



# The Yammer

July 2023

Yay, school's out for the Summer - no more school zones; just lots of construction zones. Hard to believe the year is now half over. Here's to hoping we have a nice, warm July :)

Lots to note this month:

1. We are still not back to a normal supply with supplements, so please continue to **pre-order your supplements well in advance** (about 2-3 weeks). We are getting closer and really hope that this ends sometime soon too.
2. We introduced 'Wellness Wisdoms' in May; a section for sharing health and wellness tidbits/ideas/tricks that we may have learned or found interesting. We have already highlighted a Turmeric/Curcumin Salve and Natural Sunscreen. Keeping up with the Summer theme, this month we will highlight Insect Repellents. Remember, if you have your own bit of wellness wisdom that you would like to share, please email us yours (you can certainly remain anonymous) and if we pick yours to feature in our newsletter, then you will receive a \$50 gift certificate (can choose to gift to a friend or family member too) for our clinic.
3. **New Treatment!** We've had many people ask over the years if we do iron-infusion IVs. The answer is yes! Dr. Katia De Marco, ND., will be now be offering **Iron-infusion IVs** for those who have tried oral iron supplementation with no success. See all the details on page 2.
4. We will also be **closed** on **Monday, July 3, 2023** in observation of Canada Day (a Saturday this year).
5. We'd like to remind everyone that there is minimal shade at our location, so, **please, do not** bring your fur-babies to leave them in the hot car. If you have to bring your pet, then please let us know as we do not mind having them come in as long as no one, present in the office, is allergic.
6. In case you missed it, we'd like to provide a **HEADS UP for known traffic interruptions** (*to allow yourself more time to get to your appointment*):
  - A) **For anyone coming from the Peninsula, Gulf Islands, and Vancouver:** They are working on the Keating Overpass, which means detours (no Hwy. on-ramp access from Keating X Rd.) and a lot more congestion (as it is a 60km/hr. construction zone), so please give yourself more time to get to your appointment. Also, if you turn off at Sayward and come through Cordova Bay, it is now 40km ALL the way through that area (as soon as you turn off the Hwy.) until after Mt. Doug Park.
  - B) **For anyone driving North on Shelbourne (towards our office/Mt. Doug):** They are working on the Shelbourne Street Improvement Project between North Dairy and McKenzie and often has road closures and detours in effect. The most recent we knew of is beginning June 12, Shelbourne Street will be closed to traffic between Donnelly Avenue and Pear Street for approximately four weeks.

Drive safe as it's going to be a LONG year (or longer).

Wishing you all a healthy July ☺

*Happy Canada Day* 🍁



## ☀ Summer Holiday Closure ☀

We will be **closed** from **Thursday, August 24, 2023** through to **Monday, September 4, 2023**.

We will re-open on **Tuesday September 5**.

We apologize for any inconveniences and hope you all enjoy the Summer.

*"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken."*

~ James Dent

## Wellness Wisdoms

Welcome to Wellness Wisdoms - a place for tidbits, tricks, and ideas on health and wellness.

### Insect Repellent

It is the time of the year when the insects are everywhere we go; while some are very beneficial, some of them we do not want around. Some over-the-counter insect repellents/coils may contain harmful chemicals/insecticides, such as DEET and Pyrethrins, which, depending on the product, can also be deadly to other insects (i.e. pollinators, which we need), and toxic to children (higher doses) and pets. For this reason, many of us would prefer to find an alternative to using these types of products to avoid any potential adverse reactions (i.e. allergies, skin reactions, neurological issues (with severe exposure), death of bees/pollinators, etc.).

Here are some ideas of what you can use in place of chemical/insecticide products:

1. Natural repellents (i.e. CitroBug, BuzzPatch) can be found at health food stores, etc.
2. You can also make your own:
 

A simple recipe:

4 oz. Distilled water      *\* SAFE for kids & pets too ☺ \**

4 oz. Witch Hazel

30 drops of essential oils (combo. of Citronella, lavender, clove peppermint, basil, black pepper, lemongrass, eucalyptus, & geranium)

Mix in a spray bottle.
3. A diffuser in your outside space (patio/deck, etc.). If you do not have one, you can also make your own with Himalayan salts (ensure no pet access to the salts), bamboo reeds, etc. My favourite combination of oils to deter mosquitoes and wasps: Clove, Citronella, and Geranium (the mosquitoes hate the Citronella and the wasps hate the clove and geranium).
4. Anti-Mosquito devices: These can be found online and in almost any store that carries outdoor stuff.

Insect Repellent



We wish you a Summer full of fun without the bites ;) Remember that the **honey & turmeric/curcumin salve** (we featured in May) works wonders, in case you get bitten/stung.

