



Women's Health Care Centre  
 Peterborough Regional Health Centre  
 157 Charlotte St. Peterborough, ON K9J 2T7  
 (705) 743-4132 or 1-800-419-3111  
 www.prhc.on.ca/womenshealth

**PRHC**  
 Peterborough Regional  
 Health Centre

January/February 2009

## NEWSLETTER



### Fighting the Winter Blahs

The sun is on its way back, but we still have a few months of cold, snowy weather and evenings that come too soon. If you're feeling trapped indoors, or like you never see the sun, or if February gets you down (thank goodness it's the shortest month of the year!) here are some things you can do to get feeling better about the rest of winter:

- ♀ Hot drinks: tea, hot chocolate, coffee (but not too much), apple cider, hot water with lemon or ginger and honey... are a comforting treat when it's cold and miserable out.
- ♀ Wear a ridiculous hat: it will keep you warm and give you a giggle every time you put it on.
- ♀ Take a short walk: if it's not too slippery or blizzard-like out. Even if it is overcast you will get more sunlight outside than inside, which can help you feel less like a hibernating bear.
- ♀ Start a games night with your friends and/or family: it's a cheap, fun evening activity that gets people away from the television (because too much TV will give you the blahs). Scrabble, Monopoly, Euchre, Crazy Eights, Snakes and Ladders, Checkers, Chess, Charades... there are lots of options!
- ♀ Treat yourself to a home spa day/night/morning: bubble bath, facial (see reverse), manicure, lots of moisturizer, lovely candles, a fancy drink, chocolates, soothing music...
- ♀ Goof off: have a marshmallow fight, put on some music and do the lawn-mower or the lawn-sprinkler around your living room, play with the dog, get a camera and wander around taking pictures of anything and everything, go to a toy store and look at all the wonderful stuff (and play with it, if the store will let you)...
- ♀ Try something new: yoga, or painting, or creative writing, or computers, or genealogy, or pottery, or Tai Chi, or swimming, or learn to play a musical instrument, or a language... You can find lots of classes, or teach yourself from books, DVDs, the internet and other sources. (If you don't want to buy books or DVDs try your local library, they will usually have "teach yourself" materials.)



### Eating Disorders Awareness Week February 1-7, 2009

Eating disorders are the third most common chronic illness in adolescent girls. In 2001 27% of Ontario girls 12-18 years old were reported to have "severely problematic food and weight behaviour." In Canada 70% of women and 35% of men are dieting, but 90-95% of individuals who diet are unsuccessful in the long term. Eating disorders have the highest mortality rate of any mental illness. For more information see [www.cmha.ca](http://www.cmha.ca) and click on "eating disorders" under "Understanding Mental Illness", or see [www.nedic.ca](http://www.nedic.ca).

We have a new resource for eating disorders information. It is a "pathfinder" (a tool directing you to resources on a particular subject) listing books, videos, websites, and local libraries, associations, and organizations that you will find helpful if you are looking for information about eating disorders or body image. It is called "Finding Eating Disorder and Body Image Information." You will be able to find it on our website (on the health information page) in time for Eating Disorders Awareness Week.

There will be other pathfinders on a variety of women's health topics posted to our website in the coming months.



### Plans for Newsletter

As you can see, we're going to be sending you shorter newsletters 6 times a year (instead of long ones 3 times a year).

*We would also like to start saving trees by sending it by email as much as possible.* If you are receiving the paper version and would like to start getting our newsletter by email, please let us know at: [jmiller@prhc.on.ca](mailto:jmiller@prhc.on.ca)



### Well Women Programs

We are in the planning stages for a series on separation and divorce that will hopefully be starting at the end of February in Haliburton. Keep your eye out for information about times, dates and registration!



## Eating Disorder Programs

Turning Points, No More Dieting, and Making Changes are group programs that we run for people who have symptoms of Anorexia and Bulimia, people who are struggling with binge eating, weight preoccupation and body image, and for those who have already completed an education and support program and are ready to address the thoughts, feelings and behaviour changes necessary to recover from an Eating Disorder. For more information, to find out about when a group is running, or to register, please call us at (705) 743-4132 or 1-800-419-3111.



