

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

Administrative Lead: Pat McLeod
Administrative Assist: Glenda O'Brien

Inter Professional Healthcare Providers:

Chiroprodists: Haley Court
Todd Porter
Jane Warner

Chiropractor: Dr. Craig Bauman

Clinical Pharmacist: Dr. Jeff Nagge

Registered Dietitian: Marg Alfieri

Marriage & Family Therapists:

Annette Dekker
Felicity Finn
Catharine Voisin

Nurse Practitioners:

Dawn Spence
Rita Cutajar

Physiotherapist: Alexandra Ilich

Social Workers: Colleen McMillan
Raechel Pefanis
Sharon Dillon-Martin

www.family-medicine.ca

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CONTROL YOUR ASTHMA

Asthma is a chronic disease that affects your airways, (the tubes that carry air in and out of your lungs). These airways become inflamed or swollen. The inflammation makes them very sensitive and they can react strongly by becoming narrow and producing more mucus which allows less airflow through your lungs. Asthma cannot be cured but most people with asthma learn how to control it so that they have few and infrequent symptoms and can live normal, active lives. Asthma can vary from day to day, and over the course of weeks or months.

If you know the signs that your asthma is getting worse, you can help keep your asthma under control.

- ✓ **You have more asthma symptoms.** If you notice an increase in wheezing, breathlessness, chest tightness or coughing more than twice a week it is a sign of worsening asthma.
- ✓ **You need your reliever medication more often.** If you need quick-relief medication more than twice a week, it means your asthma is getting worse. Your doctor may tell you to take more of your regular medication to keep symptoms from starting.
- ✓ **You cannot do your normal activities.** When asthma is under control, you can go to work and school, exercise, and participate in physical activities.
- ✓ **Your lung function results are below normal.** If you are using a Peak Expiratory Flow (PEF) meter, readings below 80% of your personal best mean asthma control is worsening.

Four simple steps can help you achieve and maintain asthma control.

- ✓ **Work with your doctor to control your asthma.** Your doctor is your partner in achieving and maintaining asthma control. Make sure you understand how and when to take your medications.
- ✓ **Take your asthma medications the way your doctor says to take them.** Most people with asthma need two kinds of medication. A quick-acting reliever or "rescue" medication that you take when you need to stop asthma symptoms. And a controller medication that you take every day to prevent asthma symptoms.
- ✓ **Know the causes of your asthma symptoms and how to respond to them.** Each person with asthma reacts to a different set of risk factors. Take steps to avoid your causes of asthma triggers such as animals with fur, dust, strong perfumes or smoke.
- ✓ **Act quickly to treat asthma attacks.** Know the signs your asthma is getting worse, how to react and when to seek medical help. After an asthma attack, review your medication plan with your doctor and plan how to prevent future attacks.

Source www.ginasthma.org

Do You have High Blood Pressure?

Did you know that more than 9 in 10 Canadians will develop high blood pressure (hypertension) unless they follow a healthy lifestyle. High blood pressure can cause strokes, heart attacks and heart and kidney failure. It is also related to dementia and sexual problems. These problems can be prevented if high blood pressure is controlled.

Blood pressure is measured with two numbers.

124 ← the top number occurs when your heart beats and pumps blood
84 ← the bottom number occurs when Your heart relaxes and fills with blood

If you have been diagnosed with high blood pressure:

- Have your blood pressure measured regularly.
- See your health care provider regularly.
- Have your cholesterol measured. Most people with high blood pressure have other risks for heart disease and stroke such as high cholesterol.
- Have your blood sugar checked. People with diabetes and high blood pressure must be monitored closely and need to strive for lower blood pressure targets.
- Have your kidney function checked. This can be done by measuring the salts in your blood and by testing your urine. Kidney problems can cause high blood pressure.
- If you are told you have high blood pressure, tell your family members. They may be at risk for hypertension and should have their blood pressure checked.

Blood pressure should be measured when you are relaxed and rested because most people have higher readings when they are under physical or emotional stress. If your doctor suspects you have high blood pressure they may suggest you book an appointment with one of our Nurse Educators. The initial appointment will be one hour allowing sufficient time to do a 30 minute reading in a quiet area and then you will have 30 minutes of education on how to lower your blood pressure thru diet and exercise. Your doctor will discuss how frequently they would like to have you come in for monitoring.



Registered Dietitian

Once diagnosed with high blood pressure your doctor may suggest that you see our Registered Dietitian, Marg Alfieri. Marg sees patients at the King Street Office and in Wellesley.

Marg conducts nutrition seminars which focus on transforming one's diet and lifestyle to be healthier. Seminars are offered on a variety of topics including: Waist Loss, Heart Health, Mediterranean diet, Osteoporosis and many other topics. Come and learn how easy it is to prevent and/or treat Diabetes, Heart Disease and other chronic illness. Call 519-579-0100 to request the seminar schedule.

Amy Kropf

Registered Respiratory Therapist/
Certified Respiratory Educator



If you think that you or your child would benefit from a one-on-one Asthma Assessment/Education Session, ask your family physician to make a referral for a one hour appointment. Amy is available Friday afternoons from 1:00-4:00.



Congratulations to Marg Alfieri ... a Dietitians of Canada (DC) Volunteer Recognition Program recipient. This program recognizes volunteers who have made significant contributions to Dietitians of Canada.

Dr. Roberta Hood will be completing her two years of family medicine residency at the end of June. She will be going on to a third year in Enhanced Skills and will continue her learning in the KW area. She has done an excellent job as Chief Resident and will be missed! Best of luck in your continued studies!

