



Newsletter

May - June 2023

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Clinic Reminders

How to book an appointment:

1. Call the clinic to book an appointment for:

- Counselling
- Physicals
- Well-baby visits
- Urgent issues in the next 2-3 days

Or if you do not have an OHIP number

2. For all other appointment types, book your [appointment online](#).

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Health Education Workshops

The TW Family Health Team offers monthly workshops to our patients and community patients. These health workshops are led by members of our healthcare team.

Visit [our website](#) for more information about upcoming health education workshops.

Toronto Western Family Health Team
Garrison Creek Bathurst

TW Family Health Team Health Education Workshops

Free virtual workshops & easy online registration

Upcoming Health Education Workshops

- May 24 7 pm**
Tips for Managing Everyday Parenting Challenges
Join us for an interactive session on how to set reasonable expectations for yourself and your kids, and learn how to enjoy life together as a family.
Presented by Dr. Sarah Reid
- May 29 12 pm**
Runner's Feet
Are you a runner or thinking about starting? Don't know how to start or worried about foot injuries?
Presented by Jessica, Chiroprapist
- May 31 12 pm**
Stress Less
Are you feeling stressed? Do you want to learn how to cope and manage your stress? Join us for our Stress Less Workshop to learn more about stress, how it affects you and how you can better manage the stress in your life.
Presented by Jenn (OT) & Sae (NP)
- June 6 1:30 pm**
Staying Independent at Home
Are you an older adult that wants to stay active and healthy, and to continue living at home? Join an interactive session to learn about how your body and brain change with age and what you can do to maintain your independence.
Presented by Carolyn (RN) & Laurel, Social Worker

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

Clinic Updates

Welcome Dr. Shelby Jaeranny!



Dr. Shelby Jaeranny has joined the Toronto Western Family Health team and will be the permanent family physician for patients formerly seen by Dr. Schenker. Dr. Jaeranny grew up in Brampton, Ontario, studied pharmacy at the University of Waterloo and completed her medical degree at McMaster University. She completed her residency at the University of Toronto and has most recently been working at St. Michael's Hospital as an academic family physician.

Welcome Dr. David Kepecs!



Dr. David Kepecs joined the Toronto Western Family Health Team on May 1, 2022 as a full-time associate physician taking

over Dr. Stubbs' practice. After obtaining his medical degree from the University of Toronto, Dr. Kepecs completed his training in Family Medicine at the University of Toronto (based at Toronto Western Hospital), followed by a fellowship in Emergency Medicine at the University of Ottawa. Dr. Kepecs was Chief Resident in both his Family Medicine and Emergency Medicine programs.

Dr. Kepecs also works in the emergency department at Humber River Hospital. He manages patients of all ages on a broad spectrum of medical issues. Dr. Kepecs is passionate about providing care in underserved areas of Northern Ontario and travels there to work in a community hospital and family medicine clinic.

myUHN is a secure website for patients of University Health Network (UHN). The website lets you safely see your appointments and results from all UHN sites as soon as they are ready. For more information about myUHN [click here](#).

With myUHN, you can:

- Manage appointments & update information
- Access your UHN health record & Ontario lab results.
- Have greater interaction with your care team
- Confirm and update your demographic details: address, health card number & emergency contact.
- Update your health information, such as allergies and medications.
- Check-in and complete questionnaires before your appointment and more!
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- Check-in and complete questionnaires before your appointment and more!

Seasonal Allergies

What are allergies?

An allergy is a reaction to a substance that is normally harmless. When we have allergies, our immune system responds to substances that typically are not harmful, like pollen, animal dander or mould.

Are allergies common?

Yes, allergies are very common. About 20-25% of Canadians have allergies.

Who gets allergies?

Most allergies appear in childhood and tend to have a genetic tendency. If both your parents have allergies, you have a 75% chance of also developing allergies.

What are seasonal allergies?

