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## URGENT CARE CLINIC

Saturdays 9:00 am to 3:00 pm  
(walk-in 10:00 am to 2:00 pm)

Click [here](#) for essential information  
regarding urgent care clinics.

## Clinic Updates

### Booking Phone and Video Appointments

We are no longer offering online bookings for virtual visits. While we understand that phone and video appointments are convenient, they may not be the best way to address your concerns. When your provider is unable to do a needed physical exam, this often leads to booking a second in-person visit for the same problem. If you would like a phone or video appointment, please call the office to schedule this visit.

A reminder that **urgent same-day appointments** will require an in-person assessment.

# Mental Health



Mental health is an important part of our health. It affects how we think, feel and act.

January 25 is **Bell Let's Talk Day**. This is a yearly one-day advertising campaign to raise money and awareness for **mental health**.

Mental health problems can affect our feelings, thoughts, physical well-being, and actions. The signs may not always be obvious. This is what you may see in someone with a mental health problem:

| Feelings   | Thinking  | Doing   |
|--|---|---|
| <ul style="list-style-type: none"><li>▪ Feeling sad or irritable for more than 2 weeks</li><li>▪ Having many worries, fears, and anxieties</li><li>▪ Having extreme mood swings</li><li>▪ Feeling hopeless or desperate</li><li>▪ Feeling very angry</li></ul> | <ul style="list-style-type: none"><li>▪ Having confused thoughts</li><li>▪ Having strange beliefs not based on reality</li><li>▪ Hearing, seeing, or smelling things that are not there (hallucinations)</li><li>▪ Having difficulty remembering things and concentrating</li><li>▪ Making poor decisions</li><li>▪ Thinking their situation is hopeless or that things will never get better</li></ul> | <ul style="list-style-type: none"><li>▪ Drinking or using other drugs excessively</li><li>▪ Seeming agitated and restless &amp; appearing messy</li><li>▪ Not wanting to see friends or do activities</li><li>▪ Crying a lot</li><li>▪ Having many physical complaints, such as headaches or stomach aches with no clear cause</li><li>▪ Having difficulty sleeping</li><li>▪ Having major changes in eating</li><li>▪ Having a hard time getting motivated</li><li>▪ Talking about harming oneself</li></ul> |



## Check in On Your Mental Health

- ❖ How is your mental health? Are you feeling stressed?
  - ✓ Check-in on your mental health [here](#)

## Need help with your Mental Health?

- ❖ Take 15 minutes JUST FOR YOU: visit this [website](#) for some ideas to help you feel better
- ❖ Try a self-care activity: visit the [Bell Let's Talk website](#), and find useful tools and resources
- ❖ Talk to someone about how you are feeling
- ❖ Talk to your doctor or nurse practitioner about how you are feeling and ask how you can get help
- ❖ Learn more about mental health and where to find help: contact the [Canadian Mental Health Association](#)



# Alcohol Use & New Canadian Guidelines

With the holiday season behind us, it is time to refocus on your health. The Canadian Centre for Substance Use and Addiction updated Canada's alcohol guidelines in August 2022.



## Canada's Low-Risk Alcohol Drinking Guidelines

### Canada's Guidance on Alcohol and Health, Seven Key Takeaway Messages

1. All levels of alcohol consumption are associated with some risk, so drinking less is better for everyone.
2. Among healthy individuals, there is a continuum of risk for alcohol-related harms whereby the risk is:
  - Negligible to low for individuals who consume two standard drinks or less per week;
  - Moderate for those who consume between three and six standard drinks per week; and
  - Increasingly high for those who consume more than six standard drinks per week.
3. On any occasion, any level of consumption has risks, and with more than two standard drinks, most individuals will have an increased risk of injuries or other problems
4. Disproportionately more injuries, violence and deaths result from men's drinking.
5. Above low levels of alcohol consumption, the health risks increase more steeply for women than for men.
6. It is safest not to drink alcohol while pregnant and during the pre-conception period.
7. For women who are breastfeeding, it is safest not to use alcohol.

## 3 Main Reasons for Alcohol-use Guidance Updates

### 1. Alcohol and Cancer

- ✓ Alcohol is a carcinogen that can cause 7 types of cancer
- ✓ Alcohol use causes 7,000 cases of cancer deaths each year

### 2. Alcohol and Heart disease

- ✓ Alcohol and heart disease is the 2<sup>nd</sup> leading cause of death in Canada
- ✓ Alcohol is a risk factor for most types of heart disease

### 3. Alcohol and Violence

- ✓ Alcohol use is associated with violent and aggressive behaviour
- ✓ Alcohol increases the severity of violent incidents

## Tips for Alcohol Use:

- ✓ Try a "**Dry February**": stop drinking alcohol for the month of February
  - improve your own health and help to save the lives of people touched by cancer
- ✓ quench your thirst with water or another non-alcoholic drink
- ✓ drink water along with your alcoholic drink
- ✓ space your drinks apart
- ✓ avoid salty snacks because they make you more thirsty
- ✓ find other ways to cope with stress: go for a walk, have a bath, or listen to music

IN SUPPORT OF



Canadian  
Cancer  
Society

## Know Your Limits

See this practical guide to assess your drinking: [Knowing Your Limits with Alcohol.](#)



Taken together, overwhelming evidence confirms that when it comes to drinking alcohol: **Less is Better.**

# Preventing Falls and Slips This Winter

Winter is here and with it comes cold weather and greater risk of slips, trips or falls. Practice safe winter walking to help you stay on your feet this winter.

