

THE TADDLER

Welcome to our First Issue!



Welcome to our first newsletter! The idea for regular communication germinated in a patient focus group that met last year to advise on seniors' programs. Taddle Creek may need no introduction for many of you, who already appreciate the range of services we offer.

Our programs are recognized for their innovation and emphasis on self-empowerment, particularly for patients with chronic disease. The Diabetes Education Program has distinguished itself in this regard, as has our Mental Health Program. Our pharmacist has been a trailblazer in launching programs to improve respiratory and cardiovascular health and our dietitians excel at both one-on-one counseling and group work addressing the emotional aspects of overeating. Finally, our administrative staff under the able direction of Ms. Sherry Kennedy, keep the operation moving forward, magically coordinating schedules, maintaining our website and facilitating the professional development of our staff.

In recognition of superlative work, this year we were awarded Family Practice of the Year for Ontario by the Ontario College of Family Physicians. I am honoured to be associated with our group of physicians, nurse practitioners, nurses and other inter-disciplinary health providers who keep our six offices attuned to your needs. With your help, we believe we can continue to build upon our success. We invite you to suggest topics of interest for future newsletters. We are open to a format that maximizes connection between our patients and staff, with room for announcements and patient contributions, as well as timely and comprehensive information on medical matters. We are hoping that this newsletter brings us all closer together because ultimately you are the people we are here to serve. So -drop a line, visit our web site and participate in your Family Health Team.

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Sincerely yours, Dr. Pauline Pariser (Lead Physician)

Is There a Bug in My Food?!

Protect Yourself from Food-Borne Illness



There are about 11 million cases of food-borne illness in Canada every year.

Earlier this year, thousands of people (primarily in Europe) fell ill due to raw sprouts contaminated by the bacteria *E. Coli*. Closer to home, you've probably heard of the *Listeria*-contaminated meat at Maple Leaf Foods a few years ago. You might even have experienced a food-borne illness yourself, with food eaten at a restaurant or at home.

The Canadian Food Inspection Agency estimates that about 11 million cases of food-borne illness occur every year in Canada. These illnesses may be caused by food that has been contaminated by bacteria, viruses or parasites.

The most common symptoms of food poisoning are nausea, vomiting and diarrhea, which can start within hours or even days of eating contaminated food. Young children, elderly, pregnant women and people with compromised immune systems are at the highest risk of becoming severely ill due to food poisoning.

Tips for Preventing Food-Borne Illness

Harmful pathogens can enter your food at any part of its journey from the farm to your plate. Here are

some tips for preventing food-borne illness.

Follow the **Clean, Separate, Cook & Chill** principle.

Clean:

- Wash hands with warm water and soap for 20 seconds before and after handling food
- Wash cutting boards, dishes, utensils and countertops with hot soapy water or a mild bleach solution before and after preparing each food item. (Mild bleach solution = 5mL/1tsp bleach per 750mL/3 cups water)
- Use paper towels to clean kitchen surfaces or if using cloth towels, make sure they are washed frequently
- Rinse fruits and vegetables under cool running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean brush (includes melons and cucumbers)
- Discard the outer leaves of heads of leafy vegetables.
- Don't eat sprouts unless they are thoroughly cooked, especially if you're at high risk of severe illness

Separate:

- Use one cutting board for fresh produce and one for meat
- Separate meat from other foods in your grocery cart, grocery bags and refrigerator

Cook:

- Use a food thermometer to measure internal temperature of cooked foods, particularly ground meats
- Avoid eating under-cooked or raw meat or eggs

Chill:

- Chill leftovers within 2 hours and eat within 2-3 days
- Keep the fridge at 4°C or below (use a thermometer to check)
- Never put hot food



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Is there a bug in my food? (Continued from page 2)

directly into the fridge, as it will raise the temperature of the fridge and allow bacteria to grow

- Store food in shallow containers (~2 inches deep) to speed cooling
- Never defrost food at room temperature. In the fridge, in cold water (changed every 30 minutes) and in the microwave are the safest ways to defrost food

When You Should See Your Doctor

Most cases of food poisoning will resolve on its own. However, you should see your doctor if you:

- Have a fever higher than 38.5°C
- Are vomiting so much that you can't keep liquids down (leading to dehydration)
- Are dehydrated (less urination, dry mouth, dizziness)

Be sure to get plenty of rest and stay well hydrated. Check with your doctor or pharmacist before treating your symptoms with anti-nausea or anti-diarrhea medicines, such as Gravol® or Imodium®.