Prostate Health

The prostate, a walnut –sized gland located just below the bladder, is the source of many male urinary problems, including cancer, benign enlargement, and inflammation (prostatitis). Prostate cancer, with an estimated 18,000 new cases every year, is the most common male malignancy.

Ailments commonly linked to the prostate can also be brought on by urinary tract infections, lifestyle habits, and a high-fat diet. More often than not, the factors that predispose us are beyond our control. As men age, the prostate tends to become enlarged a condition called benign prostatic hypertrophy (BPH). About one third of all men over 50 experience this noncancerous enlargement that can cause severe obstruction of urinary flow.

A diet that includes omega-3s found in fish and vegetable oils, broccoli, cabbage and cauliflower contains antioxidants that appear to be protective. Tomatoes, red grapefruit and watermelons contain Lycopene which in recent studies have shown to reduce the risk of prostate cancer. Whole grains offer fibre, selenium and vitamin E.

Drink plenty of non-alcoholic fluids to flush the bladder. Caffeine should be kept at a minimum.

If you are over the age of 50 your Health Care Provider may suggest a PSA test included with your physical and blood work. A PSA test measures the level of a specific protein in the blood.

There are several treatment options available to men with Prostate Cancer. These are very personal choices that need to be discussed at great detail with your Health Care Provider. If caught early enough, as with many cancers, the illness can be treated quite well.

Source Readers Digest Association, Inc.

ANDROPAUSE SYMPTOMS and TREATMENTS

Andropause may be diagnosed when there is a low level of testosterone in the blood.

Symptoms of Andropause

- Depression
- Decreased interest in sex
- Erectile dysfunction
- Fatigue/low energy
- Hot flashes/muscle aches
- Increased fat deposits around the abdomen
- Infertility
- Osteoporosis
- Poor sleep

If you feel you may be experiencing the symptoms of Andropause speak to your Health Care Provider.

With a simple blood test and testosterone replacement therapy you could be fit as a fiddle in no time again.

Source Dr R. Bebb, MD in association with the MediResource Clinical Team

How can you avoid ED?

While it is true that age can be a factor in the onset of ED (Erectile Dysfunction), aging itself is not the cause. Rather, age-related illnesses such as high blood pressure and diabetes are reasons ED is more prevalent later in life.

Briefly the most common risk factors for ED include:

Medical conditions like high blood pressure, high cholesterol, diabetes and hardening of the arteries, spinal cord injury, stroke, anxiety, stress, depression, irradiation of the pelvic region (e.g. for surgery of the prostate or colon), cigarette smoking, obesity, alcohol and/or drug abuse.

For many of the chronic medical problems that lead to ED, appropriate lifestyle changes and medical care can make a difference.

Speak with your health care provider to find out what can be done to help you.

Source Pfizer Canada – Men's Health



Physicians' Talent Night Fundraiser

It was a rainy night in April when the Kitchener-Waterloo Academy of Medicine hosted its 3rd Annual Physician Talent Night in the beautiful St. Jacob's Playhouse.

Some of the evenings' performers were none other than our own Dr. Joseph Lee, accompanied by his children (Jennifer, Michael, and Melissa) who opened with a fun rendition of a Beatles song "Day Tripper".

Dr. Michael Lee-Poy, Dr. Lisa McFarlane and Thomas Brown performed three musical numbers; Resident Dr. Janet Mendonca and her husband sang songs encouraging audience participation and our retail pharmacist Shanthi Sampath, along with Dr. Willy Galarraga and friends got us out of our seats moving to the rhythm of some Latin music.

Also performing were our Family Medicine Residents ... Dr. Lianne Gerber-Finn, Dr. Jamie Milligan, Dr. Dan Honsinger, Dr. Carolyn Fuss, Dr. Julie Ray and Dr. Taryn Williams. We were treated to a very funny musical skit on "If I wasn't a family doc what type of specialist would I be?"

Many other family physicians and specialists from the community also performed. Who knew we had so much talent in our medical profession!

At the end of the evening Dr. Heather Dixon, President and Dr. Michael Lee-Poy, Vice President of the Kitchener-Waterloo Academy of Medicine presented **HOSPICE OF WATERLOO REGION** with a cheque for \$5,000.00!

Hospice of Waterloo Region is a volunteer organization dedicated to providing comfort, care and support to people affected with life threatening illness. Hospice provides its services by trained volunteers in homes, hospitals, and long term care facilities.

The Centre for Family Medicine staff were very proud to be part of this fund raising event.

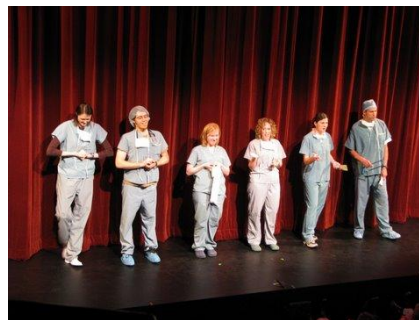


Dr. Lee-Poy, Dr. Lisa McFarlane, Thomas Brown



Dr. Janet Mendonca

Dr. Joe Lee



CFFM Residents

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 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 : 1-866-553-7205

We say good-bye to the three University of Western Ontario residents who have been with us for the last four months. **Jaclin Butris, Erica Van Daalen and Janet Mendonca**. Best wishes from the staff at The Centre for Family Medicine.