



Colorectal Cancer Check

As part of the South East Toronto Family Health Team's commitment to the ongoing health of our patients, we are reminding you that it may now be time for you to have a screening test for colorectal cancer.

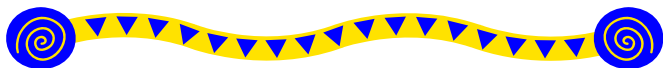
Colorectal cancer is the second deadliest cancer in Canada and Ontario has one of the highest rates of colorectal cancer in the world. But if detected early, colorectal cancer is highly curable.



Sample FOBT Kit

The Fecal Occult Blood Test (FOBT) is a common screening method that you can do in the privacy of your own home. It is a test that checks for blood in the stool. To use the test, you collect small samples of your stool on three different days—once completed, you mail the kit in a postage-paid envelope to a laboratory. Sometimes when patients have blood in their stool it is a sign that they could have colorectal cancer.

Screening is the best way to stop colorectal cancer so if you are over the age of 50 years old, it is important that you speak to your health care provider about the importance of screening for colorectal cancer as part of your routine health checks. If you want more information about colorectal cancer screening please visit: www.coloncancercheck.ca or ask one of our healthcare providers and they will be happy to answer your questions.



Hand Washing

Why is hand washing important?

Hand washing, when done correctly, is the single most effective way to prevent the spread of communicable diseases. Good hand washing technique is easy to learn and can significantly reduce the spread of infectious diseases among both children and adults.

Follow these five simple steps to keeping hands clean :

1. Wet your hands with warm running water.
2. Add soap, and then rub your hands together, making a soapy lather. Do this away from the running water for at least 15 seconds, being careful not to wash the lather away. Wash the front and back of your hands, as well as between your fingers and under your nails.
3. Rinse your hands well under warm running water.
4. Pat hands dry with a paper towel.
5. Turn off water using same paper towel and dispose in a proper receptacle.



For more information visit the Ontario Ministry of Health and Long-Term Care website at www.health.gov.on.ca/handwashing

Quick and simple healthy eating tips during the holidays!

1. Remove the skin on turkey. This can reduce the fat by almost 30%.
2. When making mashed potatoes use broth instead of butter. This can add a rich flavor with fewer calories.
3. Load half your plate with vegetables, one quarter of the plate with turkey and save the last quarter for potatoes and stuffing.
4. Knowing that dessert season is around the corner, try to avoid having seconds.
5. Don't forget to walk. This will burn calories and help build an appetite for your next meal.

Flu season has arrived....Protect yourself and those around you

Each year, thousands of Ontarians fall ill with influenza—some get severely ill, missing days of work, school or vacation. Others may even die. But you can help prevent much of the illness caused by influenza by getting the flu shot. The flu shot is free of charge to any Ontarian aged 6 months or older who have a valid OHIP card.

Our free flu shot clinic is **NOW** available until the end of December. Hours of operation are:

- Every Tuesdays and Thursdays from 4:00 p.m. to 7:00 p.m. AND
- Saturdays from 9:00 a.m. to 12:00 p.m.

No appointments are necessary—just present yourself at our clinic with a valid OHIP card.

