



What will we be doing:

- ◇ Checking vital signs; blood pressure, pulse, respiration, oxygen saturation, body weight, temperature and blood glucose level.
- ◇ Answering any questions or concerns about health and wellness and working with other community health members.

**The County of Renfrew
Paramedic Service
hopes to see you there!**



Wellness clinic schedule:

- ◇ On the 2nd Tuesday of the month:
Barry's Bay: 1pm – 3pm at Madawaska Valley Association for Community Living
- ◇ On the 2nd Wednesday of the month:
Stonecliffe: 10 am – 12 pm at Head, Clara & Maria Township Office.
Westmeath: from 1:30pm – 3:30pm at the Westmeath Recreation Hall
Deep River: From 10am – 12pm at the North Renfrew LTC Centre
Beachburg: from 10am – 12pm at the Whitewater Bromley Community Health Centre
- ◇ On the 3rd Monday of the month:
Dacre: 10am – 12pm at DACA Centre
(trial - call for info)
- ◇ On the 3rd Wednesday of the month:
Renfrew: 9am – 10am at the Recreation Centre
Griffith: 12pm – 3pm at the Griffith Lions' Club
- ◇ On the last Tuesday of the month:
Arnprior: 9am–11am at the Arnprior Villa
Deep River: 10am – 1pm at the Rexall Pharmacy
McNab/Braeside: (Jan–May, Sep–Nov) 6pm – 7pm at Braeside RA Centre
- ◇ On the last Thursday of the month:
Eganville: 10am – 12pm at the Fairfield Retirement Home
Golden Lake: 1pm – 3pm at Walker's Landing Restaurant



Wellness Clinics

**The County of Renfrew
Paramedic Service offers
free wellness clinics to
the communities and
residents of Renfrew
County**

Emergency Services Department
9 International Drive
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Fax: (613) 735-7815
communityparamedic@countyofrenfrew.on.ca

Some information about Vital Signs...

Blood Pressure is a measurement of the force of blood pushing around your body. Blood pressure has two measures: systolic and diastolic.

“Normal” Values:

Systolic blood pressure: 100–139 mmHg

Diastolic blood pressure: 70–89 mmHg

Overall blood pressure: +/- 120/80

Low blood pressure can cause symptoms such as lightheadedness, dizziness, headache, and fainting.

High blood pressure happens when the heart is working harder than normal to move blood through blood vessels. High blood pressure can be either an acute (sudden) or a chronic (long term) condition and is a major risk factor for stroke, heart attack, heart failure, aneurysm, arterial disease and chronic kidney disease.

Take the time to know your blood pressure and speak to your doctor if your numbers are outside the “normal” range.

Temperature is checked along with other the vital signs because it can reveal signs of a body-wide infection or inflammation.

Normal temperature is: 36.8° C/ 98.6 °F

Heart rate is the number of times the heart beats in a defined length of time.

A normal heart rate is: 60–100 beats per minute.

A fast heart rate may cause weakness, dizziness, anxiety, palpitations, syncope and chest pain.

A low (slow) heart rate can result in weakness, dizziness, palpitations, chest discomfort and shortness of breath.

Oxygen saturation is a measure of the amount of oxygen being carried in the blood stream.

Normal Oxygen Saturation is: 96%–100%

Sudden low blood oxygen may cause shortness of breath, lightheadedness, syncope, confusion and an altered level of awareness. Chronic low blood oxygen due to lung damage/disease can be managed with help from your doctor.

Respiration rate is the number of breaths taken in a defined period of time.

A normal respiration rate for adults is: 12 breaths/minute.

Respiration is checked because it may be related to breathing difficulty or an imbalance in heart/lung/kidney function.

Blood Glucose Level (BGL) testing measures the amount of glucose (sugar) present in the blood. Normal blood glucose level is: 4–10 mmol/L

If your blood sugar stays normal most of the time, your body’s metabolism and hormones are managing sugar properly.

Low blood sugar (<4.0 mmol/L) is uncommon in non-diabetic patients, but excess insulin, medications, alcohol, hormone deficiencies, infection and organ failure can cause low blood sugar. Symptoms can include: nausea/vomiting, confusion, disorientation, dizziness, and an altered level of consciousness.

High blood sugar (>10.0mmol/L approx.) can occur without producing any permanent complications or symptoms. If left unresolved, ongoing high blood sugar can lead to complications including kidney damage, neurological damage and cardiovascular damage.

Suggestions to stay healthy

- ✓ quit smoking
- ✓ eat healthy food & healthy portions
- ✓ increase daily water intake
- ✓ daily exercise & avoid poor lifestyle
- ✓ regular doctor visits
- ✓ follow medication guidelines