

The Prevention Issue

Healthy Eating for Children

It is important for children to develop healthy eating habits early in life. Some suggestions...

Age - 2-3 yrs

- Eating at regular times throughout the day (3 meals and 2-3 snacks daily)
- Eating a variety of table foods from food groups as per Canada's Food Guide
- Drinking 2-3 cups (16-24 oz) of milk per day
- Using a sippy cup instead of a bottle
- Limiting juice or fruit drinks or pop to $\frac{3}{4}$ cup (6 oz) each day



Age - 3-6 years

- Limiting juice or fruit drinks or pop to $\frac{3}{4}$ cup (6 oz) each day
- Drinking 2-3 cups (16-24 oz) of milk per day
- Using a sippy cup instead of a bottle
- Limiting screen time (TV, computer) to less than 2 hours each day

Age - 6+ years

- Being physically active for 30 minutes or more each day
- Limiting screen time to less than 2 hours each day
- Enjoying a breakfast every day
- Eating 2-3 fruits and 2-3 vegetables everyday
- Drinking 2 glasses of milk each day
- Drinking at least 2 glasses of water each day
- Limiting juice and pop to no more than 1 cup (8 oz) each day
- Limiting fast food to once a week

Parent Corner - Resources

1. Eat Right Ontario: Call 1-877-510-5102 to speak with a Registered Dietitian or call our Dietitians at Stonechurch.

2. Community Parent Education (COPE) 905-521-2100 ext 77312, provides Courses and educational events for families with 3-18 year old children with challenging behaviour.
3. Contact Hamilton 905-570-8888, provides information and services for children, youth and their families with behaviour, emotional, and developmental concerns.
4. Bug Busters - Public Health Hamilton 905-546-2489, provides information, demonstrations, treatment options, and low cost shampoo for head lice.
5. Child and Youth: 24-hour Crisis line (Coast) 905-972-8338. For children and youth up to 17 years of age when you feel you are in crisis.

Also in this Issue

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Tips From the Front Desk

Appointments: To make your visit run smoothly, please check in with your doctor's receptionist upon arrival. Be sure to have your valid up-to-date health card with you at every visit.

Forms: For any forms that need to be completed by your doctor, make sure that you have completed and signed your part of the form before giving it to the doctor.

SFHC will be **closed** on Monday, November 10, 2008. A Holiday on-call clinic is available - call your team after 9:00 a.m. and select the option to speak with the receptionist.

Vitamin D – “The Sunshine Vitamin”

Vitamin D is important for your body. You need it to prevent bones from becoming weak and brittle. Also, scientific trials show that not enough Vitamin D level in the body puts you at a higher risk of certain types of cancer, such as breast, colon, and prostate cancer.

Why is the SUN so important?

Vitamin D is made in the skin when it is exposed to the sun.



In Canada, many of us may not get enough Vitamin D during October to March. This means that for a big portion of the year, Canadians must depend on foods and supplements for Vitamin D. *This is the reason why the Canadian Cancer Society suggests that you take 1000 International Units (IU) daily.*

Which foods have Vitamin D?

Vitamin D is added to some food. Those are called `fortified foods`. In Canada, we fortify cow's milk and margarine. Other fortified foods include, goat's milk, soy products, and some orange juices.

Take Home Messages

Vitamin D has a big role in your health. If you are not getting enough sunlight, then you need Vitamin D. To find out if you might benefit from taking Vitamin D, ask your doctor, pharmacist, or nurse.

TIP: Milk is a major source of Vitamin D

Stress, Depression, and the Holidays

The holiday season is a special time for enjoying family, friends, and celebrating traditions. However, for some people, the holidays can bring unwelcome guests: stress and depression..

Here are some ideas and reminders which can help you enjoy the holidays and cope with holiday stress and depression:

1. Pace yourself. Do not take on more responsibilities than you can handle. Let others share the responsibilities of holiday tasks.
2. Make a list and prioritize the important activities. This can help make holiday tasks more manageable.

3. Live "in the moment" and enjoy the present. Look to the future with optimism.
4. Don't set yourself up for disappointment and sadness by comparing today with the "good old days" of the past.
5. If you are lonely, try volunteering some of your time to help others.
6. Limit your consumption of alcohol, since excessive drinking will only increase your feelings of depression.
7. Try something new. Celebrate the holidays in a new way.
8. Make time to contact a long lost friend or relative and spread some holiday cheer.
9. Keep track of your holiday spending. Overspending can lead to depression when the bills arrive after the holidays are over.
10. Keep in mind that taking care of oneself is a gift to everyone else because everyone ends up having a happier and healthier holiday.
11. If, however, symptoms of depression and stress persist, please talk with a trained professional.

Resources for stress, depression and the holidays: www.mayoclinic.com

Book - "When Holidays are Hell: A Guide to Surviving Family Gatherings" by Mariana Caplan

Groups at Stonechurch

Date	Title	Contact
Nov 7 (9:30-11:30) weekly	Social Anxiety Group	Lynn at ext. 226
Nov 6, Dec 4, Jan 2, Feb 5, Mar 5, Apr 2	Anxiety After Care Group	Lynn at ext. 226
Nov 24 (1:30- 3:30) weekly	OCD Group	Lynn at ext. 226
Jan 9 (6-8 pm)	Anxiety Group	Lynn at ext. 226
Feb 20 - Apr 11 (Thurs from 6- 8 pm)	Out of Blues	Miriam at ext. 236
Phone (905) 575-1744 plus ext.		

Nutrition News

Stonechurch is now offering a variety of healthy eating classes. Please sign up with your receptionist.

