI), or any others you may have. If your numbers are high or low, your doctor or nurse can explain what they mean and suggest how you can get them to a healthier range. Be sure to ask him or her what tests you need and how often you need them.

**Stay safe.** Safety means many things, like wearing seatbelts and helmets, having working smoke detectors, and following safety rules at work. It also means using condoms, washing your hands, taking care of your teeth, and wearing sunscreen.

Also, make sure to pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination. If you have these or symptoms of any kind, be sure to see your doctor right away. Don't wait!

<https://www.premiermedicalhv.com/news/more-than-just-a-mustache-the-importance-of-movember/>

