

Centre Source

Produced for Family Health Teams and their patients

www.family-medicine.ca

July August 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

Clinical Dietitian: Marg Alfieri

**Health Educator
Co-ordinator:** Sylvia Decker

Marriage & Family Therapists:
Annette Dekker
Felicity Finn
Catharine Voisin

Nurse Practitioners: Dawn Spence
Rita Cutajar

Preventions: Jacqueline Montgomery

Social Worker: Colleen McMillan

A Note from your Outgoing Family Medicine Chief Residents:

Dr. Carolyn Fuss and Dr. Taryn Williams

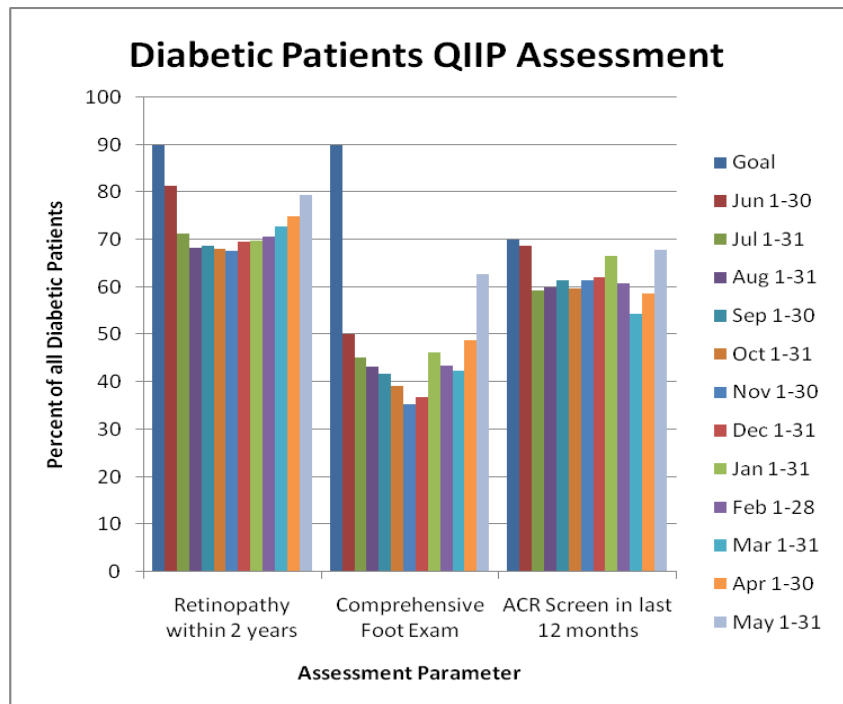
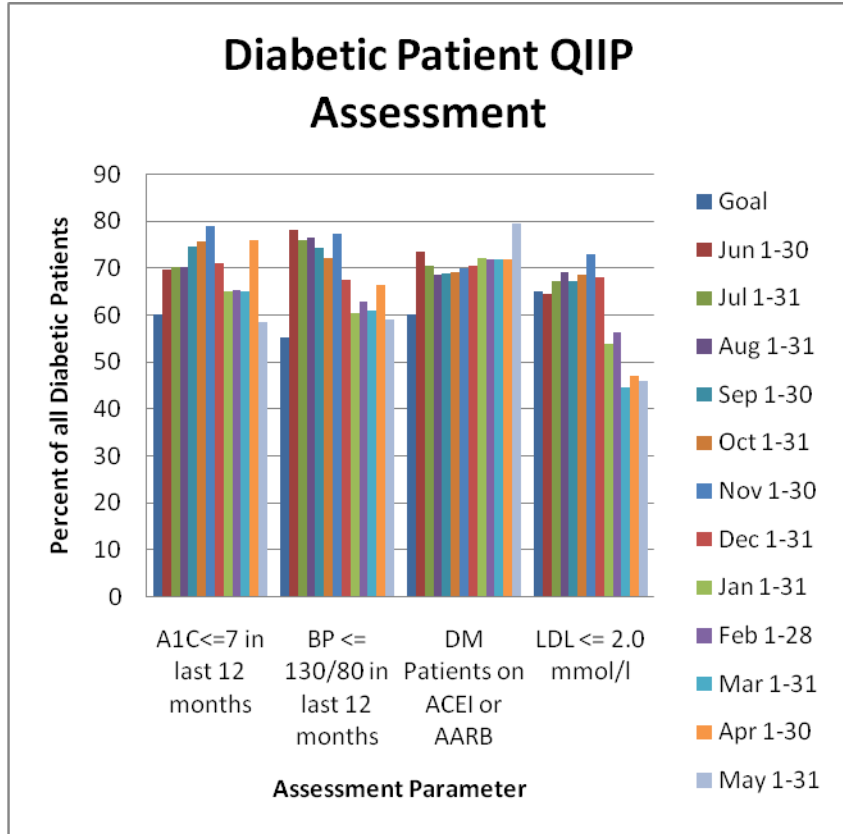
As McMaster Family Medicine Residents, our training in family medicine over the past two years has largely been a result of the generosity of the patients here at the Centre for Family Medicine. To become competent family physicians, it is necessary for all resident learners to apply their knowledge and skills to "real life" patients. On behalf of all of the residents, especially the outgoing second year residents we would like to take this opportunity to sincerely thank all of you for your very valuable contribution to our family medicine training. Without you, our training in family medicine within the Kitchener-Waterloo community would not have been possible. It has been wonderful getting to know many of you over the past two years. Many of us are graduating and beginning our own family medicine practices within the Kitchener-Waterloo community and beyond. You may continue to see some familiar faces here at the Centre for Family Medicine as residents continuing on in an extra year of training, or as future family physicians on staff.

