

Centre Source

Produced for Family Health Teams and their patients

www.family-medicine.ca

May - June 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

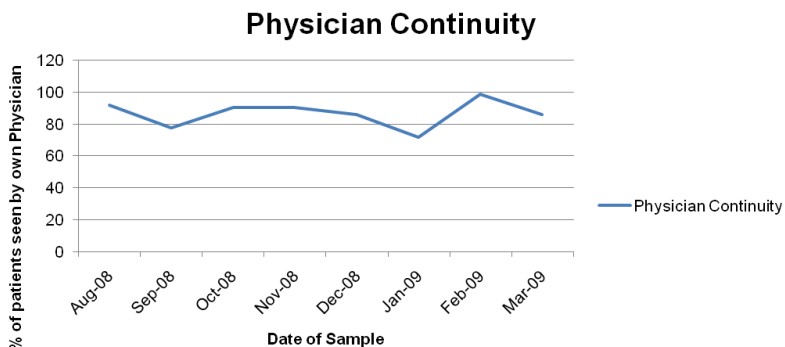
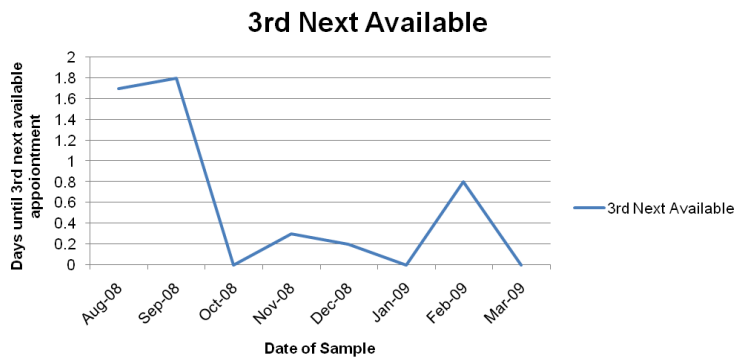
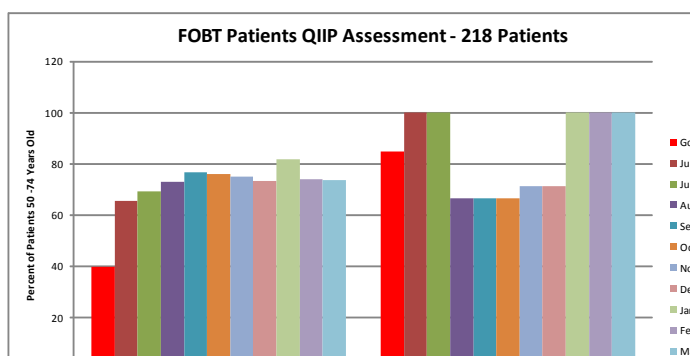
Marriage & Family Therapists:
Annette Dekker
Felicity Finn
Catharine Voisin

Nurse Practitioners: Dawn Spence
Rita Cutajar

Preventions: Jacqueline Montgomery

Social Worker: Colleen McMillan

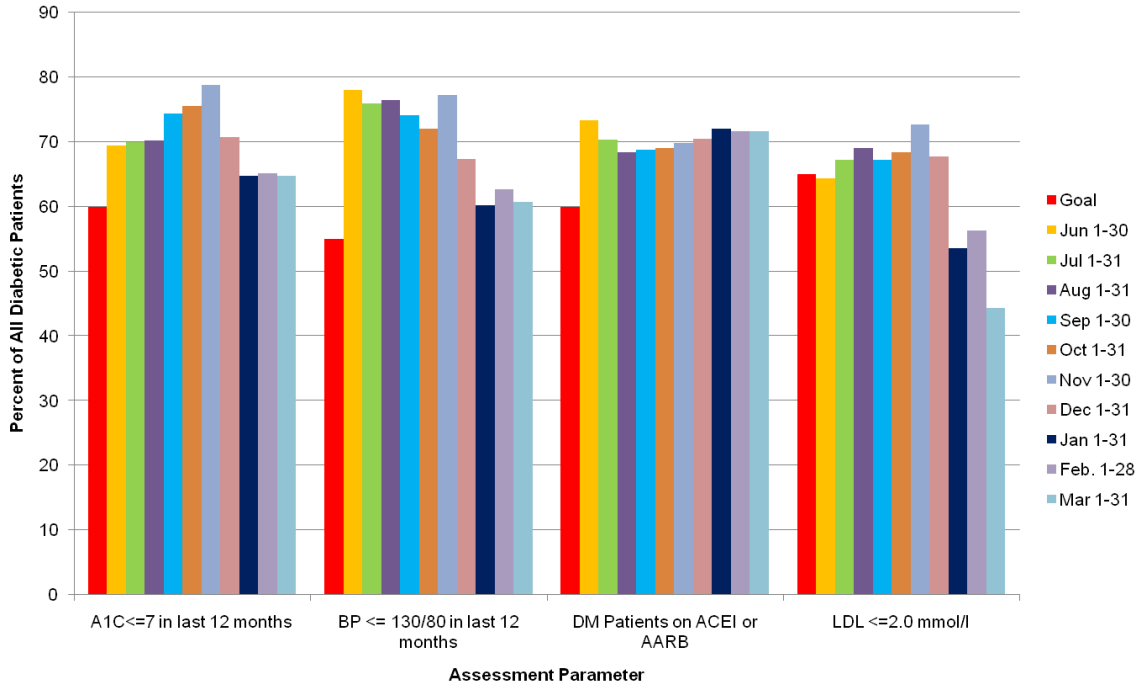
On May 7th and 8th the QIIP Team went to the final Learning Session in Toronto. Below are some graphs illustrating our progress to date on FOBT screening, 3rd Next Available Appointment and Physician Continuity.



