

Stonechurch Family Health Centre

1475 Upper Ottawa Street, Hamilton
www.stonechurchclinic.ca

Issue #1

Newsletter

January 2008

Happy and Healthy New Year to All!

Welcome to our new Stonechurch newsletter. We hope you will find helpful information about staying healthy and practical tips for getting the best possible care at Stonechurch. It seems there is always so much changing (we hope for the better) and decided these regular updates could be helpful and interesting to you and your family. Let us know. Please check out our expanding website: www.stonechurchclinic.ca

Let's make 2008 the "Year of Healthy Communication!"
- Your Newsletter Committee

After Hours and Weekends

Nurses are available by telephone after hours to assess your symptoms, answer health-related questions and help you decide what to do. The On-Call Health line is available 5:00 pm to 9:00 am weekdays with 24-hour service on weekends and holidays. Call toll free: 1-866-553-7205.

Stonechurch Family Health Centre operates a weekend on-call clinic on Saturdays and Sundays and public holidays. If you need to be seen for an urgent problem on the weekend, call the Stonechurch clinic number, anytime after 9:00 AM. Select to speak with the receptionist at the weekend clinic. You can get an appointment to see the doctor at the clinic.

How to get in touch with the "on-call" doctor after office hours: (ie. Monday to Friday after 5:00pm, or weekends and holidays)

Call the usual telephone number of the clinic:

Team A	(905) 575-1300
Team B	(905) 575-7757
Team C	(905) 574-1444

Please call as early in the day as possible, to ensure that you are able to be seen that day!

QUITTING SMOKING

With the beginning of a new year, many people decide to make changes to improve their health. Achieving a healthy weight, exercising more and quitting smoking are a few of the changes people may consider. Focusing this month on quitting smoking... did you know about these resources?

- ✓ City of Hamilton Tobacco Hotline
905-540-5566
- ✓ Smoker's Helpline (Canadian Cancer Society) 1-877-513-5333
- ✓ The STOP STUDY

www.stopstudy.ca or 1-800-350-5305

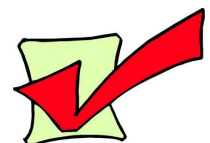
offers five weeks of free Nicotine replacement after a questionnaire completion and/or group presentation
- available till Spring 2008.

Smoking cessation counseling is also available through our clinic at no extra cost. Aids and strategies to quit smoking include behaviour changes, cold turkey, Nicotine gum, lozenges, patch or inhaler and medications (Zyban Champix). Acupuncture, laser and hypnosis therapies may be available for a fee, outside our clinic. Several self help guides are also available online.

Make the change:

- S - Set a quit date
- T - Tell supports...family and friends
- A - Anticipate changes, have a plan
- R - Remove tobacco
- T - Talk to a health care provider about resources or aids

YOU CAN DO IT!



INFLUENZA AND COLDS

The flu is a respiratory (i.e., nose, throat, and lung) infection that can be caused by a variety of influenza viruses. Many people use the word "flu" when they actually have a cold or a stomach flu/food poisoning. Although the common cold is also caused by viruses, the flu and common cold differ in several ways. A true case of influenza typically starts with a headache, chills and cough, which are followed rapidly by fever, loss of appetite, muscle aches and fatigue, runny nose, sneezing, watery eyes and throat irritation. Children may have nausea, vomiting and diarrhea, but these symptoms are uncommon in adults.

Causes:

Influenza is contagious. Viruses that cause influenza spread from person to person mainly by airborne droplets of respiratory fluids that are sent through the air when someone infected with the virus coughs or sneezes. The flu takes one to four days to incubate in humans, but infected people become contagious before symptoms appear, often just the day after the virus enters the body. Adults remain infectious (they can spread the virus to others) for about six days, and children remain infectious for up to ten days.

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

<i>Symptom</i>	<i>Cold</i>	<i>Flu</i>
Fever	Uncommon	Usually present, high (102-104°F or 38-41°C); lasts 3 to 4 days
Headache	Uncommon	Very common
Aches and Pains	Slight	Common and often Severe
Fatigue and Weakness	Mild	Can last 2 to 3 weeks
Extreme Exhaustion	Never	Very common at the start
Stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore Throat	Common	Sometimes
Chest discomfort and Cough	Mild to Moderate, hacking cough	Common

Treatment:

The normal treatment for flu is rest, plenty of liquids, ibuprofen, or acetaminophen to fight fever. Antibiotics are not effective against viral infections like flu and the cold, but they are prescribed for complications such as bacterial infections.

Prevention:

Hand-washing is key to preventing the flu.



The benefits of flu shots far outweigh the risks. The flu vaccine cannot cause influenza because it does not contain any live virus. The most common side effect is soreness at the site of injection, which may last a couple of days. You might also notice fever, fatigue and muscle aches within six to 12 hours after your shot, and these effects may last a day or two. Some people develop a condition called "oculo-respiratory syndrome" after a flu shot. The symptoms include red eyes and respiratory effects such as cough, wheezing, chest tightness, difficulty breathing, or sore throat. In most cases, the symptoms are mild and disappear within 48 hours.

The flu shot offers the best protection available, but needs to be repeated every year as the dominant strains change.

The vaccine is over 80% effective in preventing flu in healthy adults. It is especially important in the following high-risk groups:

- people 65 years of age and older;
- children ages six to 23 months;
- adults and children with chronic heart and lung disease;
- anyone living in a nursing home or chronic care facility;
- people with chronic conditions such as diabetes, anemia, cancer, immune suppression, HIV or kidney disease.

NEW: It is now recommended that pregnant women receive the flu shot

IF you are interested in receiving the flu shot, it is not too late!