Seasonal allergies are allergies that are worse at a particular time of the year. The timing will change depending on changes with the climate, location, and weather patterns. In Canada:

- Tree pollens – occur in the spring
- Grass pollens – occur in the summer
- Ragweed pollens – occur in the fall

Spring pollen is here! Here are some tips to help you deal with pollen:

Check the [pollen count](#). If the pollen count is high:

- stay indoors (especially on windy days)
- keep your windows closed & use an air conditioner
- consider exercising inside
- shower and change your clothing if you have been outdoors

Avoid activities that put you in direct contact with pollen (such as mowing the lawn)

Use a HEPA-filtered air cleaner



What are allergy symptoms?

1. Rhinitis (hay fever) – is swelling of the lining of the nose. Symptoms are usually: itchy nose, itchy throat, runny or stuffy nose, sneezing or ear blockage
2. Conjunctivitis – watery, itchy, or red eyes
3. Asthma symptoms – if you have asthma, your asthma symptoms like coughing, wheezing, or shortness of breath can get worse
4. Skin reactions – hives or itchy and/ or swollen areas of the skin

How are allergies diagnosed?

Allergy testing can confirm your allergies:

- ✓ skin test
- ✓ blood test

It is also helpful for your provider if you keep a symptom diary. This will help find what you are allergic to.



Treatments

Allergy treatments will depend on the type of allergy symptoms you have. Some available treatments include:

- ✓ Antihistamines
- ✓ Decongestants
- ✓ Saline nasal sprays and washed
- ✓ Bronchodilators
- ✓ Skin creams
- ✓ Eye drops

Speak to your healthcare provider about which treatment options are best for you.

Additional Resources:

[Asthma.ca](https://asthma.ca)

[Canadian Society of Allergy and Clinical Immunology \(CSACI\)](https://www.csaci.org/)

[American College of Allergy, Asthma and Immunology](https://www.acaai.org/)

Ticks & Lyme Disease

What is Lyme Disease?

Lyme disease is an infection that is caused by a bite of an infected blacklegged tick.

What are the early symptoms of Lyme Disease?

- Fever
- Headache
- Muscle & joint pain
- Fatigue
- Expanding red rash

Planning to spend time in the wooded areas this summer?

Tick populations are expanding in Canada, and early detection and removal of ticks is important in the prevention of Lyme disease.



In Ontario, an infected blacklegged tick is the only type of tick that can spread Lyme disease.

The overall risk of getting Lyme disease in Toronto is low but is increased if you are doing activities in wooded and bushy areas in eastern parts of Toronto. For more information visit [Public Health Ontario website](#).

Etick, is an electronic tick identification platform that is



available in Ontario. Anyone who finds a tick can submit a photo and receive species identification results in 48 hours. The results and statistics are posted on the website.

Prevention

- Wear long pants & long sleeves
- Apply insect repellent with DEET
- If you find a tick on your body, remove it as soon as possible
- After spending time outdoors in wooded or bushy areas, shower to remove ticks
- Carefully check your full body and head for attached ticks
- Remember to also check your children and pets for ticks
- Mow the lawn regularly & remove leaf litter, brush, and weeds from the edge of the lawn

How to Safely Remove a Tick

Removing a tick is the same for humans and animals. It's important you **do not crush or damage the tick** because it could cause Lyme bacteria to pass from the tick into your bloodstream.

1. Use fine-tipped tweezers and grasp the tick as close to your skin as possible.
 - **Do not** use a lit match or cigarette, nail polish or nail polish remover, petroleum jelly (for example, Vaseline), liquid soap or kerosene to remove the tick.
2. Pull the tick straight out, gently but firmly.
 - **Do not** jerk or twist the tweezers while pulling the tick out.



- **Do not** squeeze the tick – you might crush it.
3. Once you have removed a tick, wash your skin with soap and water and then disinfect your skin and your hands with rubbing alcohol or an iodine swab.
 4. Before disposing of the tick, call or check the website of your [local public health unit](#) to get advice on how to identify the tick. You can also submit a photo of the tick to etick.ca.

