



BACK
to
SCHOOL



Newsletter

September 2024

[CLICK HERE TO VIEW NEWSLETTER](#)

Clinic Reminders

The TW FHT is a group-based practice based on patient enrolment and comprehensive care. All patients at the TW FHT must be enrolled with a staff physician, regardless of their primary care provider. You would have signed a form during your new patient appointment. If you have not signed this form, please talk to your provider at your next appointment.

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Flu Clinics

Flu season is coming and we will update our website regarding Flu Clinic information as soon as it is available.

Check our website often for updates:

twfht.ca

Clinic Reminders

Nursing Appointments

Did you know that our nursing team offers online booking for visits such as:

- allergy shots
- cryotherapy
- injections
- staple or suture removal
- vaccines

Vaccine Appointments with Nursing

If you know you are due for a vaccine (like tetanus) or have a prescription for a vaccine that you are picking up from a pharmacy you can book your nursing appointment online.

If you are not sure which vaccines you might need please book an appointment with your primary care provider to discuss your health needs.

[Visit our website](#) and click on “Book an appointment with nursing”.

****NEW* Nursing Led Pap Clinic***

We are pleased to inform you that the Bathurst Site is now offering regular **Pap clinics**, led by our nursing team who have specialized training.

If your last Pap result was normal and you are due for your next test, you can book your Pap test online or through our reception team. No referral is required.

For more information, visit our [Pap clinic webpage](#), or [click here](#) to book your pap test now.

Are you due for your Pap test?

Currently, the Ontario Cervical Cancer Screening Program recommends that anyone with a cervix who is or ever has been sexually active to have a Pap test every 3 years starting at age 25.

Cervical cancer is almost 100% preventable with regular Pap tests and following up with your primary care provider after an abnormal Pap result. That's why anyone with a cervix in Ontario ages **25 to 69** are asked to have a Pap test every 3 years.

What are Pap Tests?

- A Pap test is a screening test for cervical cancer that helps diagnose precancerous conditions and cervical cancer.
- A Pap test can help prevent cervical cancer. It is the most effective tool we have to reduce cervical cancer.
- Pap tests usually take a few minutes to complete.
- They are covered every 3 years under the Ontario Health Insurance Plan (OHIP).
- For more information about Pap tests, [click here](#).

**It's your call to make.
Book a Pap test today.**

Respiratory and Digestive Viruses

Viral infections commonly cause respiratory and digestive illnesses. They are more common during the fall and winter seasons but are present all year round. These viruses cannot be treated with antibiotics and can often be managed at home.

Prevention

- Cover your mouth and nose with a tissue when you [cough or sneeze](#). If you don't have a tissue, cough or sneeze into your elbow, not your hands.
- Wash your hands often and learn and use [proper handwashing technique](#).
- Masking and physical distancing can provide an additional layer of protection.
- Frequently clean touched surfaces, such as countertops, handrails, and doorknobs.
- Get updated immunizations for some fall and winter respiratory diseases including flu, COVID-19 and RSV (if eligible).

Preventing the spread of viruses while you are sick:

Stay home and away from others if you have respiratory virus symptoms.

You can go back to your normal activities when for at least 24 hours:

- Your symptoms are getting better and
- You have not had a fever (and are not using fever-reducing medication)




Online Resources

- [CDC Respiratory Viruses Prevention](#)

Managing Illness at Home

Most respiratory and digestive viruses can be managed at home. Take a look at the following table to learn about common symptoms and how to manage them at home.

Understanding Viruses and How to Manage Them

Virus	Common Symptoms	Level of Infectivity	Managing Your Symptoms at Home	When to See a Healthcare Provider
Common Cold 	Stuffy nose Sore throat Sneezing Cough Low-grade Fever	Less contagious	Drink plenty of fluids Rest and reduce activities Take pain medications: acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) for fever or body aches Cover your coughs and sneezes with a tissue and wash your hands often	Viral symptoms should be managed at home
Flu 	Body aches Chills Cough Fatigue Fever Headache Sore throat Stuffy nose	Contagious	Stay away from others to keep from infecting them Wear a mask when around others	Difficulty breathing (gasping for air, shortness of breath, wheezing or trouble taking a breath in) Severe or worsening cough Dehydration from vomiting or diarrhea
COVID-19 	Body aches Chills Fever Fatigue Cough Diarrhea Nausea/ Vomiting Shortness of breath Loss of smell/taste Headache Stuffy nose Sore throat	More contagious		A fever that lasts more than 72 hours You have underlying health problems (like heart or lung disease) or take immunosuppressants

[Visit our website](#) for a more extensive list of common viruses.

A Healthy Start to School

Back to school can be an exciting and sometimes difficult time for parents and children. Being prepared will help you and your child get ready for back to school.

Here are some health tips for preparing for back to school. For more information, visit [Toronto Public Health](#).

Tip #1: Focus on Nutrition

Good nutrition helps with healthy growth and concentration. Here are some ways to encourage healthy eating at home:

- Make meal and snack times fun
- Try new foods
- Involve children and youth in planning, shopping, preparing and serving meals
- Eat and enjoy a variety of foods everyday
- Make water your drink of choice
- Avoid using food as a reward or punishment
- Act as a role model for food

For more nutrition information, [click here](#).