## Need to See a Doctor?

Although you may not have a family doctor, there are clinics where you can get medical care:

Peterborough Day Clinic .....	705-740-6880
Lakefield Clinic .....	705-652-6355
Cobourg After Hours Clinic.....	905-373-8333
Port-Hope Walk In Clinic.....	905-885-0611
Haliburton Medical Centre.....	705-457-1212
Lindsay Community Walk-In Clinic	
65 Angeline St. N.	
Monday – Friday	7-9 p.m.
Wednesday	1-4 p.m.
Saturday & Sunday	10-12 noon
Ross Memorial Hospital	
Monday – Friday 6-9 p.m.	
Weekends and Holidays	11-2 p.m.

### Sexual Health Clinics

Peterborough County-City Health Unit  
(705) 748-2021 for info and appointment  
Lindsay and Cobourg (ages 15 to 24)  
1-866-888-4577 x 205 (leave a message)

If you live in Peterborough County, you can also get on the **Family Health Team Waitlist** by calling (705) 740-8020. If you cannot get care at one of these clinics, or have a health emergency at any time, go to the emergency department of your local hospital.

## Don't Keep Up with the Joneses

... or anyone, for that matter. When you talk to people, are they comparing their busy lives with yours? ... Identify those with whom you feel competition and determine how much energy you want to give to that dance. Try sitting on the bench and observing rather than running the I-want-what-you-have race – which nobody ever wins, by the way.

-Dale Vicky Atkins, *Sanity Savers*, 2007



## New Books in Our Lending Library:

*Stolen Tomorrows: Understanding and Treating Women's Sexual Abuse* by Steven Levenkron, 2008

*Why She Feels Fat: Understanding Your Loved One's Eating Disorder and How You Can Help* by Johanna Marie McShane, 2008

*Canadian Perinatal Health Report, 2008 Edition* from the Public Health Agency of Canada, 2008

*Family Violence in Canada: A Statistical Profile 2008* from the Canadian Centre for Justice Statistics, 2008

*Am I a Normal Parent?: Expert Advice, Parenting Tips, and the Reassurance You've Been Looking For* by Sara Dimerman, 2008

## Do It Yourself Facials

1. Clean your face with a gel or milky cleanser.
  2. Remove impurities from your face by steaming the skin for 5 to 7 minutes. Position your face above a bowl filled with steaming hot water. Optional: add to the water a few drops of chamomile oil (soothes) or lavender (acts as a mild antiseptic).
  3. After steaming, gently exfoliate your skin.  
Homemade scrub: 2 tablespoons oatmeal, 3 tablespoons hot water, blend to make paste, let cool.  
Apply using a circular motion, and rinse with tepid water.
  4. Apply the mask appropriate to your skin type:  
*Dehydrated:* juice from half a cucumber, 2 teaspoons cornstarch, 1 teaspoon olive oil  
*Dry:* 2 teaspoons cornstarch, 1 teaspoon honey, a few drops of strong chamomile tea (cooled)  
*Normal to Dry (Combination):* 2 to 3 teaspoons bran, 1 teaspoon olive oil, 1 egg yolk  
*Oily:* 1 egg yolk, a few drops of lemon juice  
Leave on for 15 minutes.
  5. Rinse with cool water and apply moisturizer.
- From *Time to do an about face...Learn to Pamper Yourself!!!* Wellness Reproductions and Publishing Inc. 2000



## Prenatal health fair January 26, 2009, 6:45-9:00 pm

Holiday Inn (150 George St., Peterborough)  
Hands-on event with displays and demonstrations for moms and dads, Empathy Belly, Car Seat Safety, health and parenting displays, Service Canada on government benefits, registering your newborn, and more.  
For more information or to register call the Peterborough County-City Health Unit at (705) 743-1000