

IN THE LOOP

(January 2025 to September 2026)

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Issue 362 – January 1, 2025 - <https://tinyurl.com/mr39p4h6>

- Steps to Silence Snoring
- Have 10 to 20 Minutes? Lower Your Blood Pressure
- How to Support Someone Diagnosed with Cancer
- To See How Well You're Aging, Trying Standing on One Leg
- Celebrate Personal Victories
- Keeping a Personal Health Record (PHR)
- HealthLink BC Health Tracking Forms and Checklists

Issue 363 – January 15, 2025 - <https://tinyurl.com/bde65pwn>

- Canada's Mental Health Status
- Recognizing Poor Mental Health
- Wellness Toolkits from the US National Institutes of Health
- New Site Helps You Calculate the Benefits of Drinking Less Alcohol
- Cannabis Beverages
- Choose to Move – A Free Physical Activity Support Program for 55 Plus
- Breast Cancer Study Seeking Participants
- Chronic Conditions Life Impact Management in Burns (CLIMB) Study Seeking Participants

Issue 364 – January 29, 2025 - <https://tinyurl.com/3rr4w9nc>

- January is Alzheimer's Awareness Month
- Is Frailty a New and Early Predictor of Dementia?
- Middle Aged Visceral Fat and Alzheimer's Disease
- Men at High Risk of Cardiovascular Disease Face Brain Health Decline a Decade Earlier than Women
- New Early Intervention Memory Clinic in Vancouver
- Is Weekend Catch Up Sleep Beneficial?
- US News & World Report Best Diets 2025

Issue 365 – February 12, 2025 (corrected version) - <https://tinyurl.com/5esyb5zu>

- Spinal Fractures
- Bone Density Testing
- The Latest Research on Older Adults and Exercise Benefits
- A Closer Look at Strength Training CORRECTED
- Shedding Loneliness Through Men's Sheds
- Office of the Seniors Advocate British Columbia Survey
- Eczema Society of Canada (ESC) Eczema Access and Burden - Adult Survey

Issue 366 – February 26, 2025 - <https://tinyurl.com/ydaevfwf>

- Diet and Cancer Risk
- Fructose and Tumour Growth
- Dried Fruit
- Dietary Choices When You Have a Cold
- UBC Study Seeking Participants - Patient Perspectives on Chronic Pain Education Programmes in BC
- Webinar - Preventing Arthritis: What Every Adult Should Know
- Caring for the Aging Brain: A Conversation with Researchers and Caregivers Online Panel
- Correction to Last Issue, Issue 365 - "A Closer Look at Strength Training"

Issue 367 – March 12, 2025 - <https://tinyurl.com/mrdu5ntu>

- Obesity Management Update
- Redefining Obesity
- Microplastic Exposure
- Yogurt and Colon Cancer Risk
- Introducing the New T2D Network Website
- Pacific Pain Forum on April 4, 2025
- Webinar Recording - Resilience Through Connecting, Caring, and Coping
- Dying, Death, Burial & Bereavement Resource Fair in Vancouver

Issue 368 – March 26, 2025 - <https://tinyurl.com/32au2xfc>

- Taking Steps for Heart Health
- Flossing and Stroke Risk
- Longevity, Environment and Genetics
- Diet and Colds
- Thriving with Nature: How Green Spaces Support Health and Well-Being Talk
- McMaster University Optimal Aging Portal Webinar Series - It is normal aging or mild cognitive impairment?
- Canadian Men's Health Foundation Seeking Feedback

Issue 369 – April 9, 2025 - <https://tinyurl.com/2tt9y3dd>

- Seasonal Allergies
- The benefits of Breaks and Rest
- Sugar Substitutes
- Intermittent Fasting Compared to Daily Calorie Restriction for Weight Loss
- Stress Resources
- Recruitment Continues for Breast Cancer Study
- McMaster University Continuing Education Webinar – Optimizing Sleep for Health and Wellness

Issue 370 – April 23, 2025 - <https://tinyurl.com/y483jaep>

- Chronic Pelvic Pain in Women
- Exercise and Lifespan
- Diabetes and Desserts
- Canadian Survey on the Healthcare System
- If You Don't Have a Family Doctor
- Study Recruiting Adults Living with Chronic Pain
- Adults Living With and Beyond Cancer Needed for Research Study
- ParticipACTION Supports You to Get Active
- Free Exercise Program for 55 Plus

Issue 371 – May 7, 2025 - <https://tinyurl.com/mry56d57>

- Supplements for Joint Pain
- Nutrients and Cooking Vegetables
- Strategies to Save Money on Produce
- Coffee Brewing Method and Cholesterol
- Mental Health Week 2025 - Unmasking Mental Health
- BC Brain Wellness Program Webinar - The Strength of Community: Cultivating Well-Being Through Evidence and Connection
- Tools for Evaluating Complementary and Integrative Health Resources

