

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

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

Executive Director: Ms. Pat McLeod

Inter Professional Healthcare Providers:

Chiroprodists: Haley Court
Todd Porter
Jane Warner

Chiropractor: Dr. Craig Bauman

Clinical Pharmacist: Dr. Jeff Nagge
Dr. Danette Beechinor
Dr. Tejal Patel
Anjali Banerjee

Clinical Dietitian: Marg Alfieri

**Marriage & Family
Therapists:** Annette Dekker
Felicity Finn
Catharine Voisin

Nurse Practitioners: Dawn Spence
Rita Cutajar
Kathryn Flanigan

Social Workers: Colleen McMillan
Sharon Dillon-Martin
Elisha Schmidt



Congratulations Dr. McMillan!

After 4.5 years of working full time on her PhD, Colleen successfully defended her dissertation on March 26, 2010. Her research examined the role that attachment and relational disconnections play in the formation of disordered eating among adolescent girls. The research was conducted at the Centre for Family Medicine in 2008. Her dissertation has been nominated for the Gold Award for Academic Excellence by Graduate Studies, WLU. Colleen is appreciative of the many forms of support given to her by so many colleagues over the last couple of years at the Centre.

The first thing she is planning to do is take some holidays!

Mental Health Month – May 2010

A team of experienced Registered Social Workers, Registered Marriage and Family Therapists, and graduate level learners who receive supervision, provide confidential mental health services. These professionals work closely with the CFFM physicians and other members of the Family Health Team who are part of the interdisciplinary circle of care.

A physician may recommend therapy for a variety of reasons such as anxiety, depression, substance abuse, relationship stress, mood disorders or other mental illness. Research demonstrates that individual, couple and family therapies are effective treatments for those struggling with mental health and/or relationship concerns.

Psychotherapy focuses on the strengths to help people achieve goals to alleviate their symptoms. Discussing goals, behaviour, emotions and thoughts, as well as learning effective techniques to manage symptoms, to problem solve, and to access support systems are all a part of the therapeutic process.

Our team of professionals recommends the following helpful websites:

www.cmha.ca

Lots of helpful information and resources about mental health.

<http://www.moodgym.anu.edu.au>

An interactive site with a good introduction to cognitive behaviour therapy (CBT)

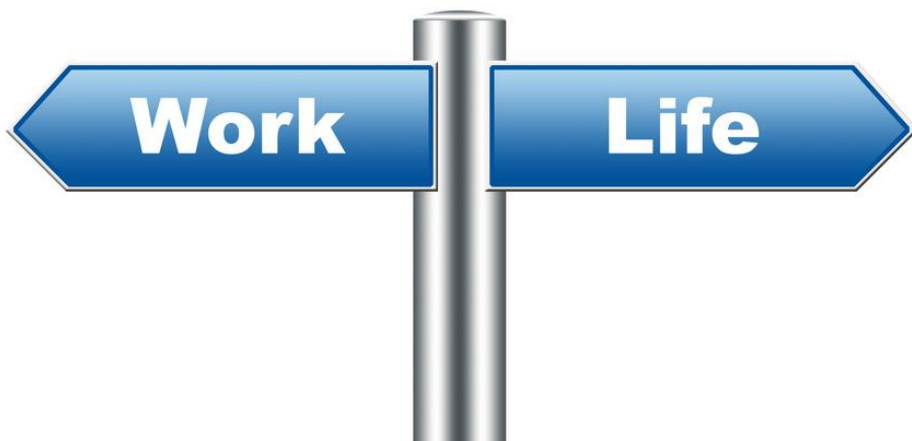
www.livinglifetothefull.com

An excellent interactive CBT site!!

www.blackdoginstitute.org.au/

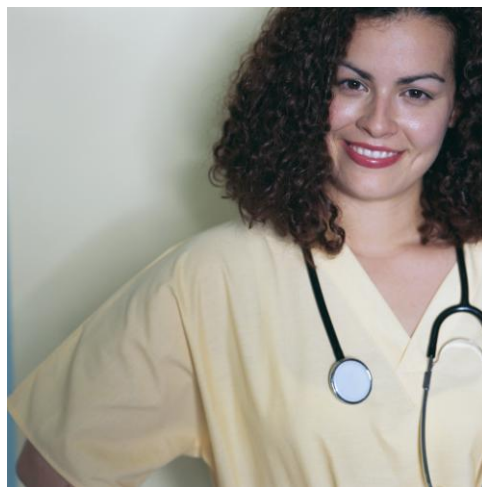
An excellent site about depression and other mood disorders.

