

Centre Source

Produced for Family Health Teams and their patients

www.family-medicine.ca January-February 2009

The Centre for Family Medicine
Family Health Team
includes the practices of:

Dr. Joe Lee
Dr. Linda Lee
Dr. Heather Dixon
Dr. Alex Kolbasnik
Dr. John Pefanis
Dr. John Yee
Dr. Neil Arya
Dr. Michael Lee-Poy
Dr. Peter Whitby
Dr. Brian Finn
Dr. Kim Moore
Dr. Marc Sawyer

Executive Director: Ms. Pat McLeod
Site Program Assistant: Glenda O'Brien

Inter Professional Healthcare Providers:

Chiroprodists: Haley Court
Todd Porter
Jane Warner

Chiropractor: Dr. Craig Bauman

Clinical Pharmacist: Dr. Jeff Nagge
Anjali Banerjee

Clinical Dietitian: Marg Alfieri

Marriage & Family Therapists:
Annette Dekker
Felicity Finn
Catharine Voisin

Nurse Practitioners: Dawn Spence
Rita Cutajar

Health Educator: Jennifer Janzen

Physiotherapist: Alexandra Ilich

Social Workers: Colleen McMillan
Raechel Pefanis
Sharon Dillon-Martin

The Centre for Family
Medicine Family Health
Team is pleased to
announce the launch of
their newly re-vamped
website.

www.family-medicine.ca

Our new website allows patients to:

- ▶ **register on-line** for workshops and seminars
- ▶ it offers patients up-to-date information on **clinics** held at the Centre
- ▶ **Centre news**
- ▶ links to past **newsletters**
- ▶ plus many exciting **links** to various health related sites.

QIIP Corner

Colorectal Cancer Screening

Ontario has one of the highest rates of colorectal cancer in the world.

New Cancer Cases in Ontario (2007)		Cancer Deaths in Ontario (2007)	
Lung	7,900	Lung	6,800
Breast	8,500	Colorectal	3,250
Prostate	8,900	Breast	2,000
Colorectal	7,800	Prostate	1,650

Life-time risk of developing colorectal cancer

Men: 1 in 16
Women: 1 in 18

The **ColonCancerCheck** program's goals are to reduce mortality from colorectal cancer through an organized screening program and to have family physicians participate in this comprehensive screening program.



<http://coloncancercheck.ca>

If you qualified (ie: over 50) you would have received a Fecal Occult Blood Test (FOBT) in the mail from your family physician with a letter explaining the importance of completing this potential life saving screening test. We encourage you to complete your kit and return it to our lab or in the self addressed envelope provided. If you have any questions please call Jacqueline at 519-578-2100 x 256.

Colorectal cancer is the second deadliest form of cancer, but there is a 90% chance it can be cured if detected early.

Congratulations to Dr. Katrin Veiel (second year resident) on the birth of her son, Benjamin weighing in at 7 lbs. 13 oz.

Congratulations to Jennifer Farah, RPN on the birth of her twins. Miriya weighed in at 5 lbs 14 oz. and sixteen minutes later Nasser arrived weighing in at 5 lbs. 4 oz. Mother and babies are doing well.



Upcoming Seminars ...

Neck Pain Seminar – January 21st, 2009
Stretch your Food Dollars – January 26th, 2009
Arthritis Seminar – February 3rd, 2009

Register on line at www.family-medicine.ca
or call 519-579-0100.



Wellness Seminars

Seminars are held throughout the year on various topics of interest. Watch for information posters hung up around the Centre and check out our website on a regular basis.

If you would like to be personally invited to a seminar please leave your e-mail address or phone number at reception.

www.family-medicine.ca

These seminars are provided by the CFFM, along with the Ministry of Health and Long Term Care as part of its pilot project to promote the health and well being of our patients.

Health Promotion

January 2009

Alzheimer Awareness Month

Visit www.alzheimer.ca for more information.

February 2009

Heart Month

Visit www.heartandstroke.on.ca for more information.

March 2009

Colorectal Screening Month

Visit www.colorectal-cancer.ca for more information.



Halloween at the Centre (2008)

RESIDENT UPDATE

Electronic Health Initiative

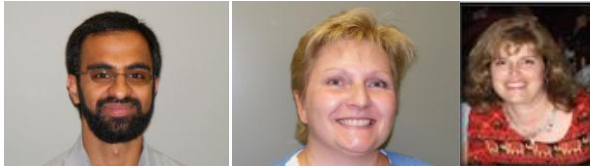
The Centre for Family Medicine and the Local Health Integration Network are embarking on a pilot project to provide patients with a personal health record online. Initially, this will help patients and their care providers track changes and manage chronic conditions such as diabetes and hypertension. It will also be a resource for reliable health information.

In addition to this we are working on enhancing electronic health communication between hospitals and health care professionals. Stay tuned for more developments!

Mohamed Alarakhia
PGY-1 Resident

Dr. Mohamed Alarakhia, one of our first year McMaster Family Medicine residents, has been leading our involvement and chairing our team's EHI Committee.

Electronic Health Initiative Committee



Dr. Mohamed Alarakhia Jacqueline Montgomery Catharine Voisin

Scheduling and Cancelling an Appointment

When scheduling an appointment please call well in advance so that we may accommodate your schedule to the best of our ability. It is important to let the receptionist know the nature of your appointment so that an appropriate amount of time may be booked. Please be aware that our reception staff cannot diagnose problems nor give advice, prescriptions, or results of tests over the phone.

If you cannot keep an appointment please call prior to the appointment to cancel; if 24 hours notice is not given a charge may apply.

What does being a "rostered" patient mean?

The Centre for Family Medicine is a Family Health Team. This model of care is a partnership with the Ministry of Health and Long-Term Care to improve the provision of health care services to you.

Enrolment in this program gives you access to treatment or telephone advice 24 hours a day, 7 days a week (through the Telephone Health Advisory Service at 1-866-553-7205). You will also have access, **free of charge**, to our inter-professional health care providers such as our dietitian, pharmacists, chiropractors, social workers, family and marriage therapists, and nurse practitioners. Enrolment also offers you access to our many specialty clinics such as our travel clinic, anticoagulation clinic, pain management clinic, heart function clinic and many more. All these services are only available to "rostered" patients. **If you become "de-rostered", you continue to be a patient at the Centre however you will no longer have access to these extra services.**

Note: If you are a "rostered" patient, we ask that you **do not use urgent care clinics** as this service is not approved by the Ministry. Also if you require the services of a specialist not available at the Centre please advise us so we can temporarily de-roster you while you are receiving care from outside this practice.

If you still have questions, please speak to your doctor.

After Hours Care

If you are a rostered patient experiencing health problems after hours, on weekends, or on recognized holidays, you have access to the **Telephone Health Advisory Services (THAS).**

THAS connects you to a nurse who can provide advice, access to a family health team doctor on call, or, if appropriate, suggest that you go to emergency.

If you cannot wait for the physician on-call or if your problem is of an urgent nature, we request that you go to the Emergency Department.

THAS : 1-866-553-7205