



*Toronto Western*  
**Family Health Team**  
*Garrison Creek  
Bathurst*

# TW FHT Newsletter

**October 2024**

**In this issue:**



## **Clinic Updates & Reminders**

[Flu Shot Clinics](#)

[RSV vaccine](#)

[Nursing Appointments](#)

[Pap Clinics](#)

## **Health Promotion: Health Topics**

[Health Literacy Month](#)

[World Menopause Day](#)

## **Upcoming Health Education Workshops**

[Click Wisely: How to Find Reliable Health Resources](#)

[Mindful Eating](#)

[Dialectical Behaviour Therapy \(DBT\) Skills Part 1 & 2](#)

# Clinic Updates & Reminders

## Flu Shot Clinics



The flu is a contagious respiratory illness caused by influenza viruses. These viruses can infect the nose, throat, and sometimes the lungs. The flu can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine (shot) every year.

Everyday actions can help prevent the flu like, staying away from people who are sick (distancing), covering coughs and sneezes, and washing your hands often. [Centers for Disease and Control and Prevention](#)

Children **6 months of age and older** and **adults** can get the flu vaccine.

**You can get your Flu vaccine at:**

- [Participating pharmacies](#) (must be 2 years of age and older)
- [Toronto Public Health \(TPH\) Flu Clinics](#)
- [Toronto Western Family Health Team Clinic](#)

**Want to learn more about Flu vaccines?**

- [Toronto Public Health \(TPH\)](#)
- [Flu Vaccine Frequently Asked Questions](#)

**TW FHT Flu Shot Clinics**

The TW FHT will be offering Flu Clinics in November. Online bookings for Flu Clinics will be available 24 hours before the Flu Clinic date. [Click here](#) for full details.

Due to the high demand of flu vaccines and limited supply provided to us by TPH, we encourage you to get your flu vaccine at your local pharmacy or TPH Clinic.

[Go back to top](#)

---

## Respiratory syncytial virus (RSV) Vaccine for Older Adults



Respiratory syncytial virus (RSV) is a virus that affects the lungs and airways. Immunization is available for people that are at high risk of serious outcomes from RSV. Ontario's publicly funded RSV prevention program is meant for high-risk older adults who are residents of nursing homes and other chronic care facilities.

To learn more about RSV immunization for infants and high-risk young children who meet eligibility criteria, [click here](#).

### **As an older adult, do I need the RSV vaccine?**

The RSV vaccine is currently recommended for adults 75 years of age and older, especially those with increased risk of severe RSV disease.

If you are younger than 75 years:

- You will likely not benefit from the RSV vaccine unless you are living in a nursing home or chronic care facility
- You will not be able to get a publicly funded vaccine. This means, that the Ontario government will not pay for this RSV vaccine.

For more information about RSV, immunization and eligibility for older adults click on the following online resources:

- [TW FHT website](#)
- [Government of Canada](#)
- [Ontario Ministry of Health](#)
- 

[Go back to top](#)

---

## **Nursing Appointments**

Our nursing team now offers online bookings for visits such as

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

### **Vaccine Appointments with Nursing**

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

If you are not sure which vaccines you may 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".

[Go back to top](#)

---

## Pap Clinics

We are pleased to inform you that the Garrison Creek 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.

[Go back to top](#)

## Health Promotion: Health Topics

### Health Literacy Month



October is health literacy month. This is a time to recognize the importance of making health information easy to understand.

#### **What is health literacy?**

Health literacy means your ability to collect and understand your health information so you can make the best decisions for your unique situation.

#### **Why is health literacy important?**

Health literacy is important for everyone, because at some point in your life you will need use and understand health information and services.

Having good health literacy skills allows you to:

- find information about your health conditions
- find the health services you need
- tell your healthcare providers about your needs and preferences



- answer questions about your health conditions and your needs
- understand the choices you have about treatments, doctors, facilities, and services
- decide what options are best for you when it comes to your healthcare
- understand and stick to your treatment plan

### **How can you improve your health literacy?**

There are also steps you can take to improve your own health literacy:

- Ask your health care provider questions
- Repeat what your health care provider tells you in your own words
- If possible, bring a friend or loved one with you to your appointment
- Keep a list of questions for your health care provider
- Ask for a translator or bring one, if needed
- Ask if there are materials you can use to help you understand
- Don't believe everything you read on the internet!

It is also important to learn how you can improve your health and learn about your health conditions.

Here are some options where you can get reliable health information:

- Talk to your health care provider
- Attend one of TW FHT's [health education workshops](#)
- View any [UHN Health Talks](#) online
- Visit one of [UHN Patient and Family Learning Centres](#)
- View trusted websites: [twfht.ca](http://twfht.ca), [UHN Patient Health Information](#)

[\*\*Go back to top\*\*](#)

---

## World Menopause Day



World Menopause Day is held on October 18th. The purpose of this day is to raise awareness about menopause and to support options available for improving health and well being.

The [International Menopause Society](#) is a global organization, created to improve understanding and support for women going through the menopause transition.

### **What is Menopause?**

Menopause is when your monthly menstruation (menstrual period or period) stops and you can no longer get pregnant. You have reached menopause only after it has been a full year since your last period. This means you have not had any bleeding, including spotting, for 12 months in a row.

Menopause usually affects women between the ages of 45 and 55, but it can happen earlier. It affects anyone who has periods.

## **What are the changes that happen with menopause?**

With menopause, there can be physical, emotional and mental changes, as well as changes to social well-being. Symptoms that people experience vary from person to person. Some people have few symptoms, while others may experience severe symptoms.

### **Symptoms of menopause include:**

- hot flashes
- night sweats
- tiredness (fatigue)
- aches and pains in the joints
- change in sexual desire
- changes in skin texture and appearance
- bladder control difficulty
- vaginal dryness
- changes in sleep (difficulty falling asleep or staying asleep)
- mood changes such as depression or anxiety
- memory problems

### **Want to learn more?**

If you have questions about menopause, speak to your primary health care provider. You can also visit the following websites for more information:

- [Menopause and U](#)
- [Menopause Foundation of Canada](#)
- [Menopause Info](#)
- [Office on Women's Health](#)

[\*\*Go back to top\*\*](#)

## Upcoming Health Education Workshops

### Click Wisely: How to Find Reliable Health Resources



Many people use the internet to find health information for themselves, family or friends. There is a lot of good quality health information online, but, be careful not to trust everything you read.

Join this workshop to learn how to get reliable health information online.

[Sign up for this workshop](#)

[Go back to top](#)

---

## Mindful Eating



Do you struggle with emotional eating? Are you wanting to have a healthier relationship with food?

Join this workshop to learn what mindfulness is and how to practice eating mindfully.

[Sign up for this workshop](#)

[Go back to top](#)

---

## Dialectical Behaviour Therapy (DBT) Skills



Dialectical Behaviour Therapy (DBT) is a type of psychotherapy that helps people manage strong emotions, problem behaviours, and relationship challenges, by teaching different skills and strategies.

Join Psychiatrist, Dr. Hirjee for this 2-part online series for an introduction to DBT - Dialectical Behaviour Therapy.

### **Important information about this workshop:**

- Spaces are limited
- Attendance for both workshops is encouraged, but not mandatory.

[Sign up for this workshop](#)

[Go back to top](#)

---

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

Visit our website for clinic updates &  
up-to-date health information

Do you have feedback about our newsletter?

Do you have ideas about other health topics?



**[Submit your feedback here!](#)**