

# IN THIS NEWSLETTER

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## Clinic Updates & Reminders

### Email Communication

As we continue to improve our service and communication, we have introduced online booking for our interprofessional team.

### Online Booking Links

If you are referred to an interprofessional healthcare provider, check your email for an online booking link. You will need this link to book your appointment.

Online booking links will be sent to all patients referred to the following healthcare professionals:

- Chiroprapist
- Dietitian
- Occupational Therapist
- Pharmacist
- Physiotherapist
- Respiratory Therapist
- Social Worker

If you do not have an email on file, you will be contacted by phone to book your appointment.

## Appointment reminders

You will also receive your appointment reminders via email. Please ensure that the e-mail we have on file is up-to-date and checked regularly, otherwise you may miss out on important information from your healthcare provider.

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## Education Program Calendar

We have been offering interactive webinars throughout the month of January. Check our updated **Health Education Program Calendar** and see if any topics interest you. It is easy to sign up online. To view all available upcoming workshops [click here](#).

Feb 2023		This Month		February		Education Program Calendar	
Sun	Mon	Tues	Wed	Thur	Fri	Sat	
29	30 7pm-8pm: Thinking About Quitting Smoking?	31 12pm-1pm: Balanced Eating Basics	Feb 1 12pm-1pm: Advanced Care Planning Workshop	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15 10am-12:30pm: Chronic Disease Self-Management	16	17	18	
19	20 Family Day	21	22 10am-12:30pm: Chronic Disease Self-Management 12pm-1pm: Navigating The Mental Health Care System	23	24	25	
26	27	28	Mar 1 10am-12:30pm: Chronic Disease Self-Management	2 9:30am-11:30am: Nutrition for a Healthy Heart	3	4	

You can also scan or click this QR code:



# Heart Health Month



February is Heart Health Month. It is a time to focus on the importance of heart health and what we can do to reduce the risk of heart disease.

**Did you know...**

**Heart disease affects approximately 2.4 million Canadian adults & is the 2<sup>nd</sup> leading cause of death in Canada?**

## How can you reduce your risk of heart disease?

- ✓ Eat a healthy and balanced diet
- ✓ Quit smoking
- ✓ Exercise regularly
- ✓ Get enough sleep
- ✓ Monitor your blood pressure and cholesterol levels

### Resources:

[Heart and Stroke](#)

[Ottawa Heart Institute](#)

[10 Favourite Recipes](#) from the Heart and Stroke Foundation

Heart disease is on the rise for **women.**

Women's hearts and the way they experience heart disease is different.

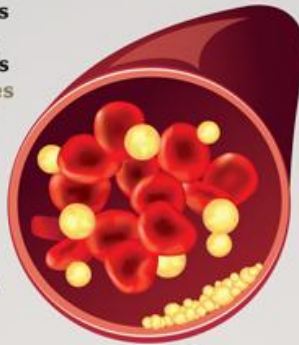
[Click here](#) to get more information about heart disease in women.



# Cholesterol AND YOUR HEART

Many Canadians struggle with unhealthy levels of all three types of cholesterol

**THE GOOD**  
**30%**  
HAVE UNHEALTHY HDL LEVELS



**THE BAD**  
**25%**  
HAVE ELEVATED TRIGLYCERIDES

**THE VERY BAD**  
**36%**  
HAVE HIGH LEVELS OF LDL



### HDL (high-density lipoprotein)

Called "good" or "healthy" cholesterol, HDL carries cholesterol to the liver, where it is eliminated.



### LDL (low-density lipoprotein)

Sometimes called "bad" cholesterol, LDL can lead to a buildup of plaques on the walls of blood vessels.



### Triglycerides

Triglycerides store and transport fat in the blood. Excess calories (especially sugar and alcohol) are stored this way.



### Your TC/HDL Number

Total Cholesterol/HDL is a ratio used to measure your cardiovascular risk. TC/HDL is calculated by dividing your total cholesterol by your total HDL cholesterol numbers.

A RELATIVELY SMALL DECREASE IN LDL (1 mmol/L) YIELDS



UP TO A 20-25% DECREASE IN RISK OF HEART ATTACK

TREATING HIGH CHOLESTEROL



CAN INCREASE YOUR LIFE EXPECTANCY

## WHAT ARE THE RISKS?

Not only does high blood cholesterol strongly increase your chances of having a **heart attack or developing cardiovascular disease**, it also puts you at greater risk for other serious health problems:



DIABETES



HIGH BLOOD PRESSURE



OBSESITY



STROKE



CORONARY ARTERY DISEASE

## WHAT CAN I DO?

To achieve healthy cholesterol levels, you may require both changes in lifestyle habits and cholesterol-lowering drugs. Medications can lower LDL and triglycerides, raise HDL, and reduce the amount of dietary cholesterol absorbed.

