

## Waterloo Region Nurse Practitioner Led Clinic

### Patient Newsletter

November 2020



Consider quitting smoking – ALL forms of it!

Smoking is detrimental to your health and secondhand smoke can hurt those around you (even pets!).

Smoking, vaping, e-cigarettes, water pipes, cigars, rolling your own cigarettes and others, are all considered a form of smoking, and there is NO evidence that one

form is safer or better than another.

There are ways that your provider can help you, from counseling in ALL stages of readiness (readiness to quit changes!) and support with the process, including prescription products and FREE nicotine replacement available.

Did you know that if you QUIT SMOKING....

#### Immediate benefits

As soon as you stop smoking, you start to feel better.



**20 minutes:**

Your blood pressure and pulse to return to normal.



**24 hours:**

Your risk of heart attack starts to drop.



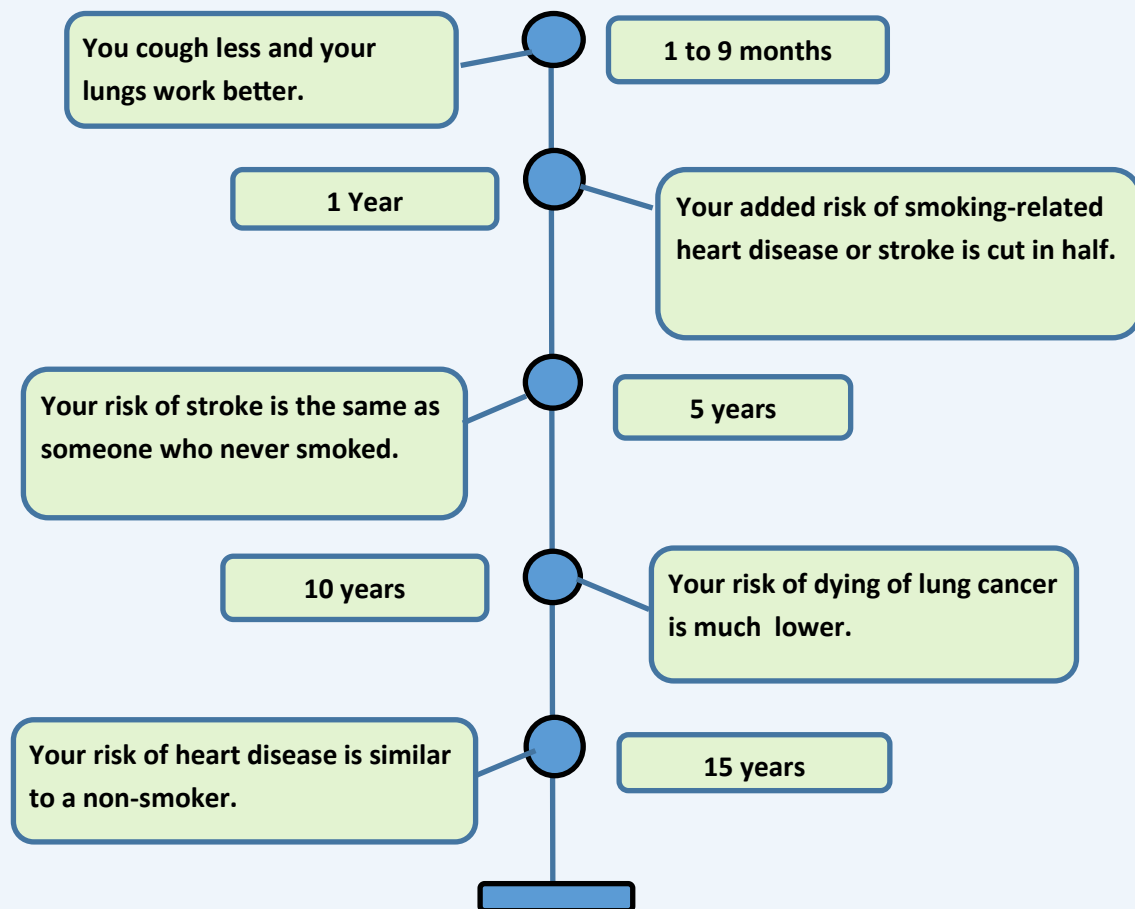
**14 days:**

Your circulation increases. The airways in your lungs relax.

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### Longer-Term Benefits of Quitting

The longer you go without a cigarette, the better it gets:



Source: Ontario.ca (<https://www.ontario.ca/page/support-quit-smoking#section-6>)

### November Updates

#### **COVID Testing**

- WRNPLC is now providing COVID testing to registered patients who are **asymptomatic** and require a test to visit a nursing home. Call the clinic for more information or visit our website at [www.wrnplc.ca](http://www.wrnplc.ca)

#### **Flu Shots**

- Reminder that flu shots are here. Please call the clinic for information on upcoming flu clinics

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