Contact your care provider to arrange. Keep in mind that children under nine years old require two doses the first year they receive the flu shot.

MENTAL HEALTH CORNER

– Miriam Wolfson MSW, RSW

Think of the following scenarios:

- 1- You turn down a job opportunity that could give you a career growth and a salary increase.
- 2- You tense up at meetings, your mouth goes dry and you think that you are not going to be able to speak when your turn comes up.
- 3- You cannot stop thinking about a particular situation. You tend to think of the future a lot.

When the above situations cause persistent distress, fear, tension and constant worry that may interfere with normal day-to-day activities, a person may be experiencing anxiety problems. Research suggests that only 2% of the population do **not** experience anxiety. Anxiety is also called the silent partner of stress. The difference is: stress comes from an external demand that is placed on a person and anxiety usually comes from internal demands.



While some people can benefit from anxiety, for others it can be challenging and paralyzing. The truth is: anxiety can be treated by a combination of counseling and medication. The key to manage anxiety is to learn to identify and control our own internal sources of demands and understand how they impact our lives.

What is anxiety?

Anxiety involves a normal psychological response (a flush of adrenaline, a pounding heart, and feeling on edge). Anxiety also involves emotions (apprehension, fear, dread), and mental activity (thinking becomes overly focused and narrow), and there could be constant worrying. For someone with anxiety problems, these sensations do not feel normal – in fact, they can feel very scary.

Healthy anxiety:

When managed effectively, anxiety is helpful. It alerts us to what we need to pay attention to. For example, when a car suddenly swerves in front of you, you need to become much more focused to take immediate action to stay safe. Unfortunately, for many, the anxiety response gets triggered too easily, too often. An important part of coping with anxiety is learning how to be comfortable with healthy anxiety.

Self Help Tips for Managing Anxiety:

1. Train your body to calm down when it gets “triggered” (with disciplines such as yoga, tai chi).
2. Learn to challenge patterns of negative thinking. Find alternative ways to think about what is going on.
3. Get plenty of exercise. Exercise relieves muscle tension that frequently comes with excessive anxiety.
4. Get plenty of rest and relaxation. A tired, over worked nervous system can be more easily “triggered”.
5. Do not drink alcohol to relieve anxiety. People with anxiety disorders are at high risk for alcohol dependence.

For more information about anxiety:

- www.depression.ca
- National Institute of Mental Health (NIMH- ANXIETY DISORDERS)

Books:

- Feeling Good by David Burns
- The Anxiety Book by Jonathan Davidson.
- The Anxiety and Phobia Workbook by Edmund J. Bourne.

** See next page for available groups

Finally, Try this exercise:

Take a few minutes for yourself. Try to relax. Think of a color that makes you feel happy and positive about yourself. Remember that it is not necessary to see the color in vivid detail in your mind, just the basic outline and feeling; even using the name of it is enough. When ready, imagine yourself floating in that color and breathing it in deeply all through your body. This short exercise is guaranteed to make you feel great. If the sun is not shining where you are, visualize in your mind a beautiful sunny scene. Again, just the basic outline, feeling, or even thought is enough. Feel the warmth of a sunny day and breathe deeply those good feelings all through your body until you feel full.



Groups:

Stonechurch Family Health Team will be offering the following groups:

Women and Self Esteem

WHEN: January 31 to March 20, 2008

Thursday from 6 to 8 p.m

WHERE: Stonechurch Family Health Centre

The group will focus on the following topics:

- Boundaries - Assertiveness
- Anger
- Tools to build healthy self esteem

Please ask your family doctor for information or contact Miriam to register at 905-575-1744 (ext.236).

Anxiety Group

WHEN: February 21 to April 10, 2008

Thursdays from 6 to 8 p.m

WHERE: Stonechurch Family Health Centre

Please Contact Lynn at 905-575-1744 (ext.226)

Anxiety After Care Group

WHEN: The First Thursday of Every Month.

Please Contact Lynn at 905-575-1744 (ext. 226)

Planning a Trip? - Be Prepared

Ensure you are up to date with your routine vaccines (ie. Tetanus, diphtheria)

Health advice for travel to low-risk destinations can be dealt with by your family doctor.

Travel to remote and high risk areas and travelers with complex medical conditions should seek advice from a Travel Medicine Specialist, listed in your Yellow Page Directory. Travel Medicine advice and administration of vaccines are not covered by OHIP.



For more information you can go to:

www.cdc.gov/travel or call: 877-FYI-TRIP

Health Cards:

Always bring your health card and give it to the receptionist when you arrive. Please check the expiry date on your card, and arrange for a new one before it expires.

Laboratory Services:

Lab Hours:

Monday	8:30 - 4:00
Tuesday	8:30 - 4:00
Wednesday	8:30 - 3:30
Thursday	8:30 - 4:00
Friday	8:30 - 3:30

****Lab Closes Daily from 12:30 to 1:30.**

*****Did You Know??*****

If you see a family doctor who is not affiliated with the clinic, your doctor is charged for the cost of that visit by the Ministry of Health. This includes all walk-in clinics and other clinics such as Student Health Services.

Please call us instead!

(If you require medical services outside of the clinic, please discuss this with one of your Team members to make appropriate arrangements.)

Other Resources at SFHC:

- Pharmacist
- Dietitian
- Lactation Consultant
- Social Workers

***Stonechurch Family Health Centre
Website:***

www.stonechurchclinic.ca

If you prefer to receive future issues of the Stonechurch Family Health Centre Newsletter electronically, please email a request to:

sfhcnewsletter@gmail.com

Thank You!