<b>Statins</b>	<b>Fibrates</b>	<b>Niacin</b>	<b>Resins</b>
safe and effective for lowering cholesterol, plaque build-up	reduce triglyceride production and increase HDL	treats low levels of HDL and elevated triglycerides	block absorption of cholesterol in small intestine

High blood cholesterol strongly increases your chances of having a heart attack or developing cardiovascular disease. Know your levels and what you need to do:

**Talk to your doctor about your cholesterol levels!**



CANADIAN WOMEN'S  
HEART HEALTH CENTRE

# HEART DISEASE AND WOMEN: WHAT'S AT STAKE?

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT [YOURHEART.CA](http://YOURHEART.CA)

HEART DISEASE IS YOUR  
**BIGGEST HEALTH THREAT.**



It is the **#1 killer of women** worldwide  
and it affects women of all ages.

HEART DISEASE **CANNOT BE 'CURED'**.  
IT IS A CHRONIC CONDITION.



Lifestyle changes matter at any age.  
**It's never too late to start improving your heart health.**

HEART DISEASE IS  
**UNDER-STUDIED,  
UNDER-DIAGNOSED,  
AND UNDER-TREATED  
IN WOMEN.**



Heart disease is different in women than in men.  
We need to improve knowledge and awareness.

**WHEN IN DOUBT, CHECK IT OUT!**  
NEVER DELAY GETTING HELP FOR YOUR SYMPTOMS.



Signs and symptoms most experienced by  
women are chest pain or discomfort:

- Pressure
- Tightness
- Squeezing
- Burning, aching, or soreness
- Unusual fatigue
- Shortness of breath

**WHAT CAN I DO?** EMPOWER YOURSELF BY KNOWING YOUR RISKS.

**80%**  
OF RISK FACTORS  
ARE WITHIN YOUR  
CONTROL TO  
CHANGE!

Risks include:



Diabetes  
Smoking  
Obesity



Physical inactivity  
Unhealthy diet  
Autoimmune diseases  
Pregnancy-related disorders



Depression  
High blood pressure  
High cholesterol

# HEALTH TOPIC: Protect Your Spine

The spine is precious! It gives you support and allows you to move and be flexible. The middle part of the spine (*the thoracic spine*), along with the ribs, protect your vital organs -the heart and lungs.

## The main parts of the spine are:

1. Cervical → neck → has 7 vertebraes
2. Thoracic → mid-back → has 12 vertebraes
3. Lumbar → low back → has 5 vertebraes
4. Sacrum → pelvis → bottom of the spine
5. Coccyx → tailbone → bottom of the spine



**Back pain** is the most common problem among adults. It is estimated that 80% of adults will have an episode of back pain in their lifetime.

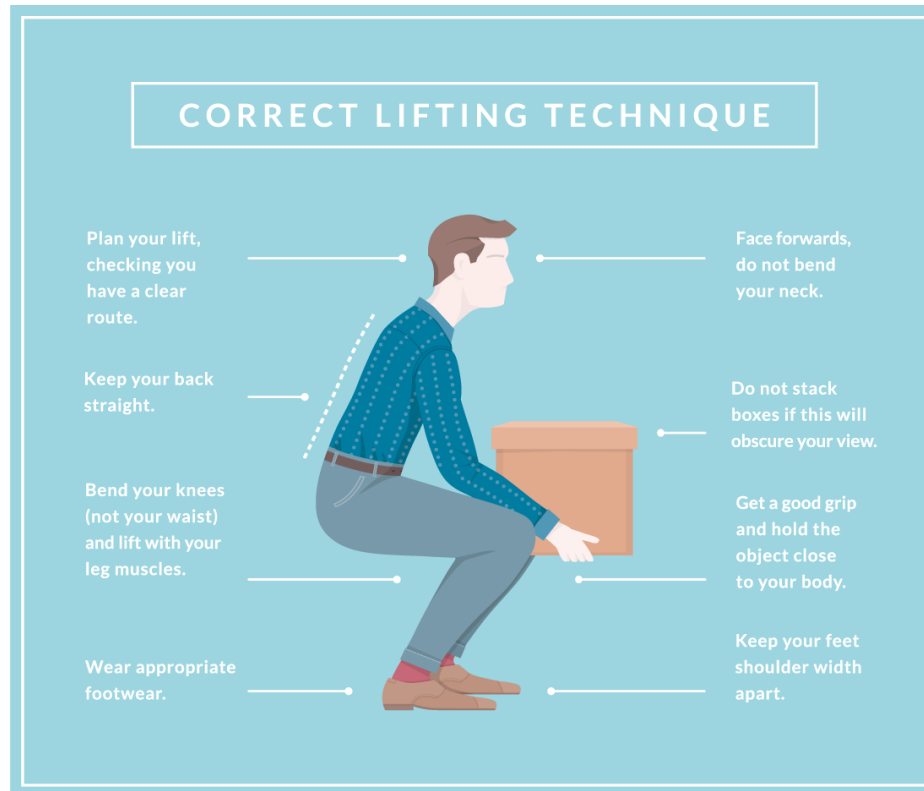
**Prevention** is key to avoiding acute or chronic back pain.

