

IN THE LOOP

(September 2021 to September 2023)

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Website: www.selfmanagementbc.ca

Issue 278 – September 8, 2021 - <http://eepurl.com/hG90bb>

- Motion Sickness
- Coffee and Cardiovascular Health
- Coffee and the Brain
- Healthy Lifestyle and Genetic Risk of Cancer
- Results from Health Coaching for Diabetes Study
- Beyond the Conversation
- Virtual Event – Aging is a Reward, Not a Punishment
- Action for Happiness

Issue 279 - September 22, 2021 - <http://eepurl.com/hlDazH>

- Plantar Warts
- Sleep Duration and Dementia
- Taking Care of Mental Health
- Importance of Cardiac Rehabilitation
- September is Arthritis Awareness Month
- Social Isolation – Are You at Risk?
- Take Action to Manage Your Health

Issue 280 - October 6 - <http://eepurl.com/hJnQG5>

- Migraines
- Diet and Migraines
- Maximize the Benefits of Walking
- Mindset and Its Influence on Health
- Inspire Health – BC's Supportive Cancer Care Centre

- Dreams Matter and Endurance Wins
- Information for People with Disabilities – Richmond Centre for Disability (RCD)

Issue 281 – October 20, 2021 - <http://eepurl.com/hKZvtn>

- Dementia
- Dementia Programs and Services
- Acupuncture
- TENS Unit
- Tufts University Food Compass
- Gluu Society - Digital Skills for Older Adults
- Pathways to Lifelong Health Public Forum
- Tool Kits for Active Living (Self-Management BC)

Issue 282 – November 3, 2021 - <http://eepurl.com/hKZvj5>

- Frozen Shoulder
- Making Stress Work for You
- Improving Sleep Quality Leads to Better Mental Health
- Aphantasia – When the Mental Image is Missing
- MIND Diet and Cognitive Performance
- Medical Cannabis: A Solution for Chronic Pain?
- Mushroom Coffee (*Error – in first paragraph “cocoa bean” should be “coffee bean”)

Issue 283 – November 17, 2021 - <http://eepurl.com/hM8w6v>

- Men’s Mental Health
- Male Suicide
- Weight Gain and Menopause
- Mindfulness Training Reduces Long-Term Stress
- Assess Your Eating Habits
- More Reasons to Get Active
- Seniors’ Guidebook to Safety and Security

Issue 284 – December 1, 2021 - <http://eepurl.com/hOHuF1>

- Common Cold (*Error - under "Prevention" - "Managing Stress." The sentence should

read: Manage stress - stress can lower immunity by decreasing the number of immune cells and dampening the immune system's response to infection)

- Zinc for the Common Cold
- Taking Pills
- Bedtime and Heart Health
- Booster Dose for COVID-19
- Research Opportunities
- New Year, New You!

Issue 285 – December 15, 2021 - <http://eepurl.com/hOPPDr>

- Fibromyalgia
- Fall Prevention
- Time to Slow Down as We Age?
- Menopause and Nutritional Needs
- My Pathology Report Website
- Your Wellness Tool Kits
- Building Dementia-Friendly Communities

Issue 286 – December 29, 2021 – <http://eepurl.com/hP1wtP>

- Carpal Tunnel Syndrome
- World Happiness Report 2021
- ParticipACTION 2021 Report Card
- At-Home Exercise for Depression
- Diet and Insomnia
- A Closer Look at Coffee
- ScienceUpFirst – Together Against Misinformation

Issue 287 – January 12, 2022 - <http://eepurl.com/hQd4K5>

- Crohn's Disease on the Rise
- How About Some Good News?
- Salt Substitute Impact
- Weight Stigma
- Vitamin D and Cardiovascular Disease Risk
- Variety of Activities and Dementia Risk
- Self-Management During COVID-19

Issue 288 – January 26, 2022 - <http://eepurl.com/hSH-VP>

- Shingles
- Face Blindness
- Yogurt and Blood Pressure
- Loneliness and Nature
- PocketWell App
- Get Educated on Arthritis
- Driving Cessation Resources