Tip #2: Talk to your kids

Going back to school can be a cause of anxiety or stress for children. It is important to talk to your kids about any fears or worries they may have. Here are some tips to help with back to school:

- Setup regular times to chat with your child
- Focus on the positive things about going back to school
- Practice [calm breathing with your child](#) – they can learn to use this when their anxiety rises
- [Develop cognitive coping cards](#) that your child can use to help cope with anxiety

Online Resources

- [Healthy Eating for Parents and Children](#)
- [Canada's Food Guide](#)
- [Anxiety Canada – Back to School Tips](#)

Tip #3: Make sleep a priority

Sleep is important for both physical and mental health. Good sleep improves productivity and overall quality of life. Sleep is just as important as diet or exercise. Here are some tips to help improve your child's sleep:

- Children lose sleep due to overuse of digital devices. It is important to put devices away at least 1 hour before bedtime.
- Most healthy children need 8 to 10 hours of sleep every night.
- Establish good sleep routines and regular schedules.
- Regular exercise helps improve sleep, but it is important not to exercise too close to bedtime.

Tip #4: Boost Immunity

School exposes children to various germs and viruses. Ensuring they are up to date on their vaccinations helps protect them and others. Specific immunizations are recommended for children prior to entering kindergarten. Yearly flu vaccines may also help to protect your child from the flu.

Help your child avoid the spread of illness by encouraging them to wash their hands regularly, teaching them to cover their coughs and sneezes and keeping them home when sick.

[Click here](#) to review how to manage common viruses at home.

Tip #5: Ensure dental and vision checks

Make sure your children are up to date on their regular health examinations such as dental and vision.

It is recommended that every child has a comprehensive eye exam before entering school and then every year afterwards. OHIP covers eye exams for children and youth under 20 years. [Click here](#) to learn more about vision health.

Speak to your primary healthcare provider if you have any concerns about your child's health.

Online Resources

- [Back to School Sleep Tips](#)
- [A Healthy Start to School - Toronto Public Health](#)

Gender-Based Violence

Trigger Warning: Please note, this article carries a trigger warning as it discusses intimate partner violence.

The National Day of Violence Against Women is December 6th. On this day, we remember the 14 young women that died due to gender-based violence. [Click here](#) for more information.

What is Gender Based Violence?

Gender-based violence is harmful acts, whether physical or emotional against a person based on their gender. Women, girls, Two Spirit, trans and non-binary people are at highest risk for gender-based violence. The violence can happen in private or in public, and can occur in many ways: sexual, physical, mental, financial, threats of violence, bullying and manipulation. For more information [click here](#).

If you are experiencing abuse, please reach out to your healthcare provider for support.

What are signs that you may be in an abusive relationship?

- Your partner calls you names, makes jokes at your expense, or humiliates you (in private or in front of others)
- Your partner constantly demands to know where you are, what you are doing, and who you are with
- Your partner destroys your possessions
- Your partner has threatened to kill you, others, or themselves if you leave
- Your partner used physical force against you or others
- Your partner constantly questions your spending or takes control of your money



For a full list of warning signs visit the [Canadian Women's Foundation Website](#)

Where to get help

- Assaulted Women's Helpline (assistance in over 200 languages): 1.888.364.1210
- Online chat: <https://www.awhl.org/online-chat>
- Ontario Native Women's Association: 1-800-667-0816
- LGBT Youth Line: 1-800-268-9688
- Seniors Safety Line: 1-866-299-1011



TW Family Health Team

September 2024 Health Education

FREE workshops & easy online registration

Sept

16

7 pm

Asthma in Children

Do you know about the September Asthma Peak? This is when we see a dramatic increase in the number of visits to the emergency department for children with asthma. Join us for an interactive online session about asthma in children.

Presented by Respiratory Therapist Lillian Ferreira and Registered Nurse Olivia Howe
Online workshop: [click here to register](#) or scan QR code



Sept

18

7 pm

Addressing Anxiety

Join us for an overview of anxiety disorders and review the signs and symptoms. Learn about the different anxiety disorders and review basic treatment options and self-care strategies.

Presented by Dr. Hussein Hirjee
Online workshop: [click here to register](#) or scan QR code



Sept

25

7 pm

Sleep Therapy Part I

Are you having trouble sleeping, such as falling or staying asleep? This 2-part workshop is for patients and caregivers interested in learning about strategies to improve their sleep without medications. You can also register now for Part 2 taking place on October 9th, 2024. Visit our website for details.

Presented Pharmacist Jadie Lo and Social Worker Laurel Franks
Online Workshop: [click here to register](#) or scan QR code



Sept

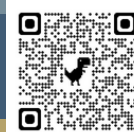
26

7 pm

The Development of Gender Identity in Children

This health education workshop will review basic terms and definitions about gender identity. We will review what to expect based on developmental stages and discuss case scenarios. We will also discuss how to best support children in their gender identity journey.

Presented by Nurse Practitioner Christine Bottomley and Dr. Francesco Leanza
Online Workshop: [click here to register](#) or scan QR code





HEALTHY EATING

Join us for our FREE
Healthy Eating
Virtual Workshops

Online on MS Teams at 12 pm

TOPICS

Nutrition for a Healthy Heart (Sept 12)

Gut Health 101 (Sept 16)

Balanced Eating Basics (Sept 26)

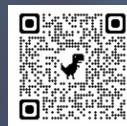
Understanding Food Labels (Oct 10)

Mindful Eating (Oct 24)

To register, visit our website under Health Education Workshops

Visit our website for more information and take a closer
look at our Health Education Workshops Calendar

www.twfht.ca



Contact Us

📞 Phone: 416 603 5888

🌐 Website: twfht.ca

📍 Location:

- Bathurst Site: 440 Bathurst Street

Newsletter Feedback:



Do you have feedback about our newsletter?

Do you want to learn more about other health education topics? If so, [click here](#).