

## Notes from your PCN Nurse

Vanessa is a registered nurse who works closely with your family physician to make certain your health care is complete. When you make an appointment you may see Vanessa, your physician, or both—depending on your individual needs.

Some of the ways Vanessa will assist with your health care include the following:

- Blood pressure management
- Diabetes
- Asthma and lung education
- High cholesterol
- Managing blood thinners post heart attack & stroke
- Support to help you quit smoking
- Medication reviews
- Depression and anxiety support
- Coordination with other services within the health system
- Preparation of blood work requisitions or other required tests

### Sun Safety Tips



It's the time of year most of us look forward to. And finally, summer is here! While enjoying the outdoors and the wonderful Southern Alberta sun, I ask you to please remember these sun safety tips:

- Before heading out check the UV index (less than 3 is perfect)
- Enjoy your day in the early morning or late afternoon
- Seek shade or cover up
- Wear sunglasses
- Along with the above tips wear SUNSCREEN. Use a SPF greater than 30 and that is labeled broad spectrum (UVA and UVB)

In addition to sun safety remember to check your skin regularly.

What to look for:

- Pale lumps
- Pink or red patches
- New moles
- Changes to moles or birthmarks and
- ...any other abnormal areas that bleed, swell or itch

For more information on this or to book an appointment with me, please call the Bow Island Medical Clinic at 403-545-2244.

Have a great summer!  
Vanessa

You can also reach Vanessa via email at: [Vanessa.hodgins@palliserpcn.ca](mailto:Vanessa.hodgins@palliserpcn.ca)