



# Newsletter

March - April 2023

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## Clinic Updates

Email is often the best way for us to communicate important information to you. Make sure our emails are not directed to your junk mail. Emails from us will either be from [noreply@fhtsolutions.com](mailto:noreply@fhtsolutions.com) or [no-reply@cognisantmd.com](mailto:no-reply@cognisantmd.com).

Please check your email often, as you may miss important information from your provider such as:

- appointment booking links
- specialist appointment information
- appointment reminders
- bloodwork and diagnostic testing requisitions
- test results and follow-up instructions

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# Upcoming Health Education Workshops

## Toronto Western Family Health Team

### Upcoming Health Education Workshops

#### **RSI & MSK Injuries**

**March**  
**29**  
**12-1pm**

Do you have aches and pains while sitting at the computer? Learn how to prevent these injuries and correct your posture!

Presented by Julie, Physiotherapist

#### **Asthma in Children**

**March**  
**29**  
**3-4pm**

Do you have a child with asthma? Join this interactive learning session to ensure your child's asthma is under control.

Presented by Lillian, Respiratory Therapist & Olivia, Nurse

#### **Mental Health & Diabetes**

**March**  
**29**  
**3-4pm**

Do you want to learn more about how stress impacts diabetes and ways to manage your stress?

Presented by Unison's Social Work Team and Diabetes Education Program

#### **Mindfulness Training for Emotional Resilience**

**May**  
**3**  
**1:30pm**

This 4-week skills-based group is for any client who is interested in learning about mindfulness skills to cope with life's challenges. You must be able to attend all 4 sessions: May 3, 10, 17 & 24

Presented by Michelle, Social Worker & Jenn, Occupational Therapist

#### **Nutrition for a Healthy Heart**

**May**  
**4**  
**9:30 am**

Have you been diagnosed with high cholesterol or high blood pressure and want to learn about nutritional management?

Presented by Janna, Dietitian

Visit our website for more information and take a closer look at our Health Education Workshops Calendar

[www.twfht.ca](http://www.twfht.ca)





# Nutrition Month

## 5 tips to eat nutritiously on a budget

### Tip #1: Plan out a few meals per week:

When you have a plan, you can save money by buying items on sale and spend less on convenience meals.

- ✓ Check flyers and prepare meals with food items that are on sale. You can also find flyers online through [flipp.com](https://www.flipp.com)
- ✓ Select simple recipes with a small ingredient list!
- ✓ Make a grocery list and stick to it when shopping

### Tip #2: Be flexible and find different purposes for the same food.

This helps use up the ingredients you already have and prevents food waste.

- ✓ Does that stir-fry recipe call for zucchini? Try using that frozen broccoli you bought on sale instead!
- ✓ Bought a 3 lb. bag of carrots? Peel and cut a few to have raw with hummus, sauté some as a side dish, and chop and freeze the rest for a future soup or stew.
- ✓ Use your judgement to decide whether all ingredients are needed in a recipe.

### Tip #3: Build a routine: plan to use leftovers and make extras to spend less time in the kitchen.

- ✓ Try making the same breakfast or lunch every day for the week to keep menu planning simple.

March is **National Nutrition Month**. Registered Dietitians all over Canada want to help people in their communities ***unlock the potential in food.***

It's no secret the cost of groceries has gone up for everyone. Are you trying to save money on food but also want to eat for your health?



- ✓ If you are eating a roast chicken with vegetables and rice for a dinner, use the leftover meat to make chicken wraps for the next day's lunch and toss any leftover chicken bits, bones, vegetables, and rice for a soup the following day.
- ✓ When you are making a meal like a soup or stew, double the portion. Use it to eat for a few dinners in a row or freeze it to have a nutritious convenient meal later.

**Tip #4: Opt for vegetarian meals and take advantage of frozen or canned vegetables.**

- ✓ Plan [plant-based](#) meals every week. [Legumes](#) (beans, lentils, dried peas), [tofu](#) and peanut butter offer great tasting protein at a reasonable price.
- ✓ Frozen and canned vegetables/fruits are picked at their peak nutrition and are usually already peeled and cut for you to use.
- ✓ Don't forget about canned fish, like tuna and salmon; these can be an affordable way to get protein and [omega-3](#) that last longer than fresh varieties.

**Tip #5: Take inventory: stock up on sales and choose nutritious, lower cost food items.**

- ✓ Check your pantry, refrigerator, and freezer. Look at the expiry dates of the foods and ingredients you already have on hand. Which ones do you need to use up? Plan meals around these food items.

