

Is it October already? Where did the summer go? Did we really have a summer? Let's hope the winter is not too harsh but enough snow for a white Holiday none the less. Well let us look towards this fall as a new start. A new school year for our kids and a fresh start for you. How would you like to feel like a kid again? The good news is you can with a little determination and consistent effort. Reward yourself this fall season by setting some time aside for yourself and making healthy lifestyle choices a habit. This season let's focus on eating your way to great health.



**Dr. Ashok Oommen**  
Medical Director,  
Cardiogenix  
Medical Centre

***I want you to get excited about your health!***

## Influenza

### Influenza Vaccine

Influenza vaccine can prevent the Flu and its complications. The viruses that cause Influenza change their composition from year to year. As a result, the vaccine composition is updated yearly to make sure that it offers the best protection.

### Best time to get vaccinated

The best time to get the Influenza vaccine is in November and December. The vaccine usually protects most people against Influenza.

People who do get the Flu even though they have been vaccinated often have milder symptoms than those who did not get the vaccine. The vaccine is not effective against viruses that cause colds.

Protection against influenza takes about 2 weeks to develop after you receive the vaccination. The vaccine provides protection for up to 12 months. This means immunization is required each year.

*Call us to make an appointment.*



## A word from our Director of Nursing



*Cheryl Ramcharitar RN, BSc.N.*

Influenza (the flu) is a serious disease caused by the Influenza virus. It is very contagious and spreads through infected droplets projected into the air or onto the hands when a person who is infected coughs or sneezes.

It can cause serious epidemics. People of any age can catch the flu; 4000-8000 Canadians die from Influenza related complications each year.

### Flu symptoms

Fever, cough, sore throat, headaches, chills, muscle aches, and fatigue. These symptoms are much more bothersome and much worse than common cold symptoms.

Influenza typically lasts for 7-10 days, but the cough and weakness may continue for up to 6 weeks. If you get the Flu, you should increase the amount of fluids you drink (water, juice, soup) and get plenty of rest for 7-10 days.

In Quebec, the Influenza virus is usually active from December to March each year.

## WalkSmart Program

Remember to join us every Wednesday from 7-8 pm for your **WalkSmart** program. This unique class, led by one of Quebec's top fitness specialists, Adonna Greaves, has been getting rave reviews from members like you.

It has been a great success from a fitness and educational point of view. Come and create your own personal success story with your fellow Cardiogenix patients and healthcare professionals. Bring someone you care about for a free class.

Feel young again! Get healthy! You can do it. We can do it even better together.

*Call us for more information.*



Partnership Healthcare  
The power is in the partnership

The crisp cool weather of fall is upon us. Usually this means a change in eating habits. A move towards heavier fare means it is important to pay attention to food choices and ingredients. It's just as easy to make a homemade nutrient rich low calorie soup as it is to make its higher fat counter part.



## Recipe

Easy Fast Soup  
for a Side Dish or Snack

### Mexican

- 2 ½ cups vegetable broth
- 2 cups of mixed frozen vegetables
- ¼ cup chopped fresh cilantro
- ½ freshly squeezed lime juice
- handful of baked tortilla chips

Bring broth to a boil.  
Add frozen vegetables.  
Cover and simmer until vegetables are cooked.  
Serve immediately with cilantro, lime juice and tortilla chips.



Read about an easy and fast Asian soup in our next Newsletter!

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## A word from our Director of Nutritional Services



Caryn Roll B.A., B.Sc., P.Dt.

### Nutrition Fact

Women of child bearing age and specifically those women trying to conceive need to include folic acid in their daily meal plan. All women who could become pregnant should take a daily vitamin containing 0.4 mg of folic acid because it helps prevent some birth defects.

Folate is most important to the health of the fetus in the first few weeks of pregnancy before most women even know they are pregnant. This is why all women must take a daily supplement all the time.

Some high risk women may need a bigger dose during pregnancy. Speak to your doctor. Do not take more than 1 mg/day unless directed to do so by your Physician.

Taking a daily supplement does not replace healthy eating. Consuming foods containing folic acid have other benefits, including promoting heart health and reducing the risk for stroke. Foods high in folic acid are whole grain breads, liver, spinach, broccoli, brussel sprouts, orange juice, beans, lentils and foods fortified with folic acid such as cereals.

## Recipe

Easy Fast Soup  
for a Side Dish or Snack

### Carrot or Squash Soup

- 2 mediums onions, chopped
- 1 red pepper, chopped
- 2 cloves of garlic, crushed
- 9 large carrots, cut up OR 1 ½ pounds of winter squash peeled and cut up
- 1 large potato, peeled and cut into chunks
- 4 cups vegetable broth (any type)
- 2 tbsp. fresh dill, minced (optional)
- ¼ cup orange juice (optional)
- ¼ - ½ tsp. ground ginger (to taste) pepper (to taste)

*Salt is not necessary because most vegetable broth has a high salt content*

In a large sauce pan or stock pot, add ¼ cup of water and sauté onions and red pepper (mix occasionally so vegetables do not stick). Sauté until golden.

Add carrots, potato and broth. Bring to a boil, reduce heat and simmer covered until vegetables a very soft (about 30 minutes). Purée mixture.\* Add dill, orange juice, pepper and ginger to taste.

6 servings  
Freezes extremely well.

\* This method is best used with a Braun hand mixer or other portable blender device directly in the pot. This technique is safer compared to transferring the hot soup to a stationary blender or food processor.