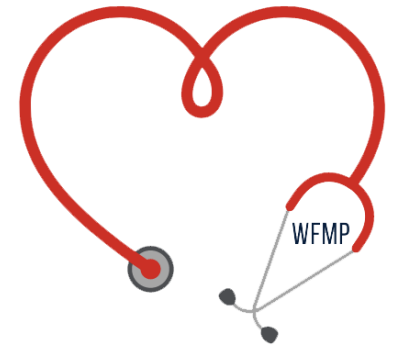


## WFMP August Newsletter

### Wetaskiwin Family Medical Practice

5107 50 Street, Wetaskiwin AB. T9A 1K1

[www.wfmp.ca](http://www.wfmp.ca) T: 780-352-3010



**WETASKIWIN**  
FAMILY MEDICAL PRACTICE

### Upcoming Events

#### All of August

Addiction Awareness Month

#### August 3<sup>rd</sup>

Civic Holiday (WFMP Closed)

#### August 12<sup>th</sup>

International Youth Day

#### August 19<sup>th</sup>

World Humanitarian Day

#### August 31<sup>st</sup>

International Overdose Awareness Day

### Staff Birthdays

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

- Louise
- Alisha
- Dr. van der Walt
- Shauna

August 2024

Dear Reader:

Happy August!

We hope that you are enjoying the hot, hot weather that we have been having thus far into August. Hopefully you read our last month's issue about summertime safety and how to best protect yourself from the sun and applied those tips!

This month we are focusing on Addiction Awareness. This does tie into our Community Resources Navigator position. Addiction does touch us all. Kandis wrote a piece about this and some resources in our community – which you can find by scanning the QR Code on the other side of this Newsletter to see our online version of this Newsletter. We are excited on this program and how it has been received thus far and are working extremely hard on expanding this program to make it even more effective and helpful to more people within our community.

Until next month – Stay Safe!

- WFMP

### WFMP Referral Corner

Has your Doctor referred you to a specialist?

When your Doctor refers you to a specialist, there are many steps that must be taken before you get an appointment. Many specialties have set up a Referral Pathway that must be followed to get an appointment.

First, the required testing must be completed, that is why we may call you and order more tests or investigations. It is so important that we can get a hold of you. The easiest way for us to contact you is through our Patient Portal. It is a secure email system that lets us send lab requisitions or other information directly to you. If you haven't already, call the office and we will get you set up on the Portal. Please make sure your phone number and email are up to date as well, that is why we check every time you come to the clinic.

Once the referral package has been sent to a specialist, they may book an appointment for you to be seen or they may send back advice to your family Doctor if they feel you can be safely and effectively managed by them. If you have been accepted and an appointment has been given, you will be contacted by phone or by mail with your appointment information and instructions.

Next month, we will talk about how we track the referrals so that they don't get lost, as well as wait times and how it is decided where you will be seen.

Louise,  
Referral Manager, WFMP

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

## WFMP August Newsletter



### Caring to Share Corner Understanding Addiction: Addiction Awareness Month

Every year, Addiction Awareness Month helps us learn about addiction, reduce stigma, educate people, and offer support to those who need it. Addiction affects many people worldwide, impacting not just those addicted but also their families and communities.

Addiction is a condition where people can't stop using substances or engaging in harmful behaviors, even when they know it's bad for them. It's not a lack of willpower; it's a health issue that affects the brain, making it hard for people to make good choices.

#### Why Awareness is Important

**Reducing Stigma:** Many people see addiction as a moral failure. Awareness helps change this view, showing that addiction is a health issue that needs understanding and treatment.

**Education and Prevention:** Awareness teaches us the signs of addiction, risk factors, and how to prevent it. Knowing the early signs can lead to early help and better outcomes.

**Support and Resources:** Awareness highlights where people can get help, like hotlines, support groups, and treatment centers. It also shares recovery stories, showing that treatment works and people can recover.

#### How You Can Help

**Learn:** Understand the different types of addiction and the resources available for those who need help.

**Share Information:** Use social media and community spaces to spread the word about Addiction Awareness Month and local resources.

**Support Loved Ones:** If someone you know is struggling with addiction, be there for them. Listen without judging and encourage them to get professional help.

**Advocate for Change:** Support policies that increase access to addiction treatment and recovery services. Advocacy can lead to more funding and better healthcare responses.

Addiction Awareness Month is a time to learn, educate, and take action. By reducing stigma, spreading knowledge, and supporting those affected, we can create a more understanding and supportive community. Let's work together to turn awareness into action, helping everyone have the chance to live a healthy life free from addiction.

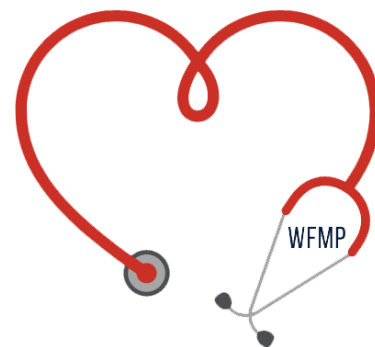
#### Fun Fact

The word astronaut comes from the Greek words meaning "star" and "sailor."

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



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## WFMP on Social Media

Keep up to date with WFMP!



Wetaskiwin Family  
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August 2024