## Do you know the correct way to lift, carry, push, or pull?

Think about when you go shopping: do you put the heaviest items at the bottom of the cart (like a case of water)? Putting the heaviest items at the bottom of a shopping cart makes you bend and lift several times from an awkward position. This may cause you to hurt your back!

## Lifting, Carrying, Pushing & Pulling Principles:

- Check the weight of the load before you lift it. If it is too heavy, get help.
- Plan ahead: know where you are going with the load and clear a path.
- Maintain the natural curves of your neck & back.
- Tighten your abdominal (core) muscles.
- Keep the load close to your body.
- When lifting from the floor, squat. Do not bend your back.
- Lift with your legs, not your back.
- Use your feet to change direction when carrying a load. Do not twist your back.
- Pushing is easier and better for your spine than pulling.
- When pushing, remember to keep the load close to your body and use your leg, core, and buttock muscles to push.



<https://www.safetysign.com/safe-lifting-tips>

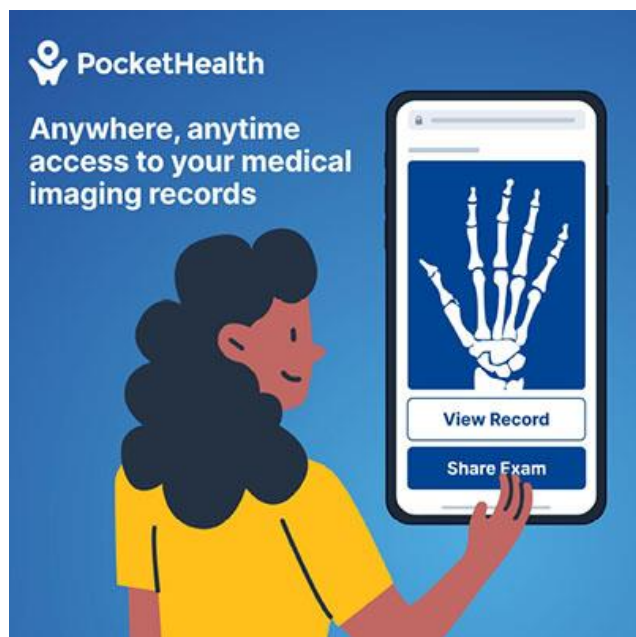
### Resources:

[Bone and Joint Canada](#)

**LIVE, PLAY AND WORK SMART – PROTECT YOUR SPINE!**

# PocketHealth

UHN has partnered with PocketHealth to help patients have fast and easy access to their medical images.



## What is PocketHealth?

PocketHealth is an online service that allows you to access, view and share your medical imaging records from anywhere in the world.

Records such as x-ray, CT scans, MRI or ultrasound are available through this easy-to-use service.

Instead of picking up a CD, you can access your records from the comfort of your home.

## How PocketHealth benefits patients:

- ✓ Your imaging records and reports are stored permanently and are accessible to you at any time, from any device.
- ✓ You can instantly share these records with any doctor in full diagnostic quality.
- ✓ Strong privacy and encryption protocols keep your medical information as secure as your banking information.

## How to get PocketHealth:

- ✓ [Register online](#)

Note: There is a fee at the time of enrolment which includes permanent access to all previous imaging as well as any new exams.

