

This year is a different flu season... requiring the influenza vaccines to be rolled out in three phases:

PHASE 1: (completed) Residents of long term care homes and people over the age of 65 living in Ontario have been offered the seasonal flu shot in October.

PHASE 2: (current) The H1N1 vaccine is being offered to the general public in Ontario. Contact your health care provider to book an appointment.

PHASE 3: The seasonal flu shot catch up program is now available to everyone six months of age and over. Clinics will be held for patients of Stonechurch on:
 Monday, December 14th from 6 to 8 p.m.
 Tuesday, December 15th from 2:30 to 4:30 p.m. and
 Thursday, December 17th from 2 to 4 p.m.
 No appointment necessary.

Please visit Stonechurch's website for up-to- date information: www.stonechurchclinic.ca or the City of Hamilton Public Health website www.fightflu.ca or call the H1N1 information phone line 905-546-4161.

Protect yourself:

- Get your H1N1 and your seasonal flu shot;
- Wash your hands frequently with soap and water or use an alcohol-based hand sanitizer;
- Avoid touching your eyes, nose, or mouth;
- Cough and sneeze into your arm, not your hand;
- Keep common surface areas clean and disinfected;
- Contact your health care provider if you develop severe symptoms or if you have flu symptoms and are at risk of complications.

Stonechurch has been very lucky to have the experienced guidance of Dr. David McCann during the current H1N1 pandemic. Dr. McCann is one of our staff physicians on Team A as well as the Department of Family Medicine's Pandemic Planning Coordinator.



Dr. McCann came to Stonechurch from the United States in December 2007. In addition to his full-time medical teaching and clinical practice, he is a Disaster Medicine specialist with extensive training and experience in pandemic planning and response. Since coming to Hamilton Dr. McCann has been named one of the Incident Commanders for Ontario's Emergency Medical Assistance Team in Toronto and more recently has been named the Deputy Incident Commander for Hamilton's Department of Public Health. He works closely with the city's Medical Officer of Health, Dr. Elizabeth Richardson to ensure our community continues to be ready and able to respond to the current pandemic, as well as any future incidents.

Dr. McCann is married and the proud father of five children.

Here's a quick guide to help you tell influenza from a bad cold:

Symptom	Cold	Influenza
Fever	Uncommon	Usually present, lasting 3-4 days
Headache	Uncommon	Very common
Aches and Pains	Slight	Common and often severe
Fatigue and Weakness	Mild	Can last 2-3 weeks
Extreme Exhaustion	Never	Very common at onset
Stuffy Nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort and Cough	Mild to Moderate	Common

The Health Benefits of Fibre

Fibre is part of plant based foods (vegetables, fruits, beans, nuts, and grains) and is not digested by the human body. It helps to keep your digestive system happy. There are two types of fibre; soluble (dissolves in water) and insoluble (absorbs water like a sponge). It can also lower cholesterol and reduce the risk of colon cancer.



Benefits of Fibre

Soluble Fibre	Insoluble Fibre
Lowers cholesterol levels	Prevents constipation (makes stool bulkier, softer and easier to pass)
Controls blood sugar levels (in those with diabetes)	Prevents bowel problems (diverticulosis and haemorrhoids)
Helps you feel full longer	Lowers the risk of certain cancers (i.e. colon cancer)

Fibre Recommendations:

1. Add fibre to your diet slowly and spread fibre foods out over the day. This will help prevent bloating or stomach discomfort that can happen if you change your diet too quickly.
2. Increase your water or fluid intake as you increase fibre. Fibre and water work together.
3. Aim for 21-38g of fibre each day. Food with 4g of fibre is considered a high source of fibre.

Sources of Fibre

Veggies	Fruits	Grain Products	Beans	Nuts
Sweet potato	Apple with skin	Whole wheat pasta	Baked beans	Almonds
Potato with skin	Orange	Whole wheat or rye bread	Kidney beans	Peanuts
Green peas	Raspberries	Brown rice	Lentils	Sunflower seeds
Spinach	Pear with skin	Most breakfast cereals		

Tips for Adding Fibre to Your Diet:

- Choose breakfast cereals with at least 4 grams of fibre.
- Add berries to your breakfast cereals.
- Eat fruits as snacks.



- Add cooked beans to soups and salads.
- Leave the skin on fruits and vegetables whenever possible.
- Choose fresh fruit over fruit juice.
- Choose whole grain foods (breads, pastas, etc.) instead of white flour products.

Preventing Holiday Weight Gain: Healthy Eating Tips and Strategies

1. Focus on **Weight Maintenance** instead of weight loss. Avoid the frustration that accompanies unrealistic goals.
2. **Don't arrive starving!** When you're this hungry it's more likely that you'll have larger portions and choose higher calorie foods. Eat balanced meals during the day and have a light snack before leaving for parties and holiday events.
3. **Don't drink excess calories.** Alcohol, juice, punch, pop, and eggnog are high in calories and multiple drinks quickly add up. If you choose to drink alcoholic beverages, limit your intake to one or two drinks.
4. **Choose your portions wisely.** Avoid eating until you feel stuffed and uncomfortable.
5. **Avoid hanging around the table.** When attending parties and gatherings, use a plate to hold your food and then step away from the table to enjoy it; grazing and nibbling makes it difficult to determine how much you've eaten.
6. **Maintain physical activity.** Physical activity can help maintain energy levels during the holiday season and relieve stress. By keeping up with activity it can also help compensate for extra holiday eating.
7. **Plan ahead.** Think about the people you'll be with and which foods will be served. Decide which ones are special to you and which ones you can do without.