- a. Healthy Eating For Your Heart: A monthly class offering dietary and lifestyle strategies to help you improve your cholesterol and blood pressure.
- b. Vitality Lifestyle Group: Weekly groups offered by a dietitian and social worker highlighting dietary and lifestyle tips to help you eat well, be active, and feel good about yourself. New members are welcome.

Mondays 4:00 to 5:30,

Wednesdays 9:00 to 10:30

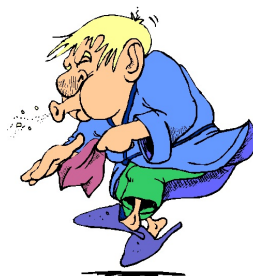
Flu Shots

Receiving an annual flu shot is your best protection from the influenza virus. It can lower your chances of getting the flu and also reduce the severity. Because the influenza virus changes often, it is necessary to get the flu shot every year. The vaccine does not contain the live virus so you cannot get influenza from the flu shot. Due to vaccine availability, our priority at the Stonechurch Family Health Centre Flu Shot Clinics will be for the higher risk groups, including people 65 years of age and older, adults and children with chronic heart and lung disease, people with chronic conditions such as diabetes, anemia, cancer, immune suppression, HIV or kidney disease.

Individuals aged six months or older who live, work, or attend school in Ontario are eligible to receive publicly funded influenza vaccine.

Healthy children and adults are encouraged to attend a flu shot clinic sponsored by the City of Hamilton - schedules should be available soon. 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.

Please note the dates and times of the flu shot clinics being provided for the patients of Stonechurch Family Health Centre. No appointment is necessary. If you have a scheduled appointment during these dates you can receive a flu shot at your appointment.



We also ask if you do 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.

Flu Shot Clinics				
Mon Nov 3	Tues Nov 4	Wed Nov 5	Thurs Nov 6	Fri Nov 7
9:30-11:30	9:30-11:30	9:30-11:30	1:30-3:30	9:30-11:30
1:30-3:30	1:30-3:30	No PM Clinic	6:00-8:00 pm	1:30-3:30
Mon Nov 10	Tues Nov 11	Wed Nov 12	Thurs Nov 13	Fri Nov 14
SFHC Clinic Closed	1:30-3:30 6:00-8:00 pm	9:30-11:30 No PM Clinic	9:30-11:30 1:30-3:30	9:30-11:30 1:30-3:30

Diabetes News

To help you manage your diabetes, Stonechurch Family Health Centre will be offering two Diabetes Clinics every week. Evening and day hours are available.

You will have the opportunity to discuss your concerns about managing diabetes with a variety of team members (doctor, nurse practitioner, pharmacist, and dietitian).

Please bring all of your medications, supplements, glucose log book, and food records with you to the visit and complete any bloodwork at least one week before your visit.

Our goal is to provide you with the education, support, and care you need to make diabetes more manageable and to allow you to achieve the best health possible.

Please discuss with your care provider if you are interested in being seen at the Stonechurch Diabetic Clinic.

Prevention Reminder

Some of you will have received letters, so this is a friendly reminder if you haven't been able to book.

Attention Women Ages 35 to 69

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 Ages 50 to 69

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.

Screening for Colon Cancer

All men and women between the ages of 50 to 74 are strongly encouraged to have this home stool test every two years. Speak to your Physician and/or Health Care team for a kit.

If you have had a colonoscopy in the past five years, then you do not have to do this test.

Planning a Winter Get-away?

Don't wait until the last minute to ensure your immunizations are up to date. It is recommended to consult a Travel Medicine specialist for travel advice on requirements for your destination. Possible options are:



Ancaster Travel Medicine Clinic (905) 648-7408
Dr.M.Gindi, Burlington, 1 (877) 828-6006
International Health and Tropical Medicine Clinic at McMaster, (905) 521-2100.

For more information you can also go to www.cdc.gov/travel or call 1 (877) FYI-TRIP.

Stonechurch Family Health Centre

Being a patient at Stonechurch Family Health Centre can seem complicated at times. We may yearn for the simple family practice office where you see the same doctor, in the same setting each visit. This type of traditional practice is changing, we feel for the better. It does mean, however, that we need to work very hard on communicating these benefits to you, our patients.

We also need to hear from you on how this is working.

We are part of what is called a "Family Health Team" (see definition below), and we continue to be a major McMaster University teaching centre. Here are some details:

Family Health Teams

An Ontario government initiative to improve access to quality front line health care and reduce the pressure on individual Family Physicians. As a "rostered" patient at Stonechurch, you are able to not only see your Family Doctor, but also other health professionals such as nurse practitioners, nurses, social workers, pharmacists, dieticians, and a lactation consultant. We are offering groups and classes in addition to individual appointments. This team-based approach is allowing us to expand available hours, and focus on preventing illness and disability rather than just treating it once it has occurred.

Rostering

Most of you have signed Ontario government forms which indicate that you are a patient at Stonechurch. By signing this, you have agreed to come to our clinic for your primary health needs. This is termed "rostering". Your doctor has also signed this form and agreed to provide healthcare to you either personally, or by another member of the team. For the most part, we should be able to take care of all your health needs (other than hospital or specialist-level care). If you see another family doctor while you are "rostered" under us, OHIP charges your own doctor the full cost of that visit. Visits to some clinics like Sports Medicine, University or College Clinics, and some counselors, all can be a concern. It is therefore very important that you let us know if you have moved away, or if you are not getting the care you need from Stonechurch. A short discussion with us can easily sort out what option is best for you. You need to be a rostered patient to take advantage of the Family Health Team. If you haven't rostered and are interested, please contact your receptionist, _____

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

