



Tribute to Dr. David McCann, 1960 - 2011

It is with great sadness that we remember our friend and colleague, Dr. Dave McCann. He passed away peacefully on August 8, 2011 from pancreatic cancer. It has been a very difficult time for us here at Stonechurch, but one that has been made easier through supporting each other and with the knowledge of his strong faith which he never lost throughout his illness. He is survived by his wife, Donna, and their five children.

Dr. McCann will be remembered for many professional accomplishments. He is well known for his commitment to Disaster Medicine and was the Chief Medical Officer of the Florida One Disaster Medical Assistance Team, coordinating medical disaster relief after the 2010 earthquake in Haiti, during Hurricane Katrina in 2005, and following the September 11th attacks in 2001.

Here at home Dr. McCann insisted that Stonechurch become better prepared for emergencies as well, and under his leadership, our clinic has a much-improved approach to urgent situations including the addition of a defibrillator at our site. He also made significant improvements to the City of Hamilton's Emergency Services.

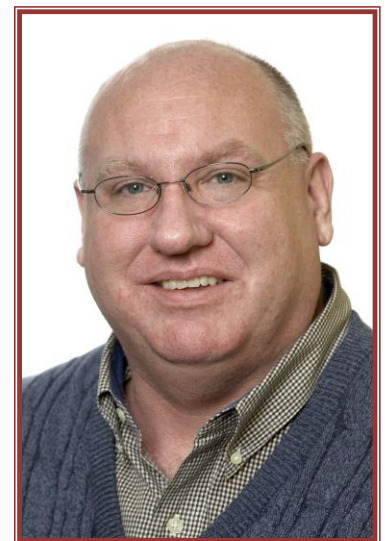
Teaching has been Dr. McCann's other main passion. He came to Hamilton to pursue this, and his larger-than-life presence in the McMaster Department of Family Medicine will never be forgotten. He was a champion for the introduction of Physician Assistants at our clinic.

He was dedicated to his Residents and considered his job as an educator, a privilege, and himself as a continual learner.

It is hard to believe that in addition to all his clinical work, teaching, administrative role, and family responsibilities, he received his Master's Degree of Public Health just this year.

We would like to extend our condolences to Dr. McCann's family, his patients, and all of our community who are grieving at this time.

Dr. McCann's patients will continue to be cared for by our Stonechurch team. We hope you will feel free to speak with us if you have any questions or any memories you would like to share.



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Prevention Reminders

Breast Screening:

If you are female and 50 years of age and older, you should be having a mammogram every two years. Please call the Ontario Breast Screening Program directly at 1 (800) 668-9304 for a location near you or call the Hamilton number at (905) 389-0101.



Pap testing:

The Pap test is recommended annually once a woman is sexually active. This may change to every two years following three normal pap tests and discussion with your doctor. The Pap test is very important to diagnose cervical cancer as early as possible to give the best chance of successful treatment.

Your Colon is Five Feet of Fabulous - Do Your Part to Keep it Healthy!

Colorectal Cancer is Common

Colorectal cancer is the third leading cancer in Ontario. Each year, there are about 8,000 people diagnosed in this province, and that number continues to rise. The risk of this cancer increases as a person gets older. After 30, the rate doubles with each passing decade. Men and women are equally at risk.

Screening is Important

Screening is crucial because there are not many signs of colorectal cancer during its early stages. It is at this stage that the cancer responds best to treatment. The screening test used in Ontario is called the FOBT (fecal occult blood test). This screens for blood in your stool, as its presence may be a sign of colorectal cancer.



What does a positive test mean?

A positive test does not necessarily mean that you have cancer. As a next step, your health care provider will arrange for a colonoscopy. About 10% of people with a positive FOBT will be found to have cancer on colonoscopy.

What does a negative test mean?

A negative test means it is unlikely that you have colon cancer, if you do not have any other symptoms or risk factors. It is recommended that everyone aged 50 and over repeat the test every two years if the results remain negative.

What does the test involve?

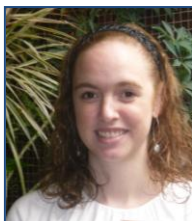
This test is completed in the comfort of your own home. You must collect small samples of your stool on three different days. The kit is then placed in a pre-paid envelope to send to a central laboratory for analysis.

Stonechurch Family Health Centre would like to introduce a patient education program about colorectal cancer. This includes:

- an educational video, played in our waiting area which will explain the benefits of the FOBT screening test;
- an instruction and information sheet that will be available in many different languages;
- further information which will be available on our website at www.stonechurchclinic.ca.

We hope these steps will increase awareness around the importance of colorectal screening.

New Clinical Staff at Stonechurch



Kim MacMillan
RN-EC



Colleen O'Neill
Occup. Therapist



Kiska Colwill
Pharmacist

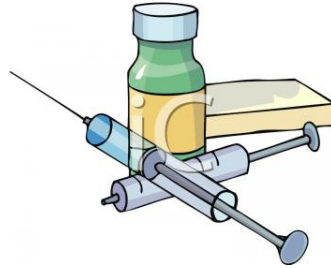


Brian Hemens
Pharmacist

Immunizations for You and Your Family

Vaccines are the best way to protect you against some very serious infections. They build your immune system making you stronger and healthier. Ontario has expanded its free vaccine program to provide improved protection for you and your family.