- ✓ For any assistance with accessing your images online, **please contact PocketHealth directly:**

- 1 855 381 8522 (Monday to Friday, 9:00 am to 5:00 pm)
- [help@mypockethealth.com](mailto:help@mypockethealth.com)



# UHN Monthly Health Talk



**Health Talk** A free online session for patients, families, staff and community members



## Concussion

### Topics

- Types of brain injuries
- Symptoms of a concussion
- Risk factors for persistent concussion symptoms
- Treatment and recovery
- Resources at UHN and in the community

### Presenters

- **Pamela MacCrostie**, UHN Patient Guest Speaker
- **Dr. Carmela Tartaglia**, Cognitive Neurologist, University Health Network

### Date and time

**Thursday, February 23, 2023**

**1:00 p.m. to 2:00 p.m.**

### Agenda

1:00 p.m.: Welcome

1:03 p.m.: Introduction of Presenters

1:06 p.m.: Presentation

1:41 p.m.: Question and Answer Period

### How to participate



Watch the livestream on [YouTube](https://www.youtube.com/watch?v=...). Go to <https://bit.ly/UHNHealthTalk-Feb2023> or click the QR code.

Submit your questions for the presenters on [Slido](https://www.slido.com/join/...).

**To register:** Go to the [registration form](#) or call 416 603 6290.

**For more information:** Email [pfep@uhn.ca](mailto:pfep@uhn.ca) or call 416 603 6290.

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



Patient Education



**UHN**

Toronto General  
Toronto Western  
Princess Margaret  
Toronto Rehab  
Michener Institute

[Click Here to access this flyer online](#)

# Health Education Programs

 **FREE PROGRAM**

## VIRTUAL CHRONIC DISEASE SELF-MANAGEMENT



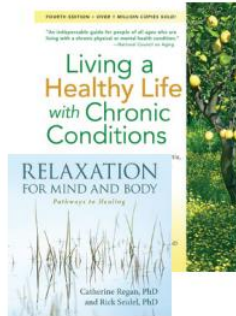
A program for anyone living with or giving care to someone with chronic health conditions.

### You will learn about:

- Healthy eating
- Starting and maintaining exercise
- Pain and fatigue management
- Stress management
- Communicating with your healthcare professional
- Managing medications
- Planning and problem solving
- Goal setting

### You will receive:

- Living a Healthy Life with Chronic Conditions Book
- Relaxation CD
- Gift Card and Certificate of completion for attending 4+ sessions



Program takes place over 6 weeks on Zoom Meeting. Sessions are two hours per week.

Dates: Every Wednesday, for 6 weeks

Wednesday, February 15

Wednesday, February 22

Wednesday, March 01

Wednesday, March 8

Wednesday, March 15

Wednesday, March 22

### Location:

Virtual - Zoom Meeting  
Details will be provided upon registration

### Time:

10:00 AM- 12:30 PM

**PRE-REGISTRATION IS REQUIRED | TO REGISTER, PLEASE CONTACT**

Maya at 416-461-1925 x 2255 or sign up at:  
<https://selfmanagementtc.ca/workshops/virtual-chronic-disease-self-management-program-2/>



[choosehealthtc@srhc.com](mailto:choosehealthtc@srhc.com)



**Choose Health**  
Toronto Central  
Self-Management Program Ontario

Hosted by

 South Riverdale  
COMMUNITY  
HEALTH CENTRE



# Research



## RESEARCH STUDY

### Join the PATHFINDER 2 Study

Help improve early cancer detection.



The PATHFINDER 2 Study will evaluate the performance of a multi-cancer early detection test, called Galleri, which may be able to detect many types of cancer through a simple blood draw at a UHN hospital.



Individuals aged 50 years or older with no active or treated cancer within the past 3 years, and who are not pregnant, are invited to participate.

To join, contact our study team at:  
**(647) 302-5707**  
**PATHFINDER2@UHN.ca**

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Visit [www.joinPATHFINDER2study.com](http://www.joinPATHFINDER2study.com)  
for more details.

**If you are in the Bathurst Clinic for a visit,  
please ask your provider about how to enroll onsite.**

**[www.joinPATHFINDER2study.com](http://www.joinPATHFINDER2study.com)**

## Contact us

 Phone: 416 603 5888

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

## Location

Bathurst Site: 440 Bathurst Street

Garrison Creek Site: 928 St. Clair Avenue West