Issue 289 – February 9, 2022 - <http://eepurl.com/hTSHPj>

- Bruising
- Pain Reprocessing Therapy (PRT)
- Plant-Based Diet
- Plant-Based Diet and Ischaemic Heart Disease
- Ranking the Death Experience Worldwide
- Timothy Caulfield on COVID-19 Mis- and Dis-Information
- MindFit Toolkit – Sound Advice for Mental Wellness

Issue 290 – February 23, 2022 - <http://eepurl.com/hU-ee5>

***Note - error in title**

- Sciatica
- PaRx: A Prescription for Nature
- Chia Seeds
- Mindful Breathing for Pain Control
- Blood Pressure Increase During Pandemic
- Staying Strong and Coordinated with Age
- Virtual Community Support for Cancer

Issue 291 – March 9, 2022 - http://eepurl.com/hVF_61

- Diabetic Neuropathy
- Protein and Older Adults
- Get Moving to Retain Memories

- Active Aging Society Introduction to Brain Health Talk
- Neti Pot
- Chia Water Helps with Weight Loss?
- Looking for Research Participants Living with Cancer

Issue 292 – March 23, 2022 - <http://eepurl.com/hWTvKD>

- Urinary Incontinence
- Alternative to Antibiotics for UTIs
- Nootropics
- Giving and Receiving Social Support
- Group Appointments with UBC Pharmacists Clinic
- Choose to Move Spring Programs
- March is Nutrition Month

Issue 293 – April 6, 2022 - <https://tinyurl.com/5bh6a45k>

- Menopause and Mental Health
- Weight Loss Maintenance
- Best Foods for an Upset Stomach
- Daytime Napping and Cognitive Aging
- CMHF New and Improved Men's Health Check
- York University Looking for Research Participants
- Laval University Looking for Research Participants

Issue 294 – April 20, 2022 - <https://tinyurl.com/mry2dwkf>

- Bowel Obstruction
- Genetics and Sleep
- Light During Nighttime Sleep
- Online Romance Scams
- Your Diet and the Planet
- New Obesity Video
- Hop on Board! Webinar

Issue 295 – May 4, 2022 - <https://tinyurl.com/bddjk2ky>

- Raynaud's Phenomenon

- Unhealthy Foods, Unhealthy Planet
- MCT Oil
- Depression and Exercise
- Neil Squire
- Canadian Mental Health Week May 2 to 8, 2022
- Canadian Frailty Network Conference May 11
- Past Issues of *In the Loop*

Issue 296 – May 18, 2022 - <https://tinyurl.com/yckunz2s>

- Torn Retina
- Eye Care Professionals
- Guided Imagery
- Good Hydration and Heart Failure Risk
- Self-Management Public Presentation by Kate Lorig, PhD
- May is Caregiver Awareness Month
- TONIGHT – Call to Mind: A Panel Discussion About Dementia and Caregiving
- Canada India Network Society (CINS) Event
- ROVING – A Documentary on Seniors’ Transportation Issues in BC

Issue 297 – June 1, 2022 - <https://tinyurl.com/zd6mw5xb>

- Iliotibial Band Syndrome (ITBS)
- Memory and Aging
- The Canadian Therapeutic Platform Trial for Multidomain Interventions to Prevent Dementia
- Coffee, the Kidneys and Type 2 Diabetes
- Cannabis Use and Menopause
- Canadian Men’s Health Foundation New Podcast
- Second COVID-19 Booster

Issue 298 – June 15, 2022 – <https://tinyurl.com/5n73c3mf>

- Heart Failure
- Heart Failure and Alcohol
- June 15 is World Elder Abuse Awareness Day
- The BC Association of Community Response Networks (BC CRN)
- Active Aging Canada Passport Updated

- Canadian Medical Association Health Advocates Health Care Survey
- Dr. Kate Lorig's Presentation Available