1. Rotavirus is one of the leading causes of severe diarrhea in infants and children. Ontario is now offering the Rotavirus vaccine for infants six weeks to 24 weeks of age. It is given orally in two doses with each dose at least four weeks apart. This oral vaccine is the best way to protect your child against the risks of this virus.
2. A second dose of the chickenpox (varicella) vaccine is now recommended. The second dose will be offered to children from four to six years of age as part of the MMRV vaccine which combines protection against measles, mumps, rubella, and chickenpox.



If your child is between one and 11 years of age and has already received two doses of the MMR vaccine and one dose of the varicella vaccine, a second dose of chickenpox vaccine will be provided.

3. The whooping cough booster vaccine is being offered to all adults 19 to 64 years of age who did not receive a dose in adolescence. One dose of the pertussis containing vaccine is good for life. It is given as part of the three-in-one T-dap that also provides protection against tetanus and diphtheria.

It is important to keep your immunizations up to date. Please contact our office if you have any questions.

Flu Immunization

Influenza (commonly known as “the flu”) is a serious respiratory illness that is caused by a virus. Receiving an annual flu shot is your best protection from the influenza virus. It can lower your chances of getting the flu and reduce the severity of symptoms. It takes about two weeks after receiving the flu shot to develop protection against influenza, protection that may last up to one year. However the vaccine will not protect against the common cold and other respiratory illnesses that may be mistaken for influenza. Individuals aged six months or older who live, work or attend school in Ontario are eligible and encouraged to receive the publicly-funded influenza vaccine. Anyone who has had a serious allergic reaction to a previous dose of the flu vaccine or its components should not receive a flu shot.

The vaccine does not contain the live virus so you cannot get influenza from the flu shot. Children under nine years of age who are being vaccinated for the first time require two doses of the vaccine given at least one month apart. The City of Hamilton will be providing Flu clinics for the general public. Schedules will be posted and are also available at www.hamilton.ca/influenza.

If you have a scheduled doctor’s appointment during flu season you can receive a flu shot at your appointment.

We also ask if you receive a flu shot elsewhere, that you contact your doctor's office with the date the vaccine was received so that we can update your health records.

For additional information on influenza: www.ontario.ca/flu or Centers for Disease Control (CDC) Influenza: Prevention and Control Home Page www.cdc.gov/flu

Stonechurch Flu Shot clinics *No Appointment Necessary

Mon. Nov. 7	Tues. Nov. 8	Wed. Nov. 9	Thurs. Nov. 10	Fri. Nov. 11
9:30 – 11:30 am 6:00 – 8:00 pm	1:30 - 3:30 pm	No flu clinic	9:30 – 11:30 am 1:30 – 3:30 pm	9:30 – 11:30 am 1:30 – 3:30 pm
Mon. Nov. 14	Tues. Nov. 15	Wed. Nov. 16	Thurs. Nov. 17	Fri. Nov. 18
Clinic Closed	1:30 - 3:30 pm	No flu clinic	9:30 – 11:30 am 6:00 – 8:00 pm	9:30 – 11:30 am 1:30 – 3:30 pm

Groups at Stonechurch

Please see our website at www.stonechurchclinic.ca for dates and times that these groups are offered.

- Depression
- Self Esteem
- Living with Anxiety
- Insulin Group
- Living with Vitality
- Healthy Eating for Your Heart
- Nutrition 101 for Diabetes

McMaster Family Health Team

Our McMaster Family Health team continues to grow and expand. The interprofessional team, from the clinical to the administrative staff, support primary health care delivery and educational opportunities for all patients and learners. In the past year, this team met patients over 112,000 times. Each team member works to provide health care to patients and to support the learning for students, patients, and each other.

The year ahead will be exciting and challenging. We are very proud of the McMaster FHT. In October, many of our staff will 'showcase' the excellent work that they do at the Association of Family Health Teams of Ontario (AFHTO) conference. Improving the care and health of our patients is our priority. McMaster FHT will continue to expand the boundaries of primary health care delivery in education and in patient care.



Wishing You and Your Family a
Safe and Happy Holiday Season!!

SFHC Fundraisers

Stonechurch will be holding our second annual Food Drive in addition to our First Toy Drive. Donations of canned goods, non-perishable food items, new unwrapped toys (don't forget about the Teens!), and grocery store gift cards would be greatly appreciated. Please bring any donations to our receptionists during business hours and we will ensure they are delivered to families and charitable organizations in our community.

A big thank you to all of our patients and staff, for their on-going support and contributions to these families in need.

Closure Dates Due to Holidays

**2011: Monday, November 14 – Hospital Holiday
Friday, December 23 – Christmas Day
Monday, December 26 – Boxing Day**
**2012: Monday, January 2 – New Year's Day
Monday, February 20 – Family Day
Friday, April 6 – Good Friday
Monday, April 9 – Easter Monday
Monday, May 21 – Victoria Day**

There is an on-call clinic on Saturdays, Sundays, and public holidays from 10:00 a.m. to 2:00 p.m.

The receptionist is available starting at 9:00 a.m. to book your appointment.

Please call (905) 574-1444 or your doctor's number and Press 7 for the weekend clinic.

****Please remember to bring your Health Card when being seen at the Weekend Clinic**

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