
WFMP October Newsletter

Wetaskiwin Family Medical Practice

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WETASKIWIN
FAMILY MEDICAL PRACTICE

Upcoming Events

All of October

Breast Cancer Awareness Month
Canada's Healthy Workplace Month

October 10th

World Mental Health Day

October 14th

World Hospice and Palliative Care Day
Thanksgiving Day (WFMP Closed)

October 15th

Pregnancy and Infant Loss
Remembrance Day

October 31st

Halloween

Staff Birthdays

Please join us in wishing the following a happy birthday in October:

- No WFMP Birthdays this month.

October 2024

Dear Reader:

2024 has been going by so quickly. We are rounding into the last part of the year which of course means it is going to get spooky for Halloween soon! We are so excited to share our Halloween costumes with you all! Join the Youth Board from the Wetaskiwin Health Foundation for a truly GHOULISH AFFAIR, as they raise money in support of healthcare in our community. For more information see the Wetaskiwin Health Foundation's Facebook page.

WFMP has been implementing AI (artificial intelligence) around the clinic. You will be asked for permission for your Doctor to use Tali the AI Program in the exam room when you are at the office. This program does a great job of saving the Doctors time by helping with chart notes from your appointment. We are excited to help the doctors decrease their administrative workload and hope you will share in that excitement.

Until next month!

- WFMP

WFMP Community Wellness Corner

October is Canada's Healthy Workplace month, so let's chat about how employment can affect your health. The average Canadian spends 35.7 hours per week working at their main job. Unemployment, under-employment, stressful or unsafe work are associated with poorer health or mental health issues. The reverse is also true, those who have a good work life balance are often healthier and live longer.

There are many resources and supports available that can assist you in your search for a healthier work environment. If you need resources feel free to give me a call at 780-312-1701 or email wfmpresources@gmail.com for more information.

Stay Well

Kandis, Community Wellness Navigator

WFMP Referral Corner

This month we will discuss a new referral process that the province uses called FAST(Facilitated Access to Specialist Treatment). This program was created to try to get patients seen by the specialist with the shortest wait lists. Most specialties participate in the program. When we get your referral from your Doctor, we can send it to the specialist your Doctor has requested or if they have not requested a specific Doctor we can send it to "Next Available" and you will be assigned the next available specialist that deals with your condition who also has the shortest waitlist.

This program has shortened wait times for many specialties and has also stopped duplication of referrals as you can only be on one waitlist at a time. For example, if you are on the waitlist for a knee replacement in Red Deer, you cannot also be on the waitlist in Edmonton for the same knee.

Our team of referral coordinators at WFMP work hard to make sure that you are referred to the best specialist for your condition who also has the shortest waitlist and is at a location that you prefer.

Best wishes,

Louise, Referral Manager

To keep up to date with WFMP, follow us on Facebook & Instagram!
Facebook: Wetaskiwin Family Medical Practice
Instagram: wetaskiwinfamilymedical

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Caring to Share Corner

Breast Cancer Awareness Month: What You Should Know

October is Breast Cancer Awareness Month. It's a time to learn about breast cancer, support those affected, and raise awareness. Early detection can save lives, and there is power in knowledge. Breast cancer happens when cells in the breast grow uncontrollably. These cells can form a lump (tumor) that can sometimes be felt. Breast cancer is most common in women but can also affect men.

Awareness helps people understand the signs of breast cancer and the importance of regular screenings, like mammograms. Early detection improves the chances of successful treatment. When people are aware, they're more likely to get checked regularly and talk to their doctor if they notice any changes in their breasts.

Here are some common signs of breast cancer:

- A lump in the breast or underarm
- Swelling or change in the size of the breast
- Nipple discharge (other than breast milk)
- Redness or skin changes on the breast
- Pain in the breast or nipple area

It's important to remember that these symptoms can also be caused by other things, not just cancer. If you notice anything unusual, it's a good idea to talk to a doctor.

How Can You Help?

1. **Get Screened:** Starting at 40 and older, talk to your doctor about scheduling regular mammograms and/or your risk factors.
2. **Share Information:** Help spread the word by sharing facts and encouraging others to learn about breast cancer.
3. **Support Others:** Whether it's through donations or being there for someone diagnosed with breast cancer, your support makes a difference.
4. **Wear Pink:** Show your support by wearing pink, the color of breast cancer awareness.

Breast Cancer Awareness Month is a reminder to take charge of our health. By staying informed and encouraging others to do the same, we can all play a part in the fight against breast cancer.

Stay aware, stay healthy!

Fun Fact

Bananas contain potassium, which is an element that decays, making bananas the slightest bit radioactive. But you would probably have to consume ten million bananas worth of potassium in order to die of banana-induced radiation poisoning.

Please take a look at our Online Newsletter with the QR Code to the Right.



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WFMP on social media

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