



Adopting healthier lifestyles can help in managing a chronic illness.

Being diagnosed with a chronic condition can significantly impact your psychological, physical, social and even financial well-being. Life-changing decisions are often needed, but the good news is that many can overcome challenges by adopting healthier lifestyles. The following tips provide easy-to-implement actions to achieve optimal health in the face of a chronic illness.

1. Educate yourself with appropriate sources. Following your initial diagnosis, you may not know which steps to take, so the best way to combat any uncertainties is to seek advice from your healthcare provider. They will guide you through appropriate treatment plans, present you the Dos and Don'ts, and point out other reliable sources to consult if further help is required.

2. Connect with others for support. Living with a chronic illness can feel isolating, but you are rarely alone. In Canada, a large number of adults live with common chronic conditions. Many rely on support groups and communities with people sharing similar health conditions to help them tackle mental, physical and social challenges. Your support people can also benefit from additional community as they encounter new responsibilities.

3. Stay active and nourished. Healthy habits such as regular exercise can strengthen your body, help you sleep better, support your immune system and protect your cognitive health — all of which can help fight the symptoms of chronic illness. Similarly, eating foods as recommended by your doctor or dietitian and using a meal planner like the one online at the Kidney Community Kitchen will help you keep proper nutrition and help you effectively care for yourself.

4. Participate in knowledge-sharing events. Educational sessions about your condition are a great way to discover new treatments, research and advice. They also allow you to meet new people with whom you can exchange insights, stories and more. The Kidney Foundation of Canada offers multiple patient-facing webinars for this purpose and encourages anyone facing a chronic illness to engage in information sessions designed for them.

How to Identify and Recover from **BURNOUT**

(NC) Left unchecked, burnout can also lead to other serious health issues like heart problems, digestion and mood disorders, so it's important to be on the lookout.

Signs to watch out for:

- Sleeping too much or too little
- Lack of motivation and feeling disengaged
- Cognitive problems like difficulty focusing
- Feeling isolated
- Feeling numb or a sense of dread
- Physical and/or mental exhaustion
- Tension headaches and stomach issues
- Cynicism, anger or irritability

What you can do:

- Do something big or small that you enjoy
- Reaffirm work-life boundaries
- Practice self-care strategies
- Get active and eat well
- Take time off and really relax – even if it seems impossible
- Develop a support network of trusted family, friends or a therapist

How to spot reliable health information

(NC) Sometimes it seems like everyone thinks they're an expert on health, and many people are quick to offer opinions on health information. How can you be certain you're finding the best information from reputable sources?

1. Be skeptical. Take everything you read with a grain of salt. Information circulates quickly online, so it can be easy to think that what you're reading has been fact-checked. However, that isn't always the case.

Misinformation abounds because people can post opinions and make comments on health matters without credentials or sources cited. To ensure that you're accessing the most reliable information, the key first step is to recognize that not everything you hear is true, especially if the information is associated with the sale of a product or service.

2. Access official sources. While you might be inundated every day with information from friends, family, social media, websites and more, you can very easily establish a few key reliable sources for news. You can't go wrong with trusting official government websites. Health Canada is the leading source for reliable healthcare information that all Canadian citizens can access for free.

Healthcare non-profits can also offer a wealth of information supported by doctors, experts in the field and individuals with lived experience. The Kidney Foundation of Canada, for example, has many resources about kidney disease, such as their website, webinars and social media feeds.

3. Consult your healthcare provider. If you feel like

there's a lot of conflicting information online or you have specific health concerns that aren't being taken into account, bring those questions to your primary care physician. Especially if you feel like you may need to make any changes related to your health, seeing your doctor should be a critical step in any decision-making process.

Following these three key steps will help you find accurate, fact-based healthcare information. Before trying any new diet fads, making changes to your drug and health products, or anything else, remember to be skeptical,



When in doubt about accurate health information use these three steps to be certain you're finding the best information from reputable sources.

Happy Easter Happy Vaisakhi

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Spring Greetings!

Wishing Everyone Good Health, Peace and Happiness as we embrace Spring!

I would love to spend Earth Day with the community! Please join me for Earth Fest at Everett Crowley Park on Saturday April 22, from 11 am to 3 pm. Let's grow together for food security with our free seeds!

As always, for assistance with provincial issues, be sure to contact my office.



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