Issue 299 – June 29, 2022 - <https://tinyurl.com/bp52t7he>

- Long Covid
- Long Covid and Brain Fog
- The Role of Vitamins and Supplements
- Kegel Exercises
- Walking and Knee Osteoarthritis
- Community Virtual Care Program – Island Health
- Self-Management BC In-Person Group Programs Return

Issue 300 – July 13, 2022 - <https://tinyurl.com/2p9e8h9u>

- Failed Back Surgery (FBS)
- Coffee Consumption and Longevity
- Men Helping Men
- Expired, Unused and Unwanted Medication Disposal
- Keeping Track of Medication
- BC Seniors' Guide
- Online Research Opportunity with University of BC

Issue 301 – July 27, 2022 - <https://tinyurl.com/24kb5ada>

- Cholesterol
- Life's Essential 8
- Risk Calculators
- Resource for Stress Management
- Preventing Mosquito Bites
- Beat the Heat
- Emergency Preparedness for Older Adults Guide

Issue 302 – August 10, 2022 – <https://tinyurl.com/yc6c9mn5>

- Gout
- Diet and Gout

- Balance and Longevity
- Can You Outrun a Bad Diet?
- Don't Underestimate the Value of Reaching Out
- Harvard's Healthy Living Guide 2021-2022
- Research Opportunity

Issue 303 – August 24, 2022 – <https://tinyurl.com/2p9xztuv>

- Diabetes and Bone and Joint Disorders
- Diabetes, Genetic Risk and Diet Quality
- Preventive Dental Care and Costs for Diabetes and Coronary Artery Disease
- Diabetes and Oral Health
- Flu Vaccine May Reduce the Risk Of Alzheimer's Disease
- Never Too Late to Benefit from an Improved Diet
- Take Action to Live a Healthy Life

Issue 304 – September 7, 2022 - <https://tinyurl.com/cf77vsmv>

- Concussions
- Regular Exercise and the Immune System
- Receiving a Serious Diagnosis
- Smoking and Older Age Are the Two Most Important Cancer Risk Factors
- Financial Wellness and Chronic Conditions
- Opportunity to Participate in Ageism Consultation
- Parkinson Society British Columbia Provincial Conference

Issue 305 – September 21, 2022 - <https://tinyurl.com/mvnz4tnw>

- Adult Acne
- Iodine
- Spirulina
- September is Arthritis Month in Canada
- How to Support Someone with a Serious Diagnosis
- Beans – Nutritious and Inexpensive
- Take Time for Your Health This Fall

Issue 306 – October 5, 2022 - <https://tinyurl.com/5n7tbpu9>

- Aging Skin
- Chronic Pain and Cannabis
- Breast Cancer Risk and Activity Level
- Significant Rise in Cancer Cases in People Under 50
- Video on Stress! & What Science Says About Destressing
- Research Opportunity
- Arthritis Society's Women & Arthritis Event

Issue 307 – October 19, 2022 - <https://tinyurl.com/2p9aamfw>

- GERD and Lifestyle Changes
- Vegan Diet for Rheumatoid Arthritis?
- Aspirin and Heart Attacks
- 20-20-20 Rule for Digital Eye Strain
- Breath Training May Help Lower Blood Pressure
- Diabetes Canada – Let's End Diabetes Type 2 Conference
- Research Opportunity

Issue 308 – November 2, 2022 - <https://tinyurl.com/bdf63fbh>

- Posterior Vitreous Detachment
- Vitamins or Cocoa for Preserving Cognition
- Dementia and Blood Pressure Control
- Healthy Eating on a Budget
- Types of Physical Activity and Risk of Death
- Research Opportunity

Issue 309 - November 16, 2022 - <https://tinyurl.com/mvzddhnn>

- Phobias
- Flu Vaccines
- Canadian Men's Health Foundation New Men's Health Checklist
- Health Information for Older Adults
- Expanded Pharmacy Services in BC
- Optimism and Longevity
- Research Opportunity

