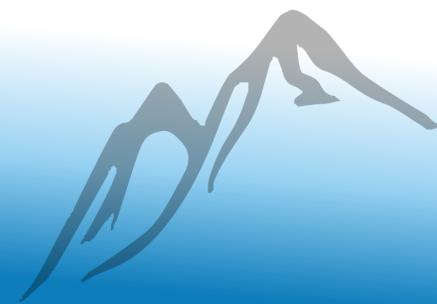


CASCADE CLINIC NEWSLETTER



Issue 19 | February 2020

Learners in February

New to Cascade this month is R1 (Resident) **Maryam Garabedian**. Maryam was born and raised in the Lower Mainland, she grew up in an immigrant family which includes her parents and two older brothers. Maryam completed a Bachelor of Science and her medical degree at UBC. She loves her job but also loves to play sports, spend time in good company, watch comedy, and attend live musical performances. She looks forward to coming to Princeton and please don't be shy to say hello if you see her!

Exercise Linked to Lowering your Cancer Risk

With a new year, comes resolutions and the continued efforts to make our health a priority along with exercise. For years we have heard that physical activity is an important factor in our overall health but new studies are showing the benefits extend past the obvious and may even help lower your risk of cancer.

According to the American Cancer Society, exercise may lower cancer risk by helping control weight, reduce sex hormones or insulin, and strengthen the immune system; it can even boost quality of life during cancer treatment. A new study from the ACS and National Cancer Institute links exercise with a lower risk for 13 specific types of cancer. To read more about the study, please visit www.cancer.org

Other benefits of regular physical activity include:

- Reducing your risk of heart diseases
- Managing your weight
- Lowering cholesterol levels
- Improving mental health and mood
- Helps you manage blood sugar and insulin levels, lowering your risk of Type 2 Diabetes
- Improves your sleep
- Strengthens bones and muscles

Whether it is walking, swimming, jogging or dancing finding an activity that you love to do will make it easier to start and stick to an active lifestyle.

Did You Know?

Every 4th Thursday of the month, Princeton General Hospital's Social Worker, Kerstin Stausberg hosts a Grief and Loss Support Group. This group allows you to connect with others who are grieving, gain awareness and understanding of the grieving process and learn tools and skills to reinvest in life. Contact Kerstin at 250-295-4464 for more information.