

WFMP March 2026 Newsletter

Wetaskiwin Family Medical Practice

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March is the time of the year when the weather starts getting a bit better, and we are finally getting out of the cold Alberta Winters. This winter has been - some cold and some warm. We are also setting our clocks forward one hour on March 8- don't forget!

March also marks Colorectal Awareness Month - please keep an eye on our social media and website to learn more about Colorectal Cancer and potential signs to look out for. Early detection makes a huge difference!

We have been busy working on the new programs that will be coming your way in the next short while at WFMP. We have hired a Adult and Family Psychologist for our Adult and Family Mental Health Program and an RN who will be our Senior and Palliative Care Nurse. Your doctors can refer you to these programs. Stay tuned to our Socials for details on how these programs might be of value to you.

Thank you for choosing WFMP to be your Medical Home.

- WFMP

WFMP Caring Corner

Make your #2 your #1 Priority

Each day 69 Canadians will learn that they have colorectal Cancer. It is the 2nd leading cause of cancer deaths in Canada. Colorectal cancer can affect everyone; it is not just an old person's disease.

Colorectal cancer is preventable, treatable, and beatable if caught early. Regular screening is key. Screening means looking for the presence of cancer or pre-cancer in someone who shows no signs of disease.

To screen for colorectal cancer, the FIT is a screening test that is primarily used to look for colorectal cancer - it is easy, painless & free! All individuals between 50-74 should do a FIT test.

Symptoms of colorectal cancer may include changes to bowel habits, abdominal pain & discomfort (bloating, excessive gas, nausea), unexpected weight loss, weakness and fatigue. If you are experiencing these symptoms, please see a physician as soon as possible.

Don't become one of the 69 Canadians diagnosed daily - "Push for your Tush" and get screened today!

Cheryl
Registered Nurse, WFMP

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Facebook: Wetaskiwin Family Medical Practice
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Upcoming Events

All of March

Colorectal Cancer Awareness

March 2nd

April Schedules for Dr. Schlenker, Dr. Brand & Dr. Jeffery open.

March 8th

Daylight Savings Time Ends (Clocks Ahead 1 Hour)

March 16th

April Schedules for Dr. Hendriks, Dr. de Wet, Dr. van der Walt, Dr. Stassen, Dr. Lee, and Dr. Berry open.

March 17th

St. Patrick's Day

Staff Birthdays

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

- Sophia
- Dr. Stassen
- Dr. Jeffery

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Caring to Share Colorectal Cancer Awareness Month

March is Colorectal Cancer Awareness Month. It is a time to learn about colorectal cancer, talk about prevention, and encourage regular screening.

Colorectal cancer affects the colon or rectum. It is one of the most common types of cancer in both men and women. The good news is that it is often preventable and highly treatable when found early. Many people with early colorectal cancer do not have symptoms. That is why screening is so important. Screening tests can find small growths called polyps before they turn into cancer. Removing these polyps can prevent cancer from developing.

Although early stages may not cause symptoms, you should speak to a healthcare professional if you notice: changes in bowel habits, blood in the stool, ongoing stomach pain, unexplained weight loss, or feeling very tired. These symptoms do not always mean cancer, but they should be checked.

You can reduce your risk by eating more fruits, vegetables, and whole grains, limiting processed and red meats, staying active, maintaining a healthy weight, avoiding smoking and limiting alcohol.

Colorectal cancer can be an uncomfortable topic, but talking about it can save lives. March is a reminder to check in with your healthcare provider and stay up to date with screening.

Early detection makes a difference.

Fun Fact

Our brains are made up of about 75% water, which is one of the reasons that dehydration can lead to headaches, weariness, and decreased mental capacity.

Sign up for the WFMP Newsletter to have it delivered to your email every month!

Use the QR Code to the Right!



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WETASKIWIN
FAMILY MEDICAL PRACTICE

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WFMP on Social Media

Keep up to date with WFMP!



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