Treatment

Oral antibiotics may be offered to prevent Lyme disease to a person of any age when the following conditions are met:

1. Attached tick is identified as a blacklegged tick
2. Tick was expanded and estimated to have been attached for >24 hours
3. Treatment can only be started within 72 hours of tick removal
4. Tick was acquired in an area where the infectivity rate of the tick population is $\geq 20\%$

PRIDE Month



In June we celebrate Pride Month

Pride is a global movement and celebration that brings people together from across the country to acknowledge their history, hardships endured, and the progress that has been made in the name of inclusion, diversity, and equality.

Community Support Groups for Trans and Non-binary folks

Programs at Sherbourne Health:

For information and registration for the following programs, contact: transprograms@sherbourne.on.ca

Gender Journeys: a 10-week program providing a safe space to explore gender identity and belonging.

Mature Trans Sisters: a social group for trans women and femme-identifier non-binary folks run by participants, supported by facilitators.

Gender Joy: an online presentation series celebrating trans identity and gender diversity followed by a group discussion.

Surgical Self-Care: helps people prepare for gender-related surgery and recovery.

Information Sessions: 2-hour online sessions providing detailed overview of hormone and transition-related surgeries

On May 17, we celebrate International Day Against Homophobia, Transphobia & Biphobia

Mental Health Services & Support:

Toronto PFLAG: Offers a phone support line 416-406-6378; open 9am-9pm, 7 days a week to the 2SLGBTQ community.

Umbrella Network: A private clinic offering sliding scale options for counselling. Email: info@umhn.ca, call or text: 647.687.6543

The 519: Offers counselling services including single session phone support. Contact: 416-392-6874 or email: Info@The519.org

Trans Lifeline: Trans peer support offered via 24/7 phone line: 1-877-330-6366. Also offer a family & friends phone line.

Friends of Ruby: Free counselling and social services for 2SLGBTQIA youth aged 16-29.

Trans Wellness Ontario: Virtual groups and drop-ins, counselling services and legal assistance. For individual counselling for 2STNB folks [click here](#).

GENDER-SPECIFIC & GENDER-NEUTRAL PRONOUNS

GENDER-SPECIFIC PRONOUNS

are the ways we refer to each other in the third person. People who are transitioning in some way might choose to change their pronouns.



GENDER-NEUTRAL PRONOUNS

THEY
THEM
THEIR



I saw Lauren come to work today and **they** seemed really happy. I wonder if it has anything to do with **their** weekend. I hope I see **them** soon to hear all about it!

ZE [ZEE]
SIE [SEE]
ZIE [ZEE]
HIR [HEAR]



I saw Lauren come to work today and **ze** seemed really happy. I wonder if it has anything to do with **hir** weekend. I hope I see **hir** soon to hear all about it!

ASK



You cannot tell someone's name or pronoun just by looking at them.

RESPECT



If someone takes the time to let you know their name and pronoun, use and respect it. It's not up to you to decide someone else's identity.

PRACTICE



If you have difficulty using someone's pronoun and name, practice. Ask co-workers, peers, and friends to point out when you've made a mistake.

Hi everyone, my name is Lauren. My pronouns are she and her.



Start meetings with everyone introducing themselves and stating their pronoun.

ASK! If you find yourself unsure of someone's pronoun, be attentive to how others refer to this person. If you are still unclear or concerned that people might be using the incorrect pronoun, politely and **privately** ask that person what pronoun they use.

All name tags and name plates can also have a spot to show someone's pronouns.



#TRANSINCLUSION

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HEAR STOP
IT! IT!
AND STANDERS

THE 519
SPACE FOR CHANGE

Contact Us



Phone: 416 603 5888



Website: twfht.ca



Locations

Bathurst Site: 440 Bathurst Street



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