## Supplement Updates

As mentioned above, we ask that you **pre-order your supplements**, and well in advance (about 2-3 weeks), as it is still taking 2-3 weeks to get supplements in.

We will be ordering mostly from our **pre-order list**, so if there is something you need, please call/email us to get what you need on that list.

We will then call/email you when your supplements arrive.

**\*\* NOTE:** If you have pre-ordered and **not picked up** (or *arranged an alternative with us*) **within 2 weeks** of product arrival, then we **will re-shelf/sell** the product as others are often already waiting for it and it prevents the backlog of inventory.

**NEW SERVICE**

## IRON IV INFUSIONS

Iron deficiency anemia is the most common micronutrient deficiency in the world. So many of us are iron deficient and don't even know it. But how does this impact you, and what can you do about it?

For starters, it is important to know that iron deficiency by and large affects the female population: 1 in 4 women are iron deficient.

Iron is a big deal. It is needed to carry oxygen in our red blood cells around to all our tissues. It helps to create energy in the mitochondria, and is also needed for DNA synthesis, as well as healthy thyroid function.

What does iron deficiency look like? Well, when we think of someone who is low in iron, we might conjure up an image of someone pale and exhausted. While this can be true, having low iron can also cause a number of other problems.

Here are some to watch out for:

- \* Feeling cold all the time
- \* Hair loss
- \* Short of breath
- \* Heart palpitations
- \* Getting sick frequently
- \* Brittle nails
- \* Brain fog
- \* Headaches
- \* Dizziness
- \* Depression, anxiety
- \* Feeling weak
- \* Mouth sores / canker sores, smooth tongue (loss of papillae)



If you have any number of the above symptoms, please get your iron levels tested! Ask your Naturopath or GP to test your **Ferritin** and your **CBC panel**. CBC stands for "Complete Blood Count," which lets us see how many red blood cells you have, how much hemoglobin is in those red blood cells, and how big or small the red blood cells are. Your ferritin and CBC can help us determine whether or not you have iron deficiency and how far it has progressed.

### Supplementation

It can be difficult to get the proper amount of iron through our diet. For women, add to that iron loss every time you have a menstrual cycle, and you can be left feeling like you're running on a hamster wheel, supplementing iron to top up your daily needs but never adding enough to fill the tank.

Oral iron should always be the first place you start if you discover you have an iron deficiency. Nowadays, we have formulations of iron that are much more gentle on the digestive tract, making it easier for you to absorb.

Many of us, however, still suffer from significant side effects from oral iron, and struggle to get enough through diet. Oral iron supplementation can also take up to a year to get iron levels back to normal. And for those of us with extreme low ferritin and hemoglobin levels, supplementing with oral iron is just not good enough. In these situations, having access to iron infusions can be a game changer.

### Iron is an essential aspect of Women's Healthcare and Pregnancy Care

One crucial area of concern for adequate iron levels is during all stages of pregnancy, including pre-conception. Before conception, it is important to check your iron levels to set you up to have the best start to your pregnancy.

During pregnancy, women can lose up to 1000mg of iron. That is also a lot!! Research shows that up to 65% of pregnant women are iron deficient by their third trimester. During labour, women can lose another 500 mg of iron with a C-section, and 250 mg with a vaginal birth.

This level of iron loss can be very difficult to overcome through diet and supplementation alone, and having iron deficiency while pregnant is a risk factor for preterm delivery, low birth weight, and health concerns after delivery. Iron infusions can be a safe and effective alternative to correct this.

To be considered iron deficient and a candidate for an IV infusion, you must have a ferritin value of under 50 within the last 3 months, which you can bring with to your screening visit. If you do not have any recent blood work, a requisition can be ordered for you here at Evergreen.

### FAQ

**How frequent are infusions?** Often a patient will require only a single infusion, and in some cases a second visit 4-6 weeks later may be indicated.

**What type of iron do you use?** Monoferric is used for non-pregnant patients, and Venofer is used for pregnant patients.

**How do I know if I will only need one infusion?** After your first IV, you are given a requisition to have your ferritin levels re-tested in about 4-6 weeks. Based on these results, we can determine if a second IV infusion is needed.

**What are the costs?** Costs vary based on amount of iron that is needed. Your iron is sent in as a prescription to Pure Integrative Pharmacy, and may be partially or fully covered by most drug coverage plans.

Monoferric 1000mg is \$532, Monoferric 500mg is \$277.

Venofer is sold in 100mg vials and are \$55 each; so Venofer 500mg is \$275 (\$55 x 5), roughly the same cost as Monoferric.

**How long do infusions take?** Expect to spend 30-90 minutes in the IV room – this will vary greatly based on amount of iron required.

If you are interested in learning more about iron infusions, please book in for a free 15 minute Iron Infusion screening visit (in person, virtual, or over the phone).