



Patient Success Profile

Name: George Molyneux

Age: 59

Referring Physician: Dr. Ibrahim
Alfalah, Calwood Medical Clinic

Clinicians:

Adam Klassen, *Mental Health Practitioner*,
Michelle Hnatiuk, *Dietitian* and
Denise Silzer, *Exercise Specialist*

Program: Nutritional Assessment

George grew up in Edmonton. He worked as a self-employed printer, where he was working 60-70 hours a week. The past few years he had a number of different health crises, including two strokes. After the second stroke he wasn't the same physically and found he lost his endurance and got tired very easily. A year later he suffered kidney failure and after a stay in the hospital, he has been unable to work.

After talking to his doctor about his troubles, Dr. Alfalah suggested he see someone at the PCN.

This is George's success story.

What first brought you to the PCN?

When I talked to my doctor about my struggles with accessing AISH, he suggested I see someone at the PCN. I first met with Adam, a Mental Health Practitioner, who helped me accept my situation. I took a class on Assertiveness and Effective Communication so I could learn how to get my views across to people. I was also struggling getting my basic food needs met so Adam referred me to Michelle, a Dietitian.

What support did you receive from the Edmonton North PCN?

When I first saw Michelle, she made me more aware of what I was eating. She also helped me get additional food benefits from AISH so I was able to eat the right types of food. I read the labels on food now and put back the items that have too much sugar or salt.

I also talked with Denise, an Exercise Specialist, about adding more activity into my day and participated in the Supervised Exercise program. I do a lot of walking now, about 20,000 steps a day. The PCN has someone who can help you in all areas, whether that's with what you are eating, needing to be more active or having someone to talk to, like a mental health practitioner.

What challenges do you face now?

I feel like I have got my health under control, which learning to eat right and be active has given me. Now I need help getting back to work so I am going to be talking to the Social Worker at the PCN to help me with that.

Why was this program a good fit for you?

After all my health issues, I was living a pretty solitary lifestyle. After coming to the PCN and talking with the different clinicians, I have become a healthier me and I have come out of my shell a bit more. The PCN changed my health and life in general for the better.

Your doctor. Your team. Here for your health.