For more tips and information, go to: Canadian Partnership for Consumer Food Safety Education: www.canfightbac.org

Canadian Food Inspection Agency: www.inspection.gc.ca

Safe Food Handling for Pregnant Women: <http://www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/pregnant-women-femmes-enceintes-eng.php>

Article written by: Dora Chan, TCFHT Pharmacist

WHAT'S HAPPENING AT TADDLE CREEK

By: Sherry Kennedy, *Executive Director*

I am excited to be writing my first column for 'What's Happening at Taddle Creek.' I plan to use this space to let you know about our programs, events and staff announcements.

Programs

Taddle Creek currently has a variety of programs that you may be interested in. Here are a few:

Mental Health: Cognitive-Behavioural Therapy (9 wks), Wellness Recovery Action Plan Course (9 wks)

Diabetes: Diabetes Do-It -Yourself class (3 hrs)

Craving Change workshop (4 wks) (to help change your relationship with food)

In terms of new programs, Taddle Creek FHT will now be offering **free nicotine replacement therapy** in conjunction with smoking cessation counseling (for a limited time). We have also redesigned our **Hypertension Clinic** to be an interactive 2-hr group session. We've sent letters to patients who may benefit most from attending the Hypertension Clinic, but all are welcome.

If you are interested in attending any of our programs, call 416-260-1315 or visit our website <http://www.taddlecreekfht.ca> for more information. For smoking cessation counseling or cognitive-behavioural therapy specifically, please speak to your physician.

Events

Renovations are now complete at our 726 Bloor St. W. offices (Suites 207 & B102). This will allow the nursing staff to have dedicated space to work with patients and to have other clinicians (e.g. pharmacist, dietitians, etc.) regularly visit.

We will also be expanding at our 790 Bay St. site. Our Diabetes Education Program will be moving into a new suite (508) by the end of the year. This additional space will allow us to hire a second diabetes nurse educator and a second diabetes dietician.

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Health Benefits of Laughter



"Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health." ~Paul E. McGhee, PhD

Laughter makes you feel good. And the good feeling that you get when you laugh remains with you even after the laughter subsides. Humour helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss.

More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious—just hearing laughter primes your brain and readies you to smile and join in on the fun.

The link between laughter and mental health

- Laughter dissolves distressing emotions. You can't feel anxious, angry, or sad when you're laughing.
- Laughter helps you relax and **recharge**. It reduces stress and increases energy, enabling you to stay focused and accomplish more.

Humour shifts perspective, allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed. (Authors: Melinda Smith, M.A., Gina Kemp, M.A., and Jeanne Segal, Ph.D.)

Contributed by Cathy O'Toole, TCFHT Social Worker

Did you know???

The Physiological Benefits of Laughter:

- Exercises and relaxes muscles
- Improves breathing
- Stimulates circulation
- Decreases stress hormones
- Increases the immune system's defenses
- Elevates pain threshold and tolerance
- Enhances mental functioning

The Psychological Benefits of Laughter:

- Reduces stress, anxiety and tension and counteracts symptoms of depression
- Elevates mood, self-esteem, hope, energy and vigour
- Enhances memory, creative thinking, and problem solving
- Improves interpersonal interaction, relationship, attraction and closeness
- Increases friendliness and helpfulness
- Builds group identity, solidarity and cohesiveness
- Improves quality of life

Side effects of laughter are very limited, but precaution is advised for people who've recently been released from surgery or who have certain heart, lung or eye diseases.

So, try it out yourself! Check out the "Laughter is the Best Medicine" section in this issue of The Taddler on page 5.

Some other tips to get you laughing:

Smile, watch a funny movie or TV show, play with children or pets, spend time with funny people, go to a comedy club, try laughter yoga.

References and resources:

Laughter is the Best Medicine:

http://www.helpguide.org/life/humor_laughter_health.htm

Laughter Yoga:

<http://www.thestar.com/DesiLife/article/457313>
www.laughteryoga.org

Mora-Ripoll R. The therapeutic value of laughter in medicine. *Alternative Therapies in Health and Medicine*; Nov/Dec 2010, 16(6):56-64.