Issue 372 – May 21, 2025 - <https://tinyurl.com/2eekapxh>

- Diverticular Disease
- Diverticular Disease Diet
- Chewing Gum and Microplastics
- Poultry and Cancer Link?
- Fitness versus Weight Loss for Heart Health and Longevity
- Gluu Society for Computer Skills
- BC Seniors Week 2025

Issue 373 – June 4, 2025 - <https://tinyurl.com/mjmu7dv7>

- Restless Legs Syndrome (RLS)
- NEW - Hypertension Canada Guideline for the Diagnosis and Treatment of Hypertension in Primary Care
- Biological Aging and Dementia Risk
- New Free e-book - Stress, Anxiety and Sleep Problems: Considering Complementary Approaches
- New Active Aging Canada Physical Activity Directory
- Seniors Loneliness Awareness Week June 9 to 15, 2025
- June is Men's Health Month
- Diverse Destinations - FREE Accessible Travel Presentations on Vancouver Island

Issue 374 – June 18, 2025 - <https://tinyurl.com/kejrkvb5>

- Older Adults and Fatigue
- Water for Weight Loss?
- Should Arsenic in Rice Be a Concern?
- Why Walking After a Meal is Good for You
- Isometric Exercises and High Blood Pressure
- Fraser Health Community Pain Self-Management Handbook
- Seniors Advocates Joined Forces to Raise Awareness of Elder Abuse

Issue 375 – July 2, 2025 - <https://tinyurl.com/385kmwjw>

- Osteoarthritis of the Hand
- How to Improve Your Mood
- Preventing Sudden Cardiac Arrest
- Numbers You Should Know for Your Health
- LifestyleRX Program Overview
- NEW - Canada Disability Benefit (CDB)
- Benefits for Low-to-Modest Income Canadians
- World Brain Day - Caring For Our Minds and Well-Being Through Life's Journey Event

Issue 376 – July 16, 2025 - <https://tinyurl.com/49zfbpmx>

- Leaky Gut
- Resting Heart Rate to Gauge Your Health
- Health Benefits of Nature
- Canada Strong Pass
- Eating More Fruits and Vegetables May Help You Sleep Better
- Prostate Cancer Study Recruiting Canada-Wide
- Webinar - How To Level Up Your Well-Being: The 7 Traits of Emotional Wellness

Issue 377 – July 30, 2025 - <https://tinyurl.com/5fpzrfpm>

- Transient Ischemic Attack (TIA)
- TIA and Cognitive Decline
- Cannabis and Cardiovascular Health
- Chronic Cannabis Smoking, THC Ingestion Linked to Endothelial Dysfunction
- Hand Osteoarthritis and Plant-Based Supplements
- Eczema Society of Canada “Life with Eczema” Webinar Series
- Recruiting Participants for Clinical Providers’ and Cancer Patients’ Perspectives on the Ethical Implications of Utilizing Life Expectancy Prediction Algorithms

Issue 378 – August 13, 2025 - <https://tinyurl.com/yv9e9z6x>

- Skin Cancer – Not Just from Sun Exposure
- Staying Mentally Sharp and Healthy in Retirement
- Finding Your Purpose in Retirement
- Perspectives on Growing Older in Canada: The 2024 NIA Ageing in Canada Survey
- The Value of Automated External Defibrillators (AEDs)
- Webinar – The Hidden Burden: Understanding the Mental Health of Caregivers
- What is Volkssporting?

Issue 379 – August 27, 2025 – <https://tinyurl.com/3ha8d8ye>

- Toenail Fungus
- Do You Need 10,000 Steps a Day for Health Benefits?
- Japanese Walking
- Nutrition Warning Labels Appearing Now
- Indoor Air Purifiers and High Blood Pressure
- Webinar - Back Pain & Spinal Arthritis: Causes, Relief and Practical Solutions
- BC Brain Wellness Program Events

Issue 380 – September 10, 2025 - <https://tinyurl.com/t4wjr8wd>

- Shingles
- Shingles Vaccine
- Types of Exercise for Insomnia
- Components of Sleep Health Beyond Duration
- South Vancouver Seniors Network and Weekly Webinar
- Research Opportunities with the Aging, Mobility, and Cognitive Health Lab
- Upcoming GenWell Weekend