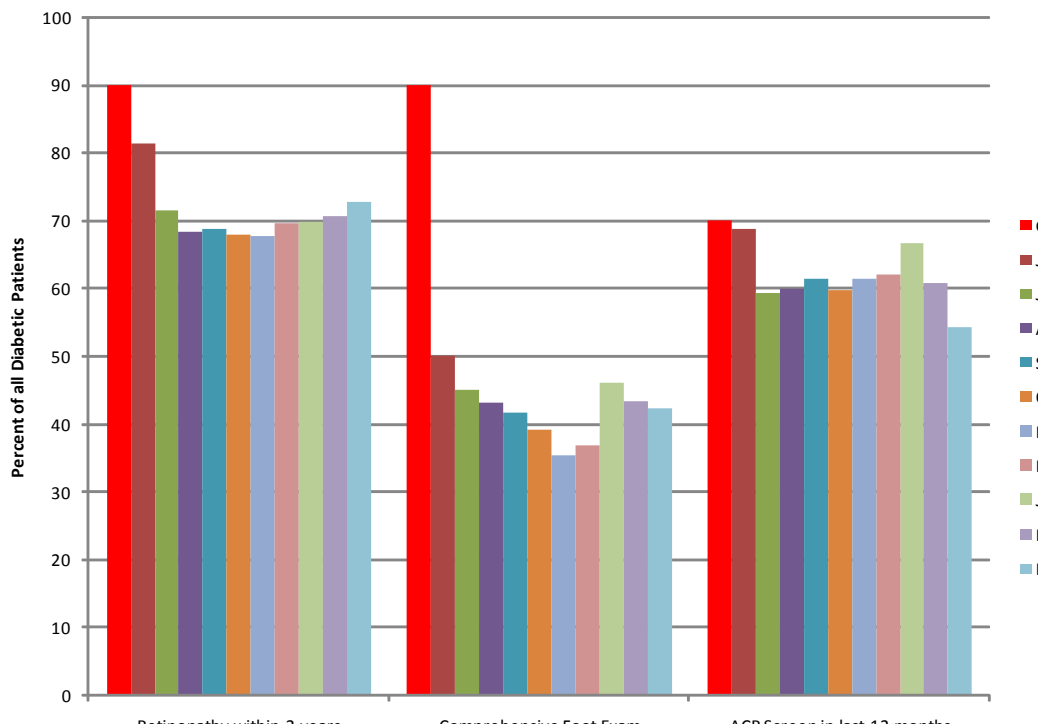
QIIP Corner

Below is a chart illustrating our progress on meeting the goals of the Quality Improvement and Innovation Partnership (QIIP) with our **diabetic patient population**. The data illustrates our progress to March 2009.

Diabetic Patients QIIP Assessment - 91 Patients



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Health Promotion

May 2009

Foot Awareness Month

Visit www.podiatrycanada.org for more information.

National Physiotherapy Month

Visit www.physiotherapy.ca for more information.

National Summer Safety Week

Visit www.safety-council.org for more information.

Emergency Preparedness Week

Visit www.getprepared.gc.ca for more information.

National Mental Health Week

Visit www.cmha.ca for more information

June 2009

Stroke Awareness Month

Visit ww2.heartandstroke.ca for more information.

Seniors Month

Visit www.seniors.gc.ca for more information.

Relay for Life

Visit <http://convio.cancer.ca> for more information.

Clean Air Day

Visit www.cleanairday.com for more information.

One in five Canadians suffers from some form of chronic pain!

Traditionally, pain has been viewed as a symptom of underlying disease that will end after healing takes place. We now know that when pain persists, that physiological changes occur in the central nervous system.

Pain Management is a way of recognizing, identifying and treating pain, and a way of thinking about pain.

- pain may be physical, psychological, social or spiritual
- pain management is achieved through assessment and treatment.

Cognitive Strategies for Pain Management include:
Visualization; Meditation; Prayer; Music; Journaling

Behavioural Strategies include:
Exercise; Support Systems; Art; Slow Breathing

Other strategies include: TENS Therapy and medication.

Resources:

www.iasp-pain.org

www.pain.com

www.theacpa.org

www.canadianpainsociety.ca

www.ama-assn.org

www.painandhealth.org

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.

SCREENING SAVE LIVES

Make no mistake about it – **screening saves lives.** Whether it's the mammogram to screen for breast cancer, the Pap smear to screen for cervical cancer or the fecal occult blood test (FOBT) to screen for colorectal cancer, tests have the potential to detect abnormalities early – early enough that you can do something about it.

Studies show that regular mammograms (at least every two years) can reduce breast cancer deaths for women aged 50 to 69 by as much as one-third. Regular pap smears help reduce the cervical cancer death rate and regular screening with the fecal occult blood test kit may reduce the mortality rate from colorectal cancer by anywhere from 15% to 33% in people aged 50 to 74 years.

The Centre for Family Medicine encourages patient participation in Preventive Screening tests and advises our patients to be proactive in their health care. So, if you've recently received a Preventive Care Letter from your family physician, we strongly encourage you to complete the test recommended. **If you have any questions please call: Jacqueline at 519-578-2100 x 256.**

Congratulations to Anjali Banerjee (Pharmacist) on the birth of her beautiful daughter, Neha. Neha weighed in at 5 lbs 12 oz, Brother Nayan is overjoyed!

Congratulations to Melanie Gualtieri (RN) on the birth of her son.

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