Let's Get Acquainted!

In each issue of The Taddler, we ask members of the Taddle Creek family a few questions, so that you can get to know us better!

Mike McCreary, Medical Secretary for Suite 522 (Bay site)



- 1) *What is your favourite food?* Anything from Host restaurant, but especially Chicken Vindaloo
- 2) *Where did you go for your last vacation?* My band Whale Tooth did a cross Canada tour opening for Mother Mother.
- 3) *What motivates you every day?* Caffeine
- 4) *What is the best part of your job?* The camaraderie and personalities in our office
- 5) *What is your favourite book or movie?* "Miles: The Autobiography" is a book I seem to read at least once a year.

Dr. Bev Jackson, Physician (Bloor site)

1) *What is your favourite food?* How could I limit myself to just one, there's so much good food out there! Indian curries, delicious salads, my husband's homemade granola with berries



2) *Where was your last vacation?* Canoe trip in Algonquin. We realized on the second day we had overestimated our ability to cover many kilometers of portaging and took a smaller loop: into a mud puddle, couldn't reach the next portage because of lake mud obstructing passage of the canoe, had to climb out and sink full depth of my legs in the mud to try to pull the canoe in... Had a great time!

3) *What motivates you every day?* Sometimes only the knowledge if I don't get it done today it will just be waiting for me tomorrow! Other days: knowing I'll be helping and learning something new at the same time, there's always more to learn

4) *What is the best part of your job?* Delivering babies - who couldn't love it?

5) *What is your favourite book or movie?* Same problem as food! I enjoy comedies or old classics to unwind

Laughter is the Best Medicine!

While reading a newspaper, Walter came across an article about a beautiful actress and model that married a boxer who was noted for his IQ.

"I'll never understand," he said to his wife, "why the biggest jerks get the most attractive wives."

His wife replied, "Why, thank you, dear."



(both jokes from www.cleanjoke.com)

What's Happening at Taddle Creek
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Staff Announcements

Over the summer, our Diabetes Nurse Educator, Jessica Bakhle, had her first baby. Lila was born on Aug 13 and weighed 7lbs, 9oz.

Congratulations, Jessica!

Get a Life!

By: Lora Judge, MSW, RSW

As a social worker and therapist, I firmly believe in the benefit of seeking professional help during times of distress. My question is...“is that all there is” (as the late jazz singer, Peggy Lee, once sung!)??

Get a Life! will be a regular column about finding other types of “therapy” that will help us achieve better health and maintain it. We aren’t really encouraged to do this, are we? We are told to take our meds, see our therapist weekly, exercise and attend our support group. But under no circumstances are we to get a life!

My goal is to draw your attention to “art.” At some of the lowest moments in my life, I was so grateful for being involved in music. It felt like it

was all I had, all that I could count on, and my only motivation. I cringe when I hear about music programs being cut from our schools. It is such meaningful “therapy,” and really quite accessible. What a way to express distressing emotions!

Although I don’t think I am bound for rock-stardom (even though I’m a great candidate), I have a dream to start a Jam Therapy Group.

Any takers?

Stay tuned for our next newsletter where I will share information about The Workman Arts Project.



DISCLAIMER

The information presented in The Taddler is for educational purposes only and should not be used as a substitute for the professional advice, treatment or diagnosis from your health care provider. Contact your physician, nurse practitioner or other qualified health care professional if you have any questions or concerns about your health.

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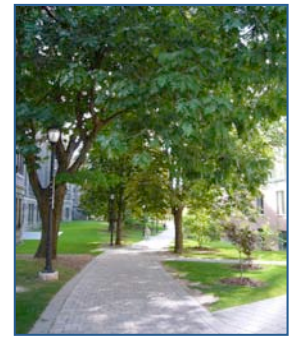
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Reader contributions are welcome!

Please send any comments or suggestions to the editor at:
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(Taddle Creek circa 1867)



(Philosopher's Walk, Present Day)

WHAT'S IN A NAME?

Did you know that Taddle Creek Family Health Team is named for a now-buried creek that used to run through the University of Toronto campus and parts of downtown Toronto? Traces of the creek can still be found today, most notably, the scenic “Philosopher’s Walk” behind the Royal Ontario Museum, which is part of the ravine once created by Taddle Creek.