WFMP November 2026 Newsletter

Wetaskiwin Family Medical Practice

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Happy November!

We hope that you are staying warm! November is Diabetes Awareness month – please stay tuned to our social media pages to learn more as we share resources and information regarding Diabetes throughout November.

November also marks Remembrance Day. We will be taking the day to remember those that lost their lives in the line of duty for our country. WFMP will also be closed on Thursday, November 12th and Friday, November 13th.

As we posted on our website & social media pages last month, we have seen a large increase in Same Day Care Clinic availability - we are very happy to expand our Same Day Care services to best serve our patients and our community.

Thank you for choosing WFMP to be your medical home.

- WFMP

WFMP Caring Corner – Movember: Men's Health

November is here, and so is Movember! This month is all about raising awareness of men's health and encouraging men to take better care of themselves.

Many men put off visiting the doctor until something feels wrong. But regular checkups and healthy habits can help catch health problems early.

Here are a few simple ways to take charge of your health:

- Book a checkup: Talk to your doctor about blood pressure, diabetes, and recommended health screenings.
- Stay active: Try to get some physical activity each day, even if it's just a short walk.
- Talk about mental health: Stress, anxiety, and depression can affect anyone. Asking for help is a sign of strength.
- Make healthy choices: Eating balanced meals, getting enough sleep, and limiting alcohol can make a big difference.

This November, encourage the men in your life to make their health a priority. Remember: Taking care of yourself isn't just important for you. It's important for the people who care about you, too!

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

Upcoming Events

All of November
Diabetes Awareness
November 2nd
December Schedules for Dr. Schlenther, Dr. Brand, Dr. Jeffery & Dr. Taiwo open.
November 11th
Remembrance Day (WFMP Closed)
November 12th
WFMP Closed
November 13th
WFMP Closed
November 16th
December Schedules for Dr. Hendriks, Dr. de Wet, Dr. van der Walt, Dr. Stassen, Dr. Lee, Dr. Berry, Dr. Hicks & Dr. Ade open.

Staff Birthdays

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

- Dr. Hendriks
- Dr. Lee
- Dr. Brand

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Caring to Share
November: Diabetes Awareness – Small Steps For Better Health

Diabetes affects millions of Canadians, and many people may not even know they have it. Learning about diabetes, knowing the warning signs, and making healthy choices can help protect your health.

Diabetes is a condition that affects how your body uses sugar (glucose) for energy. When blood sugar levels become too high, they can lead to serious health problems over time, including heart disease, kidney problems, and vision loss.

There are different types of diabetes, including Type 1 and Type 2. Type 2 is the most common and is often linked to a mix of genetics, age, and lifestyle factors.

Some common signs of diabetes include:

- Feeling thirsty more often than usual
- Needing to urinate frequently
- Feeling tired or weak
- Blurry vision
- Cuts or wounds that heal slowly
- Unexplained weight loss

Some people with Type 2 diabetes have no noticeable symptoms, which makes regular checkups important.

While Type 1 diabetes cannot currently be prevented, healthy habits can help lower your risk of developing Type 2 diabetes.
Small changes can make a big difference! Try to:

- **Stay active:** Aim for regular physical activity, such as walking, swimming, or biking.
- **Eat balanced meals:** Choose more vegetables, fruits, whole grains, and healthy proteins.
- **Drink more water:** Choose water instead of sugary drinks.
- **Get enough sleep:** Good sleep helps support your overall health.
- **Visit your healthcare provider:** Regular checkups can help identify problems early.

Diabetes can often be managed with the right care, healthy habits, and support. Early detection can help prevent complications and improve your quality of life.
If you have concerns about diabetes or your risk of developing it, speak with your healthcare provider about blood sugar testing.
Remember, small steps today can lead to a healthier tomorrow!

Fun Fact

Everyone has a different smell, except for identical twins – they smell the same!

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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WETASKIWIN
FAMILY MEDICAL PRACTICE

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WFMP on Social Media

Keep up to date with WFMP!

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