

# Bulletin for Health and Wellbeing

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## Staying Confident as a Senior

Think problems with self esteem are just for teenagers? Think again! There are a number of factors that can impact self-esteem as we age and they can manifest in surprising, and often unrecognized, ways. Retirement, for example, is often viewed as the well-deserved reward for many years in the workforce, which is true for many people. However, it is also a time when people must reassess who they are; particularly for those whose career was a calling, retirement can come with an unexpected loss of self-identity and with that, a loss of self-esteem.

As you get older, you will also experience other life changes that alter the way you see yourself, such as changes in the way you look, changes in your health and in your ability to stay healthy, and having your children grow up and move away. Like retirement, these will affect you depending on how you have defined yourself as an adult.



Know yourself! Sometimes symptoms of low self-esteem and depression will only manifest years after retirement, empty nest syndrome, or after a diagnosis. Keeping a watchful eye on how you're really feeling will help you get a handle on any confidence issues before they get out of hand. Here are some signs of low self-confidence to watch out for:

- Avoiding other people or social situations
- Starting projects, but not completing them
- Reliving past accomplishments all the time
- Feelings of sadness or worthlessness

If you start to feel this way, the best remedy is to talk to someone you trust about the way you feel. They can help you put your life in perspective and look for a new way forward! If you start to feel overwhelmed by feelings of sadness, depression, anxiety, or being overwhelmed, please talk to your health professional.

Sources: How to be More Confident as We Age. <https://liveboldandbloom.com/11/self-confidence/how-to-be-more-confident>.

Self-Esteem and Aging. <http://www.dynamicaginginstitute.com/2014/09/28/self-esteem-and-aging/>.

*This bulletin should never be used as a substitute for seeing a doctor. If you are concerned about a possible medical condition, please consult your physician.*

*The views expressed herein do not necessarily represent the views of Health Canada*

# SHINGLES: WHAT YOU NEED TO KNOW

## WHAT IS IT?

- Shingles is caused by the same virus that causes chicken pox
- This virus stays in your body, even after you have recovered from chicken pox
- When your immune system is weakened, usually by other health problems, the virus can become active again and cause shingles

## WHAT DOES IT LOOK LIKE?

- A rash that usually occurs as a single strip on either the left or right side of your body
- It usually consists of small, fluid filled blisters that dry up and scab over in a few weeks
- The rash may be painful, itchy, or both and can be accompanied by fever, headache, and fatigue
- You may experience the pain of shingles without ever developing the rash

## WHAT HAPPENS NEXT?

- If you think you have or may develop shingles, talk to your doctor about the steps you can take to prevent or minimize its effects
- If you develop a rash near your eyes, ears, or nose, go to see a doctor immediately. If left untreated, shingles can cause significant damage to your eyes
- There are also complications following shingles where you can continue to experience pain even after all of your symptoms are gone due to damaged nerves

## WHO IS AT RISK?

- Your risk increases with age, especially for those over age 50
- Diseases that weaken the immune system also increase risk, regardless of age
- If you are undergoing cancer treatments, or taking certain medications, your risk also increases as your immune system is compromised

SOURCES: FACT SHEET: SHINGLES. [HTTPS://WWW.CANADA.CA/EN/PUBLIC-HEALTH/SERVICES/INFECTIOUS-DISEASES/FACT-SHEET-SHINGLES-HERPES-ZOSTER.HTML](https://www.canada.ca/en/public-health/services/infectious-diseases/fact-sheet-shingles-herpes-zoster.html). SHINGLES: SYMPTOMS AND CAUSES. [HTTPS://WWW.MAYOCLINIC.ORG/DISEASES-CONDITIONS/SHINGLES/SYMPTOMS-CAUSES/SYC-20353054](https://www.mayoclinic.org/diseases-conditions/shingles/symptoms-causes/syc-20353054).

## Activity Corner

A health themed Word Scramble!

- |             |              |
|-------------|--------------|
| 1. HEATR    | 11. IESADSE  |
| 2. REAWT    | 12. OSTYMMSP |
| 3. XGYNEO   | 13. ULGSN    |
| 4. ACATRBEI | 14. LCDO     |
| 5. ESNUR    | 15. LPSHIOAT |
| 6. LBDOO    | 16. ESRTSS   |
| 7. ELGYALR  | 17. IEIMDECN |
| 8. IEXEESRC | 18. ODOF     |
| 9. ISVUR    | 19. EIHYGEN  |
| 10. BDOY    | 20. DORTCO   |

## March 2018

4	3	2	8	1	7	5	6	9
8	9	6	3	5	2	7	1	4
7	5	1	9	4	6	8	2	3
6	7	3	2	8	4	9	5	1
2	8	5	7	9	1	4	3	6
1	4	9	5	6	3	2	8	7
5	6	4	1	2	9	3	7	8
3	1	8	4	7	5	6	9	2
9	2	7	6	3	8	1	4	5



The bulletin for Health and Wellbeing is available at the Vision office, at the Wellness Centres, and on our website. All comments, questions, and suggestions are welcomed!