



HEALTH CAPSULE | No.61 | 2018

Restart gently to avoid the post-vacation blues

Change your perspective

Think positive! Take a moment to appreciate the vacations you've had. For example, go through photos with friends and family. Consider the upsides of what a normal routine can bring. Think about the people you like at work and how fun it would be to talk about your vacations.

Plan a smooth return

Give yourself enough time to ease into the transition. Go through one task at a time. To save time and fully enjoy your week nights, cook extra meals and keep them in the freezer. Don't book any meetings on your first days upon your return. Try not to read all your work emails during your vacations or immediately after your return.

Stay active and sleep!

Enjoy physical activities and get a restorative sleep to avoid feeling depressed and better manage the stress of going back to work.

Make your daily life feel more like vacation!

Enjoy the last days of summer and increase your social activities.

Look forward to your next vacations.

Planning your future trips or vacations can motivate and boost your mood.

Sources: Centre de santé et de services sociaux – Institut universitaire de gériatrie de Sherbrooke, Voyagevoyage.ca, Psychology Today, WebMD

World Pharmacists Day
September 25

Responsible use of medicines

- **You wish to stop your treatment before the end of its duration? Talk to your pharmacist first.** Treatments for chronic diseases are particularly subject to lack of medication persistence which can lead to hospitalisations and a deterioration of overall health of the population.
- **For a better management of your health, stick to your treatment!** Treatments like taking medicines allow us to stay in good health. When mismanaged, however, they can have irreversible and even fatal consequences on health when they could be prevented. It is thus important to take the medication regularly and stick to the treatment. Ask your pharmacist for tips on compliance.
- **Buying medication online, looking up information on the internet... how to recognize a credible source?** To guide you, ask yourself the following questions: Are the authors specialists in the relevant field of expertise? Is the site an established credible source (e.g.: websites from governmental, academic, scientific or medical institutions, provincial or national organizations or promoting health)? Is the information recent? If you answer **yes to most of these questions** you likely have a credible source. But proceed with caution: the information does not necessarily apply to you specifically, as you are an individual with a unique health history. When in doubt, talk to your pharmacist.
- **Carry at all times a complete and updated list of all the medication taken during the past few months.** Your list must include prescription drugs, over-the-counter medicine, vitamins and supplements and drug allergies.

Source: Ordre des pharmaciens du Québec



Protect your ears from hearing loss

Noise-induced hearing loss is caused by overexposure to loud sounds. In some cases, the damage is only temporary. But repeated exposure to excessive noise for long periods of time can cause permanent damage. So can a single exposure to an intense sound close to the ear, like a gun shot.

Until recently, noise-induced hearing loss was linked mainly to excessive noise in the workplace. Some newer studies suggest that many teenagers and young adults have experienced permanent hearing loss caused by overexposure to loud noise from a variety of everyday activities.

Reduce your risks. Take the following steps to protect your hearing:

- Limit the amount of time you spend on activities that are extremely noisy.
- Keep your car and home audio at enjoyable but safe levels.
- Wear hearing protection, like earplugs or earmuffs, when you're at risk for noise-induced hearing loss. The protection device should be as well fitted as possible.
- Schedule some quiet time if you experience temporary hearing loss or tinnitus after work or other activities. Give your ears a chance to recover fully.
- Avoid buying children's toys that produce high sound levels. Look for toys that have volume-control features or an on-off switch so that sound can be kept low or turned off. Children may hold toys closer to their ears than adults.
- Talk to your doctor if you have concerns about your hearing. early signs of hearing loss include:
 - Trouble following a conversation when there is background noise (like at a social gathering or in a cafeteria)
 - A sense that people mumble when they speak
 - Tinnitus (perception of sound in the absence of an actual external source)

Prevention is the only way to protect yourself from noise-induced hearing loss. There is no way to know how sensitive your ears are to damage from sounds, until the damage is done.

No matter the activities, noise-induced hearing loss depend on:

- The actual sound levels you are exposed to;
- How long you are exposed.



Noise levels are measured in decibels (dB). A-weighted decibels (dBA) are adjusted to human hearing. Sounds with levels below 70 dBA pose no known risk of hearing loss, no matter how long they last. A sound level of 70 dBA is about what you would experience while driving alone in a family car at highway speeds with the windows closed and the radio off.

Sources: Health Canada, Speech-Language & Audiology Canada (SAC)