We would also like to take this opportunity to sincerely thank all of the wonderful staff members here at the Centre for Family Medicine for helping to further our education in various ways. To our clinical preceptors, thank you for being such compassionate teachers and respected role models for family medicine.



QIIP Corner

The graphs below illustrate our progress on meeting the goals of the Quality Improvement and Innovation Partnership (QIIP). The data illustrates one year: June 2008 to May 2009.



Sun Safety (from the Canadian Dermatology Association)

Q: During which months do I need sun protection?

A: In Canada, the highest UV radiation levels occur from May through August. You need to be protected, however, from late spring to early fall, when the UV Index is 3 or higher. During the winter, if you are involved in outdoor sports, sun protection may be required.

Q: When during the day do I need to be sun protected?

A: The greatest amount of UV radiation reaches the earth between the hours of 11 am and 4 pm.

Q: Can I get sunburn on a cloudy day?

A: Yes, over 90% of UV radiation can penetrate light cloud cover.

Q: Are sunscreens still effective after the expiry date?

A: Discard sunscreen products after the date of expiry since these are chemical-based formulations which can lose their effectiveness over time. This problem is made worse since sunscreens are often kept in hot environments over the summer, such as in the car or beach bag, and heat may speed up the process.

Q: I am taking medication that makes my skin more sensitive to the sun. What can I do to protect my skin?

A: Make sure you use a high SPF sunscreen and one that is labeled “broad spectrum”.

Visit the Canadian Dermatology Association’s website:

www.dermatology.ca

There are many resources available on line. Look under the **Sun Awareness Program** tab.

- ▶ 2009 Melanoma Fact Sheet
- ▶ 2009 Skin Cancer Stats and Facts
- ▶ Sun Safety Resources
- ▶ List of recognized Sunscreens

Be sure to check out the “Special Report on Sun Awareness” from the Globe and Mail (June 2009).

Congratulations to Mohamed Alarakhia (Resident) on the birth of his beautiful daughter. Fatimah weighed in at 6 lbs 15 oz, Sister Maryam is overjoyed!

Congratulations also go to Jennifer Dignam (Resident) on the birth of her son. William weighed in at 7 lbs 13 oz. Mom, Dad and baby are all doing fine.



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.



Upcoming Seminars ...

Diabetes Workshops

Sept. 15th	Portion Control
Sept. 22th	Mediterranean Diet
Sept. 29th	Exercise
Oct. 6th	Emotional Eating
Oct. 13th	Low Fat Cooking

These sessions will be held between 9:00 am and 10:00 am at 25 Joseph Street.

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



Diabetes Fair

Nov. 7th, 9:30 am to 12:00 pm at the Calvary United Church in St. Jacobs.

Join us for a fun interactive morning with displays and a cooking demonstration. The key note speaker is Haley Court, Chiropodist, and she will speak on Diabetic Foot Care.

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

Region of Waterloo Public Health presents FREE Prenatal Health Fairs

Prenatal health fairs are designed for parents planning a pregnancy in the future and for parents in early pregnancy. They offer over fifty displays, mini workshops, videos, pamphlets to take home, and access to care providers who will answer your questions. Future parents will learn how a healthy pregnancy helps build a healthy baby.

When: Wednesday, September 30th, 2009
5:00 pm to 8:00 pm
Where: Cambridge Newfoundland Club
1500 Dunbar Road, Cambridge

For more information call: 519-883-2308



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.

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