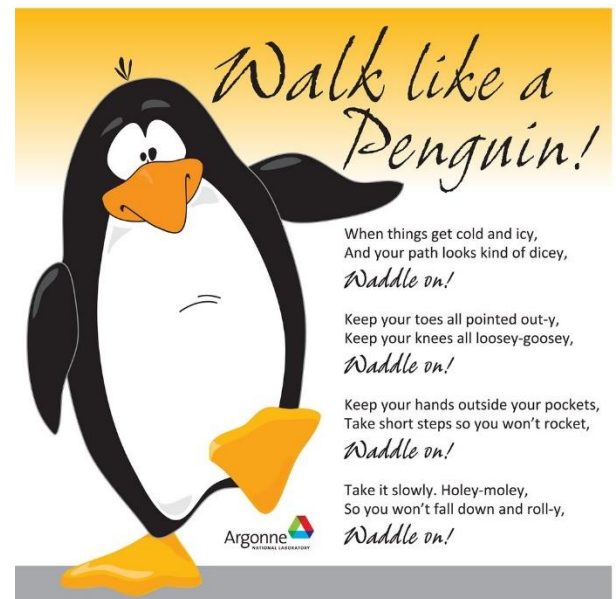


## Plan not to fall:

- ✓ Walk in designated paths
- ✓ Wear a backpack
- ✓ Wear the right winter footwear
- ✓ Keep both hands free for balance
- ✓ Give yourself extra time and do not hurry

## Travel Safely:

- Walk slowly. Take **small steps** to keep yourself balanced.
- Test slippery areas by tapping your foot on them.
- On ice? Do the **penguin shuffle**: point your feet outward like a penguin and take short, shuffle-like steps.
- Use handrails when available.
- Watch where you are going. Do not use your phone and walk at the same time.



## Helpful Websites:

[Lifeline Winter Safety Tips](#)

[My Health Alberta: Fall Prevention](#)

[My Health Alberta: How to Get Up Safely After a Fall](#)

# HEALTH TOPIC: Preventing COPD Flare-ups

## What is COPD?

COPD stands for Chronic Obstructive Pulmonary Disease and includes *Chronic Bronchitis* and *Emphysema*. People who have COPD, often have difficulty breathing because their airways are narrowed. In most cases, COPD is caused by smoking. Other causes of COPD are workplace exposures, air pollution, severe lung infections during childhood or genetics.

### Common symptoms of COPD:

- Shortness of breath with exertion
- Wheezing
- Cough
- Chest tightness

## Preventing COPD Flare-ups

Once you have been diagnosed with COPD, it is important to prevent COPD flare-ups or attacks. These flare-ups cause your COPD symptoms to get a lot worse.

### The best way to prevent COPD attacks are:

- ✓ Quit smoking
- ✓ Take all your puffers as prescribed by your doctor
- ✓ Exercise regularly
- ✓ Eat healthy and get enough sleep
- ✓ Avoid your COPD triggers
- ✓ Avoid getting sick: wash your hands often
- ✓ Get your flu shot and talk to your doctor about a pneumonia shot



*The number one way to reduce the risk of developing COPD is to **quit smoking**.*

Talk to your doctor if you need help managing your COPD symptoms or if you want help with quitting smoking. You can also self-refer to our **Smoking Cessation Program** [here](#). For more information about COPD visit the [Canadian Lung Association website](#).

# UHN Monthly Health Talk

 **Health Talk** A free online session for patients, families, staff and community members



## Let's Talk About **Schizophrenia**

### Topics

- What is schizophrenia
- Signs of schizophrenia
- Myths about schizophrenia
- How to support someone who has schizophrenia

### Presenters

- **Chris Whittaker**, UHN Patient Guest Speaker
- **Aideen Carroll**, Advanced Practice Nurse Educator, Mental Health, University Health Network
- **Rachel Yang**, Registered Nurse, Inpatient Psychiatry Unit, University Health Network

### Date and time

**Thursday, January 26, 2023**

**1:00 p.m. to 2:00 p.m.**

### Agenda

1:00 p.m.: Welcome

1:03 p.m.: Introduction of Presenters

1:06 p.m.: Presentation

1:41 p.m.: Question and Answer Period

### How to participate



Watch the livestream on [YouTube](#). Go to <https://bit.ly/UHNHealthTalk-Jan2023> or click the QR code.

Submit your questions for the presenters on [Slido](#).

**To register:** Go to the [registration form](#) or call 416 603 6290.

**For more information:** Email [pfep@uhn.ca](mailto:pfep@uhn.ca) or call 416 603 6290.

[www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca)

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Patient Education



**UHN**

Toronto General  
Toronto Western  
Princess Margaret  
Toronto Rehab  
Michener Institute



# Health Education Programs

Join us for a free workshop:



## Advanced Care Planning

### In this 1-hour workshop you will:

- ✓ Learn how to plan for the future
- ✓ Learn how to choose a person to make decisions for you
- ✓ Find out about legal resources where you can find more information about this topic

|                 |                                  |
|-----------------|----------------------------------|
| <b>Location</b> | Virtual Meeting, Microsoft Teams |
| <b>Date</b>     | February 1, 2023                 |
| <b>Time</b>     | 12 to 1 pm                       |

To register, go to [twfht.ca](https://www.twfht.ca), Education Program Calendar



**[Advanced Care Planning Registration](#)**

# Health Education Program Calendar

The Toronto Western Family Health Team is committed to health promotion. [Click here](#) to see our updated **Health Education Program Calendar**.

## January Health Education Workshops:

- ✓ Balanced Eating Basics
- ✓ Managing Your Child's Cold and Flu Symptoms
- ✓ Understanding Food Labels
- ✓ Thinking About Quitting Smoking?

### Contact us

 Phone: 416 603 5888

 Website: twfht.ca

### Location

Garrison Creek Site: 928 St. Clair Avenue West