Issue 310 – November 30, 2022 - <https://tinyurl.com/2p8ds7xs>

- Adult ADHD
- Never Too Late to Improve Posture
- Nearly Half of All Cancer Deaths Could be Prevented
- Dealing with Grief During the Holiday Season
- Medical Cannabis Research
- Webinar – Arthritis: All The More Reason to Move!
- Route 65 – Living and Wellness Options for Seniors

Issue 311 – December 14, 2022 - <https://tinyurl.com/2jfc4ev>

- RSV Affects Adults Too
- Loneliness and the Holidays
- Psychobiotic Diet Lowers Stress?
- Diabetes and Alcohol
- The Dose CBC Podcast – How can I take charge of my health without a family doctor?
- Lifestyle RX
- Inspire Health – Supportive Cancer Care

Issue 312 – December 28, 2022 - <https://tinyurl.com/32bse7wa>

- Understanding Obesity
- Becoming Physically Active
- Thirdhand Smoke
- Cinnamon Health Benefits
- The Gluu Society
- How to Be Unscammable
- Ring in the New Year with a Commitment to Living a Healthier, Happier Life!
- Past Issues of In the Loop

Issue 313 – January 11, 2023 - <https://tinyurl.com/sa4uzuua>

- Lung Cancer
- Radon and Lung Cancer
- Radon in Canada

- Mattress and Low Back Pain
- Move for Your Mood Challenge
- Make a Difference in Your Community
- Short Notice - Arthritis Society Webinar - Tax Credits, Health Benefits and Financial Wellness

Issue 314 – January 25, 2023 - <https://tinyurl.com/ym5md633>

- Osteoporosis
- New US Osteoporosis Guidelines
- Post-Holiday Blues
- Tea Consumption and Mortality
- Annual Diet Rankings
- Harvard TH Chan School of Public Health Healthy Living Guide 2022/2023
- Research opportunities

Issue 315 – February 8, 2023 - <https://tinyurl.com/3rfhrxjp>

- Non-Pharmacological Management of Osteoarthritis (OA)
- Guillain-Barre Syndrome (GBS)
- Inversion Tables
- Take Walking Breaks
- Midlife Obesity and Frailty
- Canadian Men’s Health foundation New and Expanded MindFit Toolkit
- UBC Alumni MEDTalks: Ensuring healthy aging

Issue 316 – February 22, 2023 - <https://tinyurl.com/3xtz3uve>

- Collagenous Colitis (CC)
- Canada’s Updated Guidance on Alcohol and Health
- Mucus
- Hydration and Aging
- New Frailty Self-Management Health Coach Study Starting in March 2023
- iCON South Asian Health Forum: Taking Charge of your Health: Living Well Together with Diabetes
- Disability Alliance BC

Issue 317 – March 8, 2023 - <https://tinyurl.com/msn436>

***Note - error in title Issue 318**

- Parkinson's Disease
- Talcum Powder Concerns
- Sleep Habits and Longevity
- Daily Conversation Benefit
- A Death in Your Family Resource
- Exercise: Powerful Medicine for Health and Aging
- Research Opportunity for People with Chronic Pain

Issue 318 – March 22, 2023 - <https://tinyurl.com/d8cmswm8>

***Note - error in title Issue 319**

- Cardiac Arrest
- Mediterranean Lifestyle
- March is Nutrition Month
- Gas Stoves
- Fraser Health Seniors Community Connectors
- Brain Fit App
- Masterminds Lecture Series – University of Victoria

Issue 319 – April 5, 2023 - <https://tinyurl.com/ykptayt3>

- Multiple Sclerosis (MS)
- Suicide, Exercise and Physical and Mental Illnesses
- Physical Activity and Risk of Chronic Conditions
- Sugary Drinks and Weight Gain
- McMaster Optimal Aging Portal E-Learning Lessons
- New Frailty Self-Management Health Coach Study
- World Sleep Society

Issue 320 – April 19, 2023 - <https://tinyurl.com/bdzfd8r4>

- Benign Prostatic Hyperplasia (BPH) – Enlarged Prostate
- Allergic Asthma, Eczema and Osteoarthritis
- New Canadian Clinical Guidelines for Cannabis Use for Chronic Pain and Co-Occurring

