



FRIDGE FACTS



Ask the Health Professional



What is Melanoma?

With the summer on the way, we will once again be inundated with sunscreen ads and UV indexes. Melanoma is one of the skin cancers we are trying to avoid by putting on the SPF. Melanoma is the less common form of skin cancer – basal cell carcinoma is the most common – but is the most dangerous. Melanoma starts in the pigment producing cells – those that produce a tan – that are found in the outer layer of the skin. These cells, when cancerous, will grow out of control forming mostly brown or black tumours.

Melanoma is the 8th most common cancer in Canada and one of the few whose incidence is actually increasing. Almost 1 in 5 Canadians diagnosed with melanoma will die from it.

Spring Cleaning Tips

From: www.styleathome.com

Work from the top down, inside to outside to avoid getting dirty what you already cleaned.

Do one room at a time to avoid unfinished jobs.



When tidying, reduce trips by temporarily depositing items in one spot.

Do two things at once eg. scrub the shower while the washer or dryer is on.

Make small repairs – hire someone if you can't do it yourself.

Invest in good rubber or vinyl gloves to protect your skin and nails.

Dust before vacuuming or cleaning the floor.

Don't stand brooms on their bristles – it will destroy their shape and diminish their effectiveness.

World Blood Donor Day

June 14, 2011

World Blood Donor day is held every year on the birthday of Karl Landsteiner, the Nobel Prize winner who discovered the ABO blood group system. It is held in his honour, to celebrate and thank those selfless individuals around the world who donate blood and save millions of lives.

Over 80 million units of blood are donated every year, but only 38% is collected in developing countries where 82% of the world's population live.

This suggests that the overwhelming majority of individuals who need access to safe blood are left without.

If you are someone who regularly donates or you know someone that does – thank them and celebrate their gift to others.



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Clinic News

Holiday Schedule

May 21st and 23rd the clinic is closed.

Naturopathic Health Week

May 9 to 14th

Dr. Katrina Cox is having a raffle to win an eco-friendly water bottle set. You can enter the raffle when you come into the office or by going to our website to find the answer to the following: "The main therapies or modalities used by Naturopathic Doctors include Chinese Medicine, Dietary Counseling and ???".

Email your answer to us by going to the **location/contact** tab and your ballot will be entered in the draw. (www.dchealthcentre.com)

Golf Tournament

This years golf tournament has been moved to September in conjunction with Canada's 2nd Annual National Sports Day. Watch the July August Fridge Facts for Details.

Drain Bamage

Make as many words as you can in 3 minutes. Each of the letters must connect and you cannot use the same letter twice in a word (unless it is on the board twice!!) Go to: www.dchealthcentre.com to compare your words to ours.

S	H	V	T
L	O	L	S
O	E	A	G
P	L	E	T

Split Pea and Spinach Soup

Ingredients

- 1 tbsp (15 mL) canola oil
- 1 onion, chopped
- 1 carrot, chopped
- 4 cloves garlic, minced
- 2 tsp (10 mL) minced fresh ginger
- ½ tsp (2 mL) dried thyme leaves
- 1 cup (250 mL) split peas, rinsed
- 4 cups (1L) sodium reduced vegetable or chicken stock
- 1 bay leaf
- 4 cups (1L) baby spinach, lightly packed and chopped
- pepper to taste

Directions

1. In soup pot, heat oil over medium heat. Add onion, carrot, garlic, ginger, thyme leaves and cook, stirring for about 5 minutes or until softened.
2. Add split peas, stock and bay leaf; bring to a boil.
3. Reduce heat, cover and simmer stirring occasionally for about 5 minutes or until very soft.
4. Add spinach and cook for about 5 minutes or until tender.
5. Remove bay leaf.
6. Add pepper to taste before serving.

Makes 4 to 6 servings.

From: www.heartandstroke.com/