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### **CLINIC UPDATES:**

#### **ROUTINE NAIL CARE:**

Unfortunately, we are not able to provide routine nail clinics until September 2022, as the clinician who provided low-cost nail care is on leave. Our chiropodist continues to be available to provide care for more complex foot problems.

Please visit our website, under [Routine Nail Care](#), for a list of alternative foot care clinics.

#### **PERIODIC HEALTH EXAMS ('PHYSICALS'):**



We often get questions about booking appointments for “annual physicals”.

You might be interested to know that for healthy, average risk individuals, annual physical exams are not routinely recommended.

What is most important is that you remain up to date on needed screening tests, and if you have a medical condition, are up to date with ongoing tests to make sure your medical condition is being adequately managed.

Please speak to your physician about whether an 'annual physical' is of benefit to you.

Please see these resources below for more information.

[Health check-ups: When you need them and when you don't](#)

[Do more screening tests lead to better health? Choosing Wisely](#)

## **Antiviral Treatment for COVID-19:**

Treatments (ie. Paxlovid) are now available by prescription at the Family Health Team for people who are at higher risk of developing complications from COVID-19.

### **Who is eligible?**

- Must have tested positive on a PCR or rapid antigen test AND
- Be at higher risk of developing severe symptoms

### **High-risk criteria:**

- 18+ and immunocompromised
- 70+
- 60+ with fewer than three doses of the vaccine
- 18+ with fewer than three doses of the vaccine and at least one of these conditions:
  - Obesity
  - Diabetes
  - Heart disease, hypertension, congestive heart failure
  - Chronic respiratory disease (including cystic fibrosis)
  - Cerebral palsy
  - Intellectual or developmental disability
  - Sickle cell disease
  - Moderate or severe kidney disease
  - Pregnant and unvaccinated (zero doses)

**If you meet these criteria, please discuss a prescription with your provider.**


## HEALTH EDUCATION RESOURCES

# UHN Patient & Family Learning Centres Instant Access to Free Health E-Books!

Follow these easy steps:

### Smart Phones / Tablets



1. Download and open the free app:  **Libby, by OverDrive**
2. Find our library -- **University Health Network**
3. Enter your cell phone number\* to receive the verification code by text message
4. Sign up using the current campaign code listed below

### Computers / Laptops



1. Go to: [uhnpatient.overdrive.com](http://uhnpatient.overdrive.com)
2. Enter your cell phone number\* to receive the verification code by text message
3. Sign up using the current campaign code listed below
4. Read/listen to e-books on the browser

#### Current Date:

April 1 - June 30  
July 1 - September 30  
October 1 - December 31

#### Use this Campaign Code:

→ [uhnsummer22](#)  
→ [uhnfall22](#)  
→ [uhnwinter22](#)

\*If you live outside of Ontario, contact us to get access:  
email: [twpfl@uhn.ca](mailto:twpfl@uhn.ca) phone: 416-603-6277

[uhnpatient.overdrive.com](http://uhnpatient.overdrive.com)





## Tips and Tools for Inclusive Communication

### Topics

- A patient's experience using a speech-generating device
- Talking with someone who communicates differently
- Resources at UHN and in the community

### Presenters

- **Bill Scott**, UHN Patient Guest Speaker
- **Bonni Scott**, UHN Communication Partner
- **Speech-Language Pathologist, Communicative Disorders Assistants, Technologist,**  
Augmentative and Alternative Communication (AAC) Clinic, Bickle Centre, Toronto Rehab

### Date and time

Thursday, May 26, 2022  
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, Closing Remarks

### How to participate



Watch the livestream on YouTube. Go to <https://bit.ly/UHNHealthTalk-May2022> or use your smartphone's camera or QR code reader app to scan the code.

Submit your questions on Sli.do at <http://sli.do/UHNHealthTalk>.

**To register:** Go to <http://bit.ly/UHNHealthTalk-Register> 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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## **RESEARCH AT UHN**

Did you know that the UHN Department of Family And Community Medicine conducts cutting-edge research in primary care, often together with other leading UHN researchers?

Our amazing team of family medicine researchers conduct world-class studies in critically important areas such as:

- **innovations for virtual and remote** primary health care
- developing **treatment protocols** for patients living with **long COVID**
- discovering surprising **new links** between **health risk factors and disease** through something known as 'big data'
- **supporting culturally safe and effective community interventions** for improving health and wellness, especially for those who have difficulty accessing good healthcare

The success of these and future research projects depends on support from people like you, our patients. There are two ways you can help!

1) Donate to fund research in specific clinical areas or projects that you care about: [CLICK HERE TO FIND OUT HOW](#)

2) Offer to be contacted about studies led by our researchers that you can participate in: [CLICK HERE TO FIND OUT HOW](#)

## Contact us



Phone: 416 603 5888



Website: [twfht.ca](http://twfht.ca)



## Location

Bathurst Site: 440 Bathurst Street, 3<sup>rd</sup> Floor