

WFMP August 2026 Newsletter

Wetaskiwin Family Medical Practice

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Happy August!

We hope you are enjoying the hot weather that is upon us! Hopefully you read last month's issue of the WFMP Newsletter to learn some tips about staying safe in the hot summer sun!

This month, we'd like to focus on addiction awareness. Addiction can happen to anyone and knowing how to identify an addiction could make the difference to recognize someone needs help and gently pushing that person to receive help.

As always, let us know if you have any suggestions for the WFMP Newsletter or WFMP itself to best suit you: the patient.

Ready for some exciting news... WFMP is thrilled to announce that Dr. Taiwo will be starting at our office this fall. Welcome to Dr. Taiwo, we are so excited that you have chosen Wetaskiwin. Stay tuned to our socials for more information.

- WFMP

WFMP Caring Corner – The Importance of Social Connection

Social connection is an important part of a healthy life. It means having positive relationships with people in your community and beyond. Humans need social connection just as much as they need food, water, and shelter.

Poor social connection can cause loneliness. Loneliness is the feeling of being alone or disconnected and can occur even when surrounded by others. Research shows that loneliness can be harmful to a person's health. It increases the risk of heart disease, stroke, anxiety, depression, dementia, infections, and even early death. The health risks of loneliness are similar to smoking up to 15 cigarettes a day.

Making time to build positive social connections can help reduce loneliness and improve overall health and well-being. Strong social connections help people live healthier, longer, and more fulfilling lives.

At WFMP we are interested in all aspects of your health. If you are a senior and feeling lonely, book an appointment at the office with me to help you find resources that can help you.

Deanna, Senior & Palliative Care Nurse

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



Upcoming Events

All of August

Addiction Awareness

August 3rd

Heritage Day (WFMP Closed)

August 4th

September Schedules for Dr. Schlenther, Dr. Brand & Dr. Jeffery open.

August 17th

August Schedules for Dr. Hendriks, Dr. de Wet, Dr. van der Walt, Dr. Stassen, Dr. Lee, Dr. Berry & Dr. Hicks open.

Staff Birthdays

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

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

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Caring to Share August: Addiction Awareness

Addiction can affect anyone. It does not matter how old someone is or where they come from. Addiction is a health condition, not a sign of weakness. With the right support, recovery is possible.

Addiction can involve alcohol, drugs, medications, gambling, or other behaviors that become difficult to control. It can affect a person's health, relationships, work, and daily life.

Some signs that someone may need help include:

Using more of a substance than planned.
Having trouble stopping.
Changes in mood or behavior.
Pulling away from family and friends.
Problems at work, school, or home because of substance use.

If you or someone you know is struggling, remember that help is available. Talking to a healthcare provider is a good first step. They can listen without judgment, answer questions, and help connect you with the right services.

Recovery looks different for everyone. Some people recover with counseling, support groups, medication, or a combination of treatments. Every step toward getting help is a positive one.

WFMP is here to support your health and well-being. If you have concerns about addiction or would like to learn about local resources, please contact us.

You do not have to face it alone.

Fun Fact

Coca-Cola has a medical application. It is sometimes used for the treatment of gastric phytobezoars (trapped mass in the gastrointestinal system).

In about 50% of cases studied, Coca-Cola alone was found to be effective in gastric phytobezoar dissolution.

Sign up for the WFMP Newsletter to have it delivered to your email every month! Use the QR Code to the Right or go to www.wfmp.ca/connect



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WFMP on Social Media

Keep up to date with WFMP!



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