Conditions

- Heal Mary Tool
- WebMD Free Health Webinars
- Canadian Men's Health Foundation New Healthy Eating Campaign

Issue 321 – May 3, 2023 - <https://tinyurl.com/ye29dsx5>

- Pelvic Organ Prolapse
- Uterine Prolapse
- Infrared Saunas
- Health Benefits of Wild Blueberries
- Lifetime Prevention Schedule
- Accessing Health Services Not Covered by MSP – A Resource Guide for BC Seniors
- May is Family Caregivers Awareness Month

Issue 322 – May 17, 2023 – <https://tinyurl.com/38tx44tb>

- The Aging Process
- Steps to Take for Healthy Aging
- Positive Age Beliefs and Memory
- Mental Health Apps
- 2023 Alzheimer's Update
- Popular Pickleball
- Frailty Self-Management Health Coach Study

Issue 323 – May 31, 2023 - <https://tinyurl.com/4n2x9fmf>

- Keeping a Healthy Spine
- Cold and Tingly Hands
- Sugar Consumption and Health Outcomes
- Colorectal Cancer in Under 50 Age Group
- June 15 is World Elder Abuse Awareness Day
- Celebrating National Seniors' Week June 5 to 9
- Research Opportunity for People with Cancer 65 and Over

Issue 324 – June 14, 2023 - <https://tinyurl.com/5n7fje8u>

- Long COVID Update
- Sleep Issues and Stroke Risk
- Quadriceps Strength, Heart Attack and Heart Failure
- Loofah for Cleansing?
- Food Choices and Type 2 Diabetes
- Yoga and Frailty
- June is Seniors' Month in Canada

Issue 325 – June 28, 2023 - <https://tinyurl.com/5bcnf7b>

- Obstructive Sleep Apnea Treatments
- Music for Health
- Candidiasis
- Physical Activity and Cancer
- Does Running Cause Arthritis
- Arthritis Society Arthritis Line

Issue 326 – July 12, 2023 - <https://tinyurl.com/mvmym8ry>

- Inflammatory Bowel Disease (IBD) Rise in Canada
- My Info Library for People with Arthritis
- Does Golf Count as Exercise?
- BC Government New Initiative to Protect People During Extreme Heat Emergencies
- Staying Cool This Summer
- Television Viewing and Brain Health
- Research Opportunity – inHome Augmented Reality System for Rehab

Issue 327 – July 26, 2023 - <https://tinyurl.com/2p9y44pc>

***Note – error in title Issue 326**

- Prediabetes
- Artificial Intelligence and Healthcare
- Get Cyber Safe
- Taurine Supplements and Aging
- Wildfires and Health
- Dental Hygiene and Dementia Risk
- Health Connect Registry

Issue 328 – August 9, 2023 - <https://tinyurl.com/bzmryaux>

- Cataracts
- Choosing Sunglasses
- Isopropyl Alcohol for Nausea
- BC Brain Wellness Program
- Grief and Cardiovascular Health
- BC PharmaCare's Coverage of Freestyle Libre 2
- Diabetes Support in BC
- InspireHealth August Programs

Issue 329 – August 23, 2023 - <https://tinyurl.com/2p8w5kex>

- Celiac Disease
- Reviewing the Evidence for Happiness Strategies
- Physical Activity and Mental Health – An Underutilized Intervention
- Physical Activity Dose and Depression Risk for Older Adults
- Online Exercise Research Volunteer Opportunity
- Investigating Why Some Get Cancer and Others Don't
- Beverage Temperature and Hot Weather

Issue 330 – September 6, 2023 - <https://tinyurl.com/2d9b7kpa>

- Silent Heart Attack
- Monday the Deadliest Day for Heart Attacks
- Worse Outcomes for Heart Attacks in Women
- Extreme Temperatures, Pollution and Heart Attacks
- Adult Education and Cognitive Health
- Trauma, the Universal Human Experience and Path to Healing
- Start the Fall With a Commitment to Living a Healthier and Happier Life