Issue 381 – September 24, 2025 - <https://tinyurl.com/2w8krzac>

- Possible Genetic Clues to ME/CFS Identified
- 17 Modifiable Risk Factors Shared by Stroke, Dementia, and Late-Life Depression
- McCance Center for Brain Health Brain Care Score
- Ways to Beat the Afternoon Slump
- New Report on Men's Health in Canada
- National Seniors Day is October 1
- Diabetes Canada "In the Kitchen" Free Educational Series
- Continued Recruitment - Research Opportunities with Aging, Mobility and Cognitive Health Lab

Issue 382 – October 8, 2025 - <https://tinyurl.com/5n8w5a7p>

- Constipation
- A 30-Year Look at Aging
- Is Regularly Drinking Diet Soda Harmful?
- Exercise and Belly Fat
- New Tool for Cardiovascular Risk Assessment
- Putting the Pieces Together Conference for People with Pain – November 3 to 7, 2025
- Menopause Foundation of Canada Free Webinar

Issue 383 – October 22, 2025 - <https://tinyurl.com/4cevhvmb>

- Age-Related Hearing Loss
- Hearing Aids
- Early Hearing Aid Use and Dementia
- Alcohol and Dementia
- Dietary Factors and Hair Health
- Webinar on the Canadian Dental Care Plan
- Bridging Minds: Health & Science Conversations

Issue 384 – November 5, 2025 - <https://tinyurl.com/mr3juvnz>

- Adult Bullying
- Increase in Pickleball Injuries
- Habits, Factors and Trends for Healthy Aging
- How You Sit and Rise May Predict Longevity
- Schizophrenia
- ABC Life Literacy Canada – ABC Health Matters
- Top Tips for Beating the Winter Blues Webinar

Issue 385 – November 19, 2025 - <https://tinyurl.com/52zwka3y>

- Food Reactions
- Your Family Health History
- Alzheimer's Disease and Family History
- Steps and Alzheimer's Disease
- A THC-Dominant Cannabis-Based Treatment for Chronic Low Back Pain
- Suicide Resources
- Research Opportunities for Persons Living with Dementia and Healthcare Professionals Working with Older Adults and People Living with Dementia

Issue 386 – December 3, 2025 - <https://tinyurl.com/2ywshxx7>

- Concussion
- Tips for Healthy Holiday Eating
- Supporting Your Immune System During Cold and Flu Season
- Emotional Freedom Technique (EFT) Tapping
- British Columbia Organ Donor Registry
- The Greater Good Guide to Aging Well
- Follow Up on Adult Bullying

Issue 387 – December 17, 2025 - <https://tinyurl.com/4ztp5u49>

- Adult Acne
- Shift Work Sleep Disorder (SWSD)
- Chronic Insomnia and Melatonin
- Sleep is My Waking Passion Podcast
- Meal Planning
- Seed Oils
- Join the DASH STUDY: Help Shape the Future of Healthy Aging!

Issue 388 – December 31, 2025 - <https://tinyurl.com/ywj3x89b>

- Stress and Women's Cardiovascular Health
- Addressing 5 Cardiovascular Risk Factors at 50 Can Add Years to Your Life
- The Science of Weight Loss
- The Driver of the Obesity Epidemic
- Obesity Myths & Misinformation: Science, Medications & the Truth About Weight // Fresh Perspectives Video
- Green Tea Drinkers Have Fewer Brain Lesions Linked to Dementia
- New Mental Health Toolkit from CAMH

Issue 389 – January 14, 2026 – <https://tinyurl.com/482d7xka>

- Primary Aldosteronism - A Common Cause of High Blood Pressure
- Ensuring You Get the Right Vitamins and Minerals in the Right Amounts
- Supplements
- Health Assessments to Start the New Year
- Beyond the Diagnosis Webcast on Type 2 Diabetes
- "The Healthy Aging Brain" Presentation
- "Healthy Hearing = Healthy Aging: Understanding Hearing Loss and Best Practices for Managing Hearing Health in Daily Living" Presentation

Issue 390 – January 28, 2026 - <https://tinyurl.com/3y54nwd9>

- Adult Attention Deficit Hyperactivity Disorder (ADHD)
- Exercise to Treat Depression
- Taking Time to Eat
- Vision Myths
- Present – Vision Changes after 55: What's Normal, What's Not, and What to Do About It
- Hearing Health Fair in Vancouver
- Seeking Feedback on Using Artificial Intelligence for Health and Wellness

Issue 391 – February 11, 2026 - <https://tinyurl.com/2xwt4ce6>

- Rotator Cuff Injury
- Communication Tips for Hearing Loss
- Insufficient Sleep and Longevity
- Frequent Diet Soda Consumption and Dementia Risk
- Cybercrime
- A Guide to Vaccines for Older Canadians
- Research Seminar Series: Are We Facing a Loneliness Epidemic, or Choosing Connection?