All our therapists' honour and respect diversity in ability, age, culture, ethnicity, gender, race, sexual orientation, spirituality and socio-economic status. All patients of the CFFM-FHT are welcome. We do have a wait list and recommend that if your physician refers you to our services that you attend an orientation session. Please call 519-578-2100 x 207 for more information.



National Nursing Week – May 10- 16th, 2010

National Nursing Week is an opportunity to celebrate Canadian nurses for their provision of outstanding patient – centered care and dedication to advancing the health system. This years' theme is **NURSING: You can't live without it!**



celebrate



May is Foot Health Awareness Month,

so there is no better time to talk about shoes for children.

As the warm days approach, kids become excited at the prospect of ditching their winter shoe wear for flip flops, sandals, rubber-type shoes, and ballet flats. As it turns out, these types of shoes are inappropriate for young and active children.

There are two main reasons why these are poor shoe choices: They do not provide adequate support for children's feet; and these shoes are not fixed onto the feet very well: resulting in falls, ankle sprains, and in some cases, broken bones.

The best shoes for children to wear are true running shoes. But beware, not all runners are made the same! You can test a running shoe for its appropriateness by checking these main characteristics in the shoe: the runner should have a sturdy heel counter (the area behind the heel). If you can press this down, it will not support the foot very well.

The shoe should flex in the appropriate spot: right at the ball of the foot where the foot naturally flexes during gait. If you can fold the shoe in half right in the middle, it will not be a good choice. Finally, there should be a proper retaining mechanism on the shoe, such as laces or velcro straps.

Haley Court, Chiroprapist

Upcoming Seminars ...

May 4th	Diabetes 101 9:00 am – 10:15 am
May 4th	Lower Back Pain Workshop 7:00 pm – 8:00 pm
June 1st	Diabetes 101 9:00 am – 10:15 am
July 6th	Diabetes 101 9:00 am – 10:15 am

These sessions will be held at 25 Joseph Street.

Register on line at www.family-medicine.ca
or call 519-578-2100 x 207.



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.

Baby News!!! GIRLS, GIRLS, GIRLS ...

Penny English (Resident) gave birth on April 15th to Elle Elizabeth, weighing 7 lbs. 9 oz.

Joy Furtado (Receptionist) gave birth on April 25th to Anaisa, weighing 8 lbs. 2 oz.

CONGRATULATIONS!!!

CFFM International Travel Clinic

Are you planning a holiday get away or visiting friends or relatives in another country? ... you may be at risk and should consult our travel clinic physician to help minimize any health risks.

The travel clinic provides Centre for Family Medicine patients and their **immediate family members only**, with pre-travel counseling along with the vaccinations and medications needed to stay healthy while travelling abroad.

By Appointment Only – 519-783-0022

It is recommended you book a minimum of 6 weeks in advance of your departure, as some vaccinations may require a series of injections.

Please be aware that OHIP **does not** cover travel consultations or the vaccines.

For more travel information and tips visit our website at www.family-medicine.ca under Travel Health

40 Under 40

The Record recently honoured those making a difference in our region. Dr. Lee-Poy was one of the recognized leaders.

Dr. Michael Lee-Poy is making a significant contribution in the areas of education, medicine and health promotion, community building and social justice.

Lee-Poy currently trains family medicine residents through a variety of roles – including clinical supervisor, evidence-based medicine tutor and research tutor. His efforts were recently recognized with the inaugural Excellence in Teaching Award.

“Teaching has always been a great interest and love of mine”, said Lee-Poy, an assistant clinical professor with McMaster University’s department of family medicine. “It started with the many teachers who patiently guided and mentored me, encouraging and pushing me to learn and improve myself. These people were monumental in making me the person I am today.”

Source: The Record – February 24th, 2010