*Here are some examples of nutritious, lower cost food items:*

**Protein**

Beans and lentils, tofu, peanut butter, bulk nuts and seeds, eggs, rotisserie chicken, ground meat, canned fish (tuna, sardines)

**Vegetables/Fruit:**

Canned and frozen varieties (even potatoes!), cabbage, carrots, apples in bulk, bananas

**Grains and starches**

Oats, rice, pasta, barley, couscous, quinoa

## “Unlock the potential in food”

*Click the following for more information*

[Meal planning and recipe tips](#)

[Easy meals for great leftovers](#)

[Affordable healthy eating](#)

[Common topics around nutrition](#)



## Cancer Awareness

Did you know that about 4 in 10 cancer cases in Canada can be prevented? There are things you eat, drink, breathe and do that affect your cancer risk. ([Cancer.ca](https://cancer.ca))

**Millions of lives** could be saved each year by implementing resource appropriate strategies for prevention, early detection, and treatment

### Facts about cancer

- Cancer is the 2nd-leading cause of death worldwide.
- 10 million people die from cancer every year.
- More than 40% of cancer-related death could be preventable as they are linked to modifiable risk factors such as smoking, alcohol use,
- At least 1/3 of all deaths related to cancer could be prevented through routine screening, and early detection and treatment.
- 70% of cancer deaths occur in low-to-middle income countries.

## Cancer screening is important.

[Visit Cancer Care Ontario](#) to learn more

### Additional Resources:

[Canadian Cancer Society](#)

[World Cancer Day](#)



## Cancer Screening Key Messages

### Importance of cancer screening

- Regular screening is important because it can help prevent people from getting some cancers or find cancer early when treatment has a better chance of working.
- Cancer screening is testing done on people who are at risk of getting cancer, but who have no symptoms and generally feel fine
- Ontario has four cancer screening programs: the Ontario Breast Screening Program, Ontario Cervical Screening Program, ColonCancerCheck, and the Ontario Lung Screening Program
- It is important that people who are due or overdue for cancer screening talk to their health care provider
- Health care providers and hospitals in Ontario follow strict infection control measures so that patients can visit in person
- If you are due or overdue for breast, cervical or colon cancer screening tests, please contact your family doctor, nurse practitioner or Ontario Breast Screening Program site for more information
- For more information on screening, visit [www.cancercareontario.ca/en/get-checked-cancer](http://www.cancercareontario.ca/en/get-checked-cancer)

### Ontario Cervical Screening Program

- Cervical cancer is almost always preventable
- Regular screening is important for preventing cervical cancer
- Anyone with a cervix who is or who has ever been sexually active can get cervical cancer. A cervical screening test checks for the signs of cancer before it starts
- Talk to your family doctor, nurse practitioner or midwife about getting checked with a cervical screening test to help prevent cervical cancer
- For more information on cervical screening, visit [www.cancercareontario.ca/cervical](http://www.cancercareontario.ca/cervical)

### Ontario Breast Screening Program

- Breast cancer is the most commonly diagnosed cancer in Ontario women. One in nine women will get breast cancer in her lifetime.
- Regular screening is important because it can find breast cancer early when treatment has a better chance of working.
- More people in Ontario survive breast cancer than almost every other cancer.
- The Ontario Breast Screening Program provides breast screening throughout Ontario to eligible people.
- No screening test is perfect. If you are 50 or over, talk with your family doctor or nurse practitioner about your breast health and screening test options.
- For more information on breast screening, visit [www.cancercareontario.ca/breast](http://www.cancercareontario.ca/breast)

# Advance Care Planning

April 16 is [Advance Care Planning Day](#) in Canada. The goal of this annual one-day campaign is to tell people about the importance of planning for their future and personal health care. [Click here](#) for more information.

## What is advance care planning?

Advance care planning is a process that involves:

1. Thinking about and communicating what kind of health and personal care you would want if in the future you cannot speak for yourself
2. Making a Power of Attorney where you choose who will make decisions for you in the future if you cannot speak for yourself.

## Do I need a lawyer to make a Power of Attorney?

No, you can complete the legal forms at home on your own, but if your personal or financial affairs are complicated, it is best to talk to a lawyer.

## How can I find a lawyer?

### [Law Society Referral Service](#)

Provides help finding a lawyer or paralegal professional

### [Justice Net](#)

Provides a directory of non-profit lawyers for people who cannot afford standard legal fees

## Find out more about advance care planning and Power of Attorney forms

### [Advance Care Planning Ontario](#)

Includes videos and a workbook to help guide you through all the steps of advance care planning

### [Steps to Justice](#)

Includes a guided questionnaire to help make a Power of Attorney document

### [Office of the Public Guardian and Trustee](#)

Includes information and legal forms to make a Power of Attorney.

# If not YOU, Who?

## Who would you trust to make your healthcare decisions?





# Depression Research Study

## Who?

Are you a patient at the Toronto Western Family Health Team who is diagnosed with depression and recently started taking an antidepressant (less than three months ago)? If so, you may qualify to participate in a new research study.