Issue 392 – February 25, 2026 - <https://tinyurl.com/yfxwshsu>

- Brain fog
- Kidney Stones and Kidney Cancer Risk
- Most Canadians Eating an At-Risk Diet for Kidney Stones
- Residential Proximity to Golf Courses Linked to Parkinson's Disease
- Global Analysis of Preventable Cancer Cases
- BC Technology for Learning Society
- Free Friendly Visiting Volunteer Training Program

Issue 393 – March 11, 2026 - <https://tinyurl.com/33jwuvcm>

- Understanding Menopause
- Exercising as We Age
- Low-Carb and Low-Fat Diets and Heart Disease Risk
- Caffeinated Coffee and Tea and Dementia Risk
- The Caregivers' Guide to Fall Prevention
- Caregiving in Partnership with Fraser Health
- Seniors Services Society of BC New "Seniors in Focus" Podcast

Issue 394 – March 25, 2026 - <https://tinyurl.com/ynhbs329>

- High Cholesterol
- Diet and Cholesterol
- Treating High Cholesterol Sooner
- Indoor Air Quality
- Global Study on Meat-Free Diets for Cancer Prevention
- Arthritis Research Canada Webinar – Using AI to Support Your Health
- Research Opportunity

Issue 395 – April 8, 2026 - <https://tinyurl.com/37k7cmnr>

- Postnasal Drip
- Health Benefits of Sauna Bathing
- New Strength-Training Guidelines
- The Importance of a Consistent Sleep Schedule
- CNIB Connecting the Dots Conference
- Introduction to Advance Care Planning Workshop
- Free Webinar – Breast Cancer Screening: Understanding Benefits, Risks & Latest Evidence

Issue 396 – April 22, 2026 - <https://tinyurl.com/2c5tm37z>

- Hernia
- Intermittent Fasting Review
- 3-3-3 Rule for Weight Loss
- Butter or Margarine?
- Reiki
- Emergency Preparedness Week May 3 to 9, 2026
- Webinar – From Symptoms to Solutions ... Navigating Overactive Bladder & Urge Urinary Incontinence

Issue 397 – May 6, 2026 - <https://tinyurl.com/yck75m8w>

- Kidneys and Aging
- Keeping Your Kidneys Healthy
- Optimism and Dementia Risk
- Exercise Tips for Older Adults
- The Link Between Obesity and Cancer
- Vancouver Cycling with Age
- Rural Research Inclusion Project

Issue 398 – May 20, 2026 - <https://tinyurl.com/4ja664ss>

- Nocturia
- Chrono-nutrition, Sleep and Quality of Life
- Alcohol and Brain Health
- Proffee - A New Trend
- Who Should Avoid NSAIDs?
- Online Study on Chronic Pain, Cannabis Use, and Quality of Life
- Webinar - High Blood Pressure: What the Recent Guidelines Mean for You
- Change to *In the Loop*

MONTHLY NEWSLETTER (3rd Wednesday of the month)

Issue 399 – June 17, 2026 - <https://tinyurl.com/5bvzvz28>

- Post-Heart Attack
- Is Dry Shampoo Safe?
- Social Health
- Hot Dog or Hamburger?
- Toe Spacers
- Free Programs to Support a Healthy Lifestyle
- Free Webinar – “Adult ADHD: How to Burn Bright without Burning Out”

Issue 400 – July 15, 2026 – <https://tinyurl.com/42afzhx>

- Living with Multiple Chronic Conditions
- Does Pickle Juice Have Health Benefits?
- Obesity Treatment and Physical Activity
- Managing Sweaty Feet
- Creating Supplementation
- Acrylamide
- BC Brain Wellness program World Brain Day Webinar July 29

Issue 401 – August 19, 2026 - <https://tinyurl.com/r7zzmteu>

- Exercising with Obesity
- Health Screenings for Adults
- Treating and Avoiding Canker Sores
- Exercise May Keep Muscles Fighting Cancer
- Self-Management BC Featured in BC Brain Wellness Program "Wellness Wednesday" Webinar
- The New Parkinson Society BC (PSBC) Resource Centre
- Alzheimer Society BC & Yukon First Link®

Issue 402 – September 16, 2026 - <https://tinyurl.com/y3ywz77k>

- Proprioception
- Gelatin for Health?
- Struggle Meals
- Webinar - It's Personal Planning Month: Are you ready for incapacity, end-of-life, and other support needs?
- GoHere Washroom Access App
- BC Bereavement Helpline (BCBH)
- We Want to Hear From You!