

Wawa Family Health Team Newsletter

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“Together...a Healthier Community”



Silvana Dereski, Executive Director

It has been four years since the Wawa Family Health Team (WFHT) was approved, yet it seems like it was only yesterday that we first heard the term “Family Health Team”. The Wawa Family Health Team became operational in 2007 with a vision to create a team approach to healthcare.

Since inception, we have seen significant changes within the WFHT; however, our mission remains the same – “Together...a Healthier Community”. The changes that evolved were driven by a need to improve our delivery of your health care needs. Probably, the single most significant change for the community was the Family Health Team’s move from 36 Montreal Avenue, to the Wawa Medical Centre (WMC). The WMC and the WFHT had been working together since 2007 and in July 2009 the amalgamation of the two organizations took place. This led to housing all the healthcare providers under one roof, like one stop shopping for all your healthcare needs.

The strength of our organization is in the partnerships and collaborations we create. The Wawa Family Health Team values our clients as the core of our organization, and as we work together as a team with the Lady Dunn Health Centre and the Municipality of Wawa, our community partners, we will continue to move ahead toward developing new programs, improved delivery and service and a better understanding of the community’s health needs.

Welcome to Wawa Dr. Thomas!

The Wawa Family Health Team is pleased to welcome Dr. Anthony Thomas to our team. Dr. Thomas comes to us with a wealth of experience. Over the years, he has practiced in several small Ontario communities, including Parry Sound, Grimsby and Cayuga, and has worked twice as a locum in Wawa. He recently closed his 30-year practice in Trenton.

We are pleased that Dr. Anthony Thomas has chosen to join our team.



Dr. Anthony Thomas and partner Toni Rutland
Photo: Shirley Mills- Sault Star

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- Visit to Ghana
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Upcoming Events

January 2011	Living Well (NACS)
February 12, 2011	Heart Health Luncheon
February 2011	Physical activity for persons over 50 years starts
February 2011	Anger solutions for Women (NACS)

We salute you as well Dr. Murray



Wawa mayor Linda Nowicki (left) presents Dr. John Murray with a Wawa Goose print on behalf of the community for his 25 years of practicing in the town. Lina Rody (LDHC) Board Chair and CEO Sally Garland, also praised the veteran doctor-Sault Star

Should You Eat This Burger?



You've just left your health care provider's office with a new prescription in hand and a goal to "work on your dietary choices"- but where do you start?

Packaged foods provide information on ingredients, health claims, nutrition facts and other useful information. Reading the nutrition facts label is a good place to see what and how much nutrients are in the foods that you choose- and on your way to accomplishing your goal. Here is how to get started.

Step 1

Look at the amount of food. The amount of food for this veggie burger is 1 burger (75g). Compare this to the amount you actually eat.

Step 2

Read the % DV (Daily Value). 5% DV or less is a little and 15% DV or more is a lot for all nutrients in the Nutrition Facts table.

Nutrition Facts	
Per 1 burger (75g)	
Amount	% Daily Value
Calories 150	
Fat 7 g	11 %
Saturated 0.5 g	
+ Trans 0 g	3 %
Cholesterol 0 mg	
Sodium 400 mg	17 %
Carbohydrate 7 g	2 %
Fibre 2 g	8 %
Sugars 1 g	
Protein 13 g	
Vitamin A 4 %	Vitamin C 2 %
Calcium 6 %	Iron 20 %

This is a lot!

This is a lot!

This veggie burger may be a good choice if you are trying to eat more iron, but it also has a lot of sodium. If you choose to eat this veggie burger, try to limit the amount of sodium you will eat from other foods during the day. To be successful in managing your health you need to know what to watch for. Let label reading be a tool to help you make sound food choices.

WHO WOULD HAVE THOUGHT...

The highest recorded speed of a sneeze is 165 km per hour-*Guinness book of records.*

...*SOMEONE WOULD MEASURE THIS!*

Programs

- Hypertension
- Anticoagulation Therapy Management
- Diabetes
- Smoking Cessation
- Mental Health/ Social Work
- Heart Failure- *coming soon*
- Preventive care
 - Pap
 - Breast
 - Colon

Services

- Primary care
- Pacemaker checks
- Scopes
 - Colonoscopy
 - Gastro scopes
- Minor procedures
- Stress Testing
- Ontario Telemedicine Network

We often feel like this "The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd druthers not." – Mark Twain

A visit to the Gold Coast- Ghana

In November 2010 Drs. Anjali Oberai and Erle Kirby travelled to Ghana to do medical work. For Dr. Oberai, this was her first trip to Ghana. Dr Kirby has been going there twice a year since 1996. Tracy Laing, a high school math teacher from Wawa accompanied them and performed volunteer work.



