



Wetaskiwin Family Medical Practice

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Issue 6

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Coping with Chronic Illness and Depression



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Many people with chronic illness experience depression. In fact, depression is one of the most common complications of chronic illness. It is estimated that up to 1/3 of individuals with chronic health condition experience symptoms of depression.

The reason for the relationship between chronic illness & depression is obvious. For many, their chronic illness causes pain, limits mobility, lessens independence and requires many lifestyle changes. Often, it becomes impossible to participate in activities they use to enjoy.

In people dealing with chronic disease, their symptoms of depression are often overlooked because it is assumed that feeling depressed is normal for someone struggling with a serious chronic condition. As well, symptoms of depression such as: fatigue, poor appetite, insomnia, and poor concentration are also common symptoms of chronic medical conditions themselves, making it difficult to decide if depression is present.

Early diagnosis and treatment for depression can reduce stress as well as risk of suicide. People with chronic medical conditions who get treatment for their co-existing depression often experience an improvement in their overall medical condition and find it easier to follow through with their treatment plan.

Cheryl Dechaine, BSCN, RN, Chronic Disease Management Nurse

Did you know?

- Penny collection resulted in \$250.00 being collected to Habitat for Humanity. Thank you for your support.
- Starting in January 2014 WFMP Staff will be wearing jeans on Thursday's with a \$2.00 donation.
- Starting in November WFMP will be collecting donations for the Food Bank .
- From March thru August WFMP had 165 missed appointments. Please remember to cancel your appointments to avoid paying the missed appointment fee.
- Recently some of our staff attended the Building Bridges Seminar in Wetaskiwin. They heard from local's about Residential Schools and interacted with others within the community striving for a common goal of improving relationships between cultures.

Office Closure's

The office will be closed on the following days:

- September 2, 2013 for Labor Day
- October 14, 2013 for Thanksgiving Day
- November 11, 2013 for Remembrance Day
- December 23, 2013 through January 1, 2014 for the Holiday Season

Breast Cancer Awareness

Wednesday October 16, 2013 is Breast Cancer Awareness Day.

Please come visit us, wear something pink, have a coffee & cookie and show your support.

We will be accepting donations for Breast Cancer Awareness Month.

Did you know that not only Women develop Breast Cancer? Men do as well 1 in 1000 males will develop breast cancer.



Understanding the Schedule & Office Closures

September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

On the 15 of every month the following months schedule is released to patient's. This is unless the 15th falls on a weekend, then it would be the next business day. Please see the following 4 months schedule.

RED — Schedule becomes available

November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

GREEN—Office is CLOSED

PINK — Breast Cancer Awareness Day

BLUE—WALK IN

Dates and Times are subject to change

Patient Satisfaction Survey

Your Opinion Matters!

Starting in October we will have Patient Satisfaction Survey's available for your completion. There will be a box located in the waiting room that will have questions for you to answer regarding our clinic. As well as space for your input. Please watch for the results in our 2014 addition of this newsletter.

Virtual Walk 2014

Start 2014 off right! Wetaskiwin Family Medical Practice will be doing a virtual walk. We will be starting in South Africa and work our way around the world country by country. If your interested in participating please let our staff know and we will contact you with more details as they become available.

