

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

www.family-medicine.ca

March-April 2009

MARCH is NUTRITION MONTH

Dietitians Top 10 List – What you need to know ...

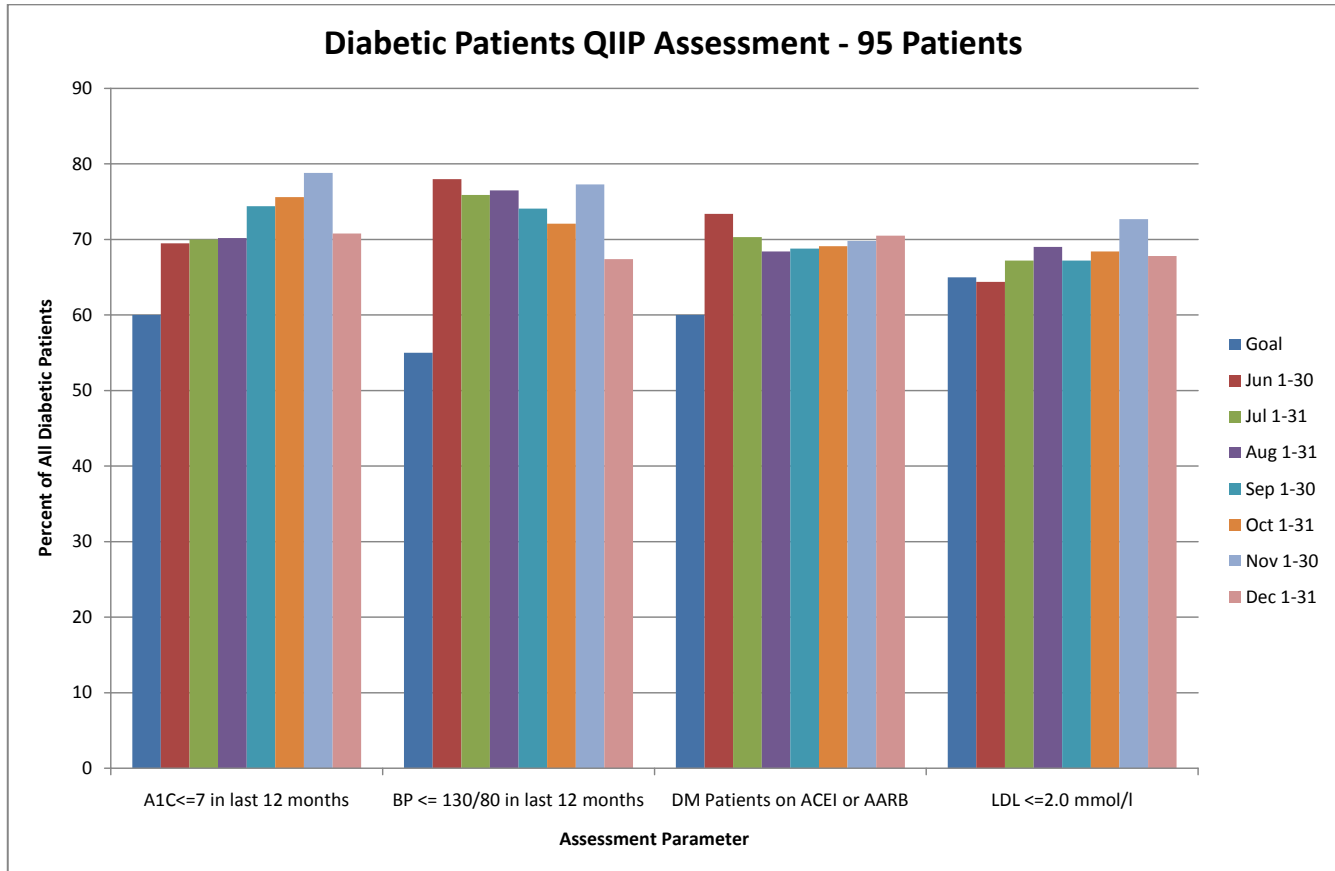
- 1 Want to feel your best? Eat well and get physical!
- 2 Benefit from balance – challenge and support family members to achieve and maintain healthy weights.
- 3 Quality counts – whether at home, school, work or play, keep healthy food choices top of mind!
- 4 Give your food portions a makeover – tune in to moderation in serving sizes.
- 5 Colour your world with vegetables and fruit.
- 6 Be a savvy shopper – get the nutrition facts on foods from the label.
- 7 Make meal time a family affair!
- 8 Healthy eating is more than a flash in the pan – it's a lifetime commitment.
- 9 Make www.dietitians.ca/eatwell your “go to” place for trusted nutrition information and fun healthy eating ideas!
- 10 Have a food or nutrition question? Ask a Registered Dietitian.



Go to www.family-medicine.ca “Nutrition Month”
for more information.