Ask a Dietitian

If you have any questions about achieving and maintaining a healthy body weight, ask our Registered Dietitians at Stonechurch Family Health Centre.

“An ounce of prevention is worth a pound of cure.”

Are You Interested in Preventing the Second most Common Cancer in Canada?

Colon and rectal cancer, also called colorectal cancer, is the second most common cancer in Canada, with 20,000 new cases a year - fewer than lung cancer or breast cancer, and about the same as prostate cancer.

The risk of colorectal cancer increases as a person gets older. After 30, the risk at least doubles with each passing decade. Most doctors start screening at age 50. Men and women are equally at risk.

Screening is crucial because colorectal cancer responds best to treatment if caught early. Similar to how we screen for breast cancer with Mammograms, and cervical cancer with Pap tests, there is an important test available to screen for colorectal cancer. The **FOBT** kit (fecal occult blood test) tests for blood in your stool. The presence of blood may be a sign of colorectal cancer. To use the test, you collect small samples of your stool on three different days. Once completed, you mail the kit in a postage-paid envelope to a laboratory for analysis or drop it off at your local laboratory. The FOBT kit includes a detailed, easy-to-use instruction sheet so you'll know exactly what to do.



If your test is positive, it means you have blood in your stool. Your health care provider will inform you of your test result and arrange for follow-up care. A positive FOBT does not necessarily mean that you have cancer, however, 10% of people with a positive FOBT are found to have cancer during a follow-up colonoscopy, so it is very important that you seek appropriate care.

If your test is negative, it means you have no blood in your stool. You will get a letter with your negative test result, and a reminder to repeat the test in two years. It is recommended that **everyone age 50 and over do an FOBT every two years** if the test result remains negative.

However, no test is 100% accurate. If you have or develop any of the symptoms of colorectal cancer, or if your family history of colorectal cancer changes, it is important that you see your primary care provider. Usually a colonoscopy is recommended.

Are you at risk of developing colorectal cancer?

- Are you aged 50 or older?
- Do you eat a high fat, low fibre diet?
- Do you smoke?
- Do you consume alcohol daily?
- Are you less active than you would like to be?
- Is your weight more than you would like it to be?
- Do you have a family history of colorectal cancer, particularly a parent, child, or sibling?
- Do you suffer from inflammatory bowel disease (ulcerative colitis or Crohn's disease)?

If you answered yes to any of these questions talk to your health care provider about how to reduce your risk of colorectal cancer and appropriate screening methods to catch this disease.

Attention Children/Infants:

Keep your children's immunizations up-to-date. You can contact our office if you are unsure of what they require.

Attention Women between 35 and 69 years old:

Have you had your regular Pap which screens for cancer of the cervix? IF NOT, please book an appointment with your Physician or Nurse Practitioner.

Attention Women between 50 and 69 years old:

It is strongly recommended that you have a Mammogram every two years to check for breast cancer. You can speak with your Physician and/or Health Care team or you can call The Ontario Breast Screening program directly at 1-800-668-9304 for a location near you.

Stonechurch Family Health Centre offers a variety of group sharing opportunities

- Making Connections
- Improving your Coping Skills
- Getting Motivated
- Finding Hope

Groups may encourage you to take a more active role in managing your problems and taking charge of your own life; and they may help you tap into other community resources to help to deal with your present situation. Sharing experiences and making connections in a safe and welcoming environment can make you feel better about life in general. Seeing others make strides may give you hope about your own future.

Groups Offered at Stonechurch

- Depression
- Social Anxiety
- General Anxiety
- Self-Esteem
- Smoking Cessation
- Living & Eating well with Diabetes
- Heart Healthy
- Weight Management
- Diabetes Self Management Group
- Chronic Disease Self Management

For more information on start dates and how to register for groups, please check the Stonechurch website (www.stonechurchclinic.ca) or contact your health care team.

SFHC

Upcoming Holiday Schedule

Thursday, December 24 – Closing at 12 noon
Friday, December 25 – Closed
Monday, December 28 – Closed,
Thursday December 31 - Closing at 12 noon
Friday, January 1 – Closed
Monday, February 15 – Closed

On Call Services available for Urgent Issues

NEW OPEN ACCESS APPOINTMENT BOOKING SYSTEM

We have introduced a new way of making your appointments at the clinic. All of the doctors at Stonechurch are using this Open Access system to book their patients now. We will be doing our best to give you an appointment to see a doctor or nurse from your doctor's team within 24 hours of your call.

Please call between 8:30 a.m. and 10:00 a.m. to make an appointment for the day you are calling. The lines may be busy, but please remain on the line and your call will be answered in sequence as quickly as possible.

For other matters (returning calls, results, anything other than booking an appointment) please call after 10:00 a.m. when there will be more time to speak with you.

We understand that this system may not work for everyone all of the time. There will still be an opportunity to pre-book an appointment if necessary.

Please remember that we are NOT a walk-in clinic. You will still need to book an appointment in order to be seen at the clinic.

Questions or concerns? Please ask! Your feedback is important to us.

SFHC Recipe Book

A Stonechurch Family Health Centre Recipe Book will be available before Christmas. It will be full of the staff members' favourite recipes and available for sale to patients. Proceeds from the sales will be donated to patient families in need.

Only \$15.00
Taxes included.



SAVE TREES! To receive future issues of the Stonechurch Family Health Centre Newsletter electronically, please e-mail a request to sfhcnewsletter@gmail.com

