

December 6, 2019

Town of St. Anthony  
PO Box 430  
St. Anthony, NL A0K 4S0

Dear Town Official

Labrador-Grenfell Health would like to inform you of a new program now being offered to community residents.

The program aims to inform individuals aged **40-65** of their personal risk of developing diabetes, heart disease and cancer as well as addressing ways to reduce this risk. Some of the ways to reduce risk are early screening as well as lifestyle changes.

At the first appointment information is gathered on an individual's personal and family health history. The nurse uses this information to measure risk and identify options and strategies available. During the second appointment, the nurse reviews all the information with the individual and explains tests that are available if they choose to have them. They can also discuss lifestyle factors and local resources if indicated and desired. Lifestyle factors could include healthy eating, physical activity, alcohol consumption and smoking. Follow-up is yearly to review health status and screening eligibility; however, follow-up can be more regular if health goals are identified and follow-up is thought to be beneficial by the individual and the nurse.

The BETTER program is now available at the Community Health Clinic in the Mission Store, St. Anthony. Appointments can be made by calling 454 0367 to make a BETTER appointment. No referral is necessary. Individuals can take charge of their own health and seek advice before a problem arises. Prevention is the best medicine!

Questions can be directed to Catherine Pilgrim at [Catherine.pilgrim@lghealth.ca](mailto:Catherine.pilgrim@lghealth.ca) or by phoning 454-3333 ext. 7364.

Thank you

*Catherine*

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