QIIP Corner

Below is a chart illustrating our progress on meeting or exceeding the goals of the Quality Improvement and Innovation Partnership (QIIP), for our diabetic patient population.



As noted in the four areas measured on this chart, The Centre for Family Medicine exceeds the goals recommended by the QIIP. Next newsletter we'll illustrate the status of our Retinopathy Screening, Comprehensive Foot Exams and ACR screening.

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 ...

Chronic Pain Seminar – March 17th

1:30-2:30 pm

Low Back Pain Seminar – March 25th

7:00-8:00 pm

Diabetes – Motivation and Stress

Management – March 27th

9:30-11:00 am

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

Health Promotion

March 2009

National Colorectal Cancer Awareness Month

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

National Epilepsy Month

Visit www.epilepsy.ca for more information.

National Kidney Month

Visit www.kidney.ca for more information.

National Nutrition Month

Visit www.dietitians.ca for more information.

April 2009

Irritable Bowel Syndrome (IBS) Awareness Month

Visit www.badgut.com for more information.

National Cancer Month

Visit www.cancer.ca for more information.

Parkinson Awareness Month

Visit www.parkinson.ca for more information.

April 22nd is EARTH DAY

Build your eco-knowledge and share it with others.

Which household appliance uses the most energy?

- A) Refrigerator
- B) Toaster
- C) Dishwasher
- D) Washing Machine

“Phantom carriers” is a term used for electronic devices that:

- A) Move from room to room
- B) Continue to consume electricity even when switched off
- C) Are really expensive
- D) Are energy efficient

Over the period of one day, a slow dripping tap could fill a:

- A) Swimming pool
- B) Bathtub
- C) Drinking glass
- D) Sink

What represents the greatest amount of household hazardous waste?

- A) Batteries
- B) Solvents
- C) Paints
- D) Cleaners

Answers

Answer A – Refrigerators use about 11% of a household’s total energy consumption. (Buy Energy Star endorsed appliances).

Answer B – “Phantom carriers” are products that draw power 24 hours a day. 75% of the electricity used to power home appliances is consumed while the product is turned off. (Use a power bar to connect these units and then simply switch off the power bar).

Answer B – Slow dripping taps can actually be more wasteful than high volume toilets. (Fix your faucets).

Answer C – Paint accounts for more than 40% of household hazardous waste. (Don’t buy large quantities of paint. Dispose of left over paint at your local hazardous waste depot).

See www.earthday.ca

RESIDENT UPDATE



On Friday, March 6th, Family Medicine Residents, as well as medical students and clerks of the local Michael G. DeGroot School of Medicine served cake and coffee at the five local Community Hospitals – Grand River, St. Mary’s, Guelph General, Cambridge Memorial and Groves Memorial Hospitals.

This was an opportunity for the medical learners to show appreciation and thanks for the role that area physicians and hospital staff members are playing in the education of our future physicians.

Congratulations to Dr. Julie Ray (second year resident) on the birth of her beautiful twin daughters, Hannah and Megan. Hannah weighed in at 5 lbs 15 oz, and Megan arrived 4 minutes later weighing in at 5 lbs. 13 oz. All are doing well (Dad too!).



We’re still expecting a delivery to Melanie Gualtieri, RN and Anjali Banerjee, Pharmacist

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.

Best-Ever Chocolate Cookies (Kid Approved)

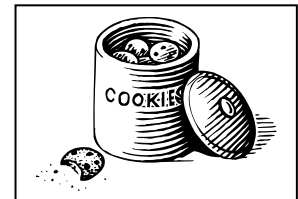
Preheat oven to 350°F Baking sheets – ungreased

1 cup	all purpose flour	250 mL
½ cup	unsweetened cocoa powder	125 mL
1 tsp	baking soda	5 mL
¼ tsp	salt	1 mL
2	eggs	2
1 cup	margarine or soft butter	250 mL
¾ cup	packed brown sugar	175 mL
1 ½ cups	quick-cooking rolled oats	375 mL
1 cup	bran cereal (not flakes)	250 mL
¾ cup	white chocolate chips	175 mL

1. In a small bowl, sift flour, cocoa powder, baking soda and salt.
2. In a large bowl, beat eggs, margarine and brown sugar. Fold in flour mixture. Stir in oats, bran cereal and chocolate chips.
3. Drop dough by heaping tablespoon (15 mL), about 2 inches (5cm) apart, onto baking sheets.
4. Bake in preheated oven for 7 to 9 minutes or until just crisp. Let cool on baking sheets on a wire rack for 5 minutes then remove to rack and cool completely.

Tip: When using margarine choose a non-hydrogenated version to limit consumption of trans-fats.

Calories: 103
 Fat: 6.0 g
 Sodium: 116 mg
 Carbohydrate: 11.8 g
 Fiber: 1.3 g
 Protein 1.6 g
 Calcium: 20 mg
 Iron: 0.7 mg



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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