## Why?

The PURPOSE of this research study is to understand what makes it easy or difficult for patients to continue taking their antidepressant medications as prescribed.

## How?

Your involvement would require a one-hour interview with a study team member to answer questions about your experiences with taking medicines for depression.

**\*\*You will receive a token of appreciation for your time \*\***



**Research Assistant:** Yuki Meng, Pharmacy Resident (on behalf of Christine Papoushek, PharmD – Study Investigator)

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# Health811

Previously known as Health Connect Ontario (which replaced Telehealth Ontario),

**Health811** is a free, secure, and confidential service Ontarians can call or access online 24 hours a day, seven days a week to receive health advice from qualified health professionals, such as registered nurses, locate local health services and find trusted health information.

Visit their website: [Ontario.ca/Health811](https://Ontario.ca/Health811)  
(French: [Ontario.ca/Sante811](https://Ontario.ca/Sante811))

Call: 811 (TTY: 1-866-797-0007)

In a medical emergency, call 911 immediately.

## Features of Health811

- 24/7 access to live support via telephone or online chat.
- Free access to health professionals, such as registered nurses, registered dietitians, lactation consultants and smoking cessation coaches.
- Provides support for those searching for information about mental health and addictions.
- An online health services directory that enables Ontarians to find health services and health care providers by keyword, location, or postal code.
- To learn about additional features [click here](#)

**[Ontario.ca/Health811](https://Ontario.ca/Health811)**

## Health advice made easy

Connect with a registered nurse day or night for free, secure and confidential health advice.

[Chat with us](#)

[Call 811 \(TTY: 1-866-797-0007\)](#)







## Health Education

### TRANSITION RELATED SURGERIES: VIRTUAL SEMINAR SERIES

Hosted by Women's College Hospital's Transition Related Surgery team, join us for an anonymous virtual seminar to learn about and discuss gender affirming surgeries. This event is open to trans and gender diverse people, their loved ones, and providers living in Ontario.

Individuals considering or receiving surgery at other surgical centers are welcome.



<b>March 28, 2023</b> <b>4:00-5:00pm EST</b>	<b>Upper Surgery</b> <b>(Chest and Breast)</b>	 <b>REGISTER NOW</b> <a href="https://bit.ly/3XYxEHm">bit.ly/3XYxEHm</a>
<b>June 9, 2023</b> <b>12:00-1:00pm EST</b>	<b>Vaginoplasty</b>	 <b>REGISTER NOW</b> <a href="https://bit.ly/3lwFEdb">bit.ly/3lwFEdb</a>
<b>Sept 20, 2023</b> <b>4:00-5:00pm EST</b>	<b>Upper Surgery</b> <b>(Chest and Breast)</b>	 <b>REGISTER NOW</b> <a href="https://bit.ly/3Y0v2sL">bit.ly/3Y0v2sL</a>
<b>Dec 8, 2023</b> <b>12:00-1:00pm EST</b>	<b>Vaginoplasty</b>	 <b>REGISTER NOW</b> <a href="https://bit.ly/3Sruj2m">bit.ly/3Sruj2m</a>



Learn more at [womenscollegehospital.ca/TRSSeminar](https://womenscollegehospital.ca/TRSSeminar)



**Join us for a free skills-based group:**



## **MINDFULNESS TRAINING FOR EMOTIONAL RESILIENCE (MTER)**

This **4-week introductory skills-based group** is for any patient of the Toronto Western Family Health Team who is interested in learning about mindfulness skills to cope with life's challenges.

- ❖ Facilitated by a social worker and occupational therapist.

### **In this group you will learn about:**

- ✓ What mindfulness is and benefits of the practice
- ✓ Mindfulness and the brain
- ✓ Dealing with difficult emotions
- ✓ Managing stress and increasing resilience

<b>Location</b>	<b>IN PERSON: TW Family Health Team, Bathurst site 440 Bathurst Street, 3<sup>rd</sup> Floor</b>
<b>Dates</b>	Wednesdays: May 3, 10, 17, 24  Must be able to commit to all 4 sessions
<b>Time</b>	1:30 – 3:30 PM  Visit our <a href="#">website</a> to register.
<b>Registration</b>	We will then contact you by e-mail to schedule an intake interview. Please note space is limited and we are unable to maintain a waitlist.

## Contact Us



Phone: 416 603 5888



Website: twfht.ca



### Locations

Bathurst Site: 440 Bathurst Street

Garrison Creek Site: 928 St. Clair Avenue West



Do you have feedback about our newsletter?

Do you want to learn more about other health education topics?

If so, [click here](#) to give us your feedback