“One always returns to Canada with a renewed appreciation of the benefits that living in a country with an excellent health care system has to offer”-Dr. Kirby.

The first site visited was in the city of Tamale, a 12 hr bus ride north of the Ghanaian capital of Accra, in the dry savannah region of northern Ghana. There they worked in the Shekhinah Clinic; a free hospital for disadvantaged people set up and run by an amazing Ghanaian doctor named David Abdalai, who actually grew up there in a very poor family. The level of poverty his family suffered from was such that all of his 11 siblings died in childhood from poverty associated diseases and the unavailability of medical care. Dr Abdalai is determined to provide free medical care to the poor and does so with the help of local volunteers. Ghanaians and foreigners alike have been inspired to help him by giving donations.

The second site was in the small remote town of Sambuli where the bishop of Yendi has been supporting the development of a medical clinic. In this town there is now a clinic where two nursing sisters provide care to ill persons daily. In addition two midwives deliver about 300 babies per year and they are helping to reduce the appalling rate of maternal and newborn mortality. Through an outreach program smaller villages in the area are visited to provide vaccinations, child and maternal care, and to identify seriously ill persons. This outreach program has been made possible by a truck provided by the Wawa Rotary Club.

The third site was the Baptist Medical Center which is a 150 bed hospital about 200 Km further north and east from the city of Tamale. This is an extremely busy hospital with very sick patients. The peak malaria season was over but, there were many children suffering from malaria, some of whom had the very serious cerebral form where death is a quite common outcome. Many children and adults suffered from gastrointestinal illness, severe infections and snakebites. “I found it very satisfying to help the extremely overworked medical staffs who were struggling to handle the huge number of very ill patients”-Oberai.



What do you see?

I recall an experiment done by a professor in one of our esteemed educational institutions. To one half of the class he gave a picture of this young woman to the other half he gave this picture of an old woman.

He then put up on the screen the picture of both imposed on each other and asked a simple question; “What do you see?” The half of the class who were given the picture of the young women could only see the young women and similarly the other half saw the older woman. A debate broke out between the two sides and neither would budge from their belief about what they saw.

The professor then stated both women could be seen within the picture and to take another look.

To their amazement they could all see both a young woman and an older woman!! In that instant the arguing ceased and each person had that rare moment when they could see more than one perspective at the same time.

We all remember that old classic of questioning whether the glass is half empty or half full. Just like the picture however I take the position there is a third way to look at the glass...

The glass is, at the same time, half empty and half full.

If we take the message of the picture of the two women or the third option on the glass we can see that Life is not either optimistic or pessimistic. Life is not either happy or sad. Life is not either good or bad. Life is all of these things.

Sometimes in our life we may choose the half full perception while at other times we may choose to see the glass as have empty. There may be moments in our lives when we can see both.

The most important thing to recognize is whichever way we see the picture or the glass we are right.

-Brenda Melbourne

Tips to help you prepare for your medical appointments

If you have several issues that need to be addressed, tell the office when you call for an appointment so that you will get sufficient time to talk to your provider.

Prioritize your reasons for the visit. Start by asking the provider the most important question first, then the next most important, and so on. Stay focused on your questions. If you wander into interesting side stories you will lose valuable time.

Bring someone with you to your appointment to translate or to assist you with explaining the reason (s) for your visit.

Bring all your medications (including over the counter meds) to your appointment or a list with the dosages.

And lastly....don't be afraid to let your provider know when you don't understand something.



March is Colorectal Cancer Awareness Month

Colorectal cancer is the second leading cause of death from cancer in men and women combined. Colorectal cancer responds best to treatment when it is found and treated as early as possible.

There is no single cause of colorectal cancer, but some factors appear to increase the risks of developing it.

Talk to your provider today about colorectal cancer screening and to address your risk factors.

Did you know that we have a website? Visit us on the web at www.wawafamilyhealthteam.com

Flu Myth Buster



The flu vaccine is not dangerous.

One ingredient of the flu vaccine, a preservative called thimerosal, has received some negative attention because it contains a trace amount of mercury. The amount of mercury found in thimerosal is extremely small, does not build up in the body, and is much less toxic than other forms of mercury. Canada's National Advisory Committee on Immunization (NACI) has reviewed the latest science and concluded that there are no legitimate safety reasons to avoid getting the flu vaccine.

Flu shots are still available-call 856 1313 today

Crossword Puzzle

	1			2				3			
4											
				5							
6											
				7							

ACROSS

- 2. 30 minutes most days is recommended
- 4. Test helps to detect changes to the cells of the cervix
- 6. #1 cause of lung cancer
- 7. risk factor for stroke

DOWN

- 1. Breast screening
- 3. Colon screening for those over 50 yrs
- 5. being overweight & inactive are risk factors for developing this condition of high blood sugar