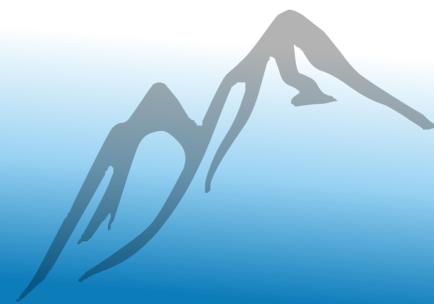


# CASCADE CLINIC NEWSLETTER



Issue 8 | March 2019

## DR. ANDREW ASHLEY TO COVER DR. VAN DER HEIDE'S PRACTICE FOR 1 YEAR



**Dr. Timothy Van Der Heide** will be taking a one year working holiday effective July 29, 2019 until the end of July 2020. Covering Dr. Van Der Heide's practice and patients will be **Dr. Andrew Ashley**. Dr. Ashley did a 6 week rural rotation here in Princeton and is delighted to be returning to Princeton!

Originally from Campbell River, Dr. Ashley completed medical school in Calgary, and completed Residency in the South Okanagan Family Medicine program based out of Penticton. He is an outdoor enthusiast and is looking forward to skiing at China Ridge and hiking and exploring Manning Park.

We look forward to having Dr. Ashley join the Cascade Medical team in July!

### Radon - What you Need to Know to Protect Your Health and Your Home

Radon is a radioactive gas that originates from the breakdown of uranium in soil and rock. When this odorless, invisible gas is released from the ground into the outdoor air, it is not a matter for concern, however, in enclosed spaces, such as homes, it can accumulate to high levels and pose a risk to the health of you and your family.

Radon may enter a home on the ground level any place it finds an opening such as pipes, support posts, or cracks in the foundation. Exposure to high levels of radon in indoor air may result in an increased risk of developing lung cancer.

To test your home for radon levels, you can purchase a Do-It-Yourself radon test kit or hire a radon measurement professional.

For more information on Radon and reducing levels in your home, visit: <https://www.canada.ca/en/health-canada/services/radon.html>

### Learners in March

Gemma Regan, a third year medical student at UBC will be joining the team at Cascade Medical in March. Gemma grew up in Ontario and completed her undergraduate degree in biochemistry at Dalhousie University. In her spare time she enjoys running and spending time with friends and family. Gemma is interested in practicing family medicine in the future and is very excited for her four weeks here in Princeton.

Please warmly welcome Gemma to Princeton!