



July is..... Sun Sense Month

Here are some healthful tips for sun safety.

1. If possible, schedule physical activity outdoors before 11 am or after 4 pm when the sun's ultraviolet (UV) radiation is less intense. Use maximum sun protection if outside during this time period, especially between noon and 2 pm, the peak UV period.
2. Seek shade under trees, umbrellas or awnings whenever possible.
3. Plan ahead. Find out what the UV Index rating is forecast to be and use the index to guide your protection.
4. Wear loose, lightweight clothing that covers as much of the body as possible, whenever possible.
5. Wear a hat with a 7.5 cm (3 inch) or wider brim. Hats with flaps of fabric that cover the back of the neck are also recommended. Don't forget sunglasses.
6. Use a sunscreen with an SPF of 30 or higher which is also broad spectrum. Use a water resistant, sweat resistant or sport sunscreen if you are involved in activities in water or will perspire a lot during the activity. Reapply the sunscreen after swimming, towelling or heavy perspiration. Apply an SPF 30 or higher broad spectrum lip balm.

For more information on Sun Sense, visit: http://www.cancer.ca/Canada-wide/Prevention/Use%20SunSense.aspx?sc_lang=en

We have new Family Medicine Residents!!

You may have noticed that you have a new resident doctor. A new group of family medicine residents started as of July 1, 2009. If you currently are being cared for by a resident doctor, you will be informed of who your new doctor will be.

SETFHT is opening a second site.

We have plans to open a new clinic at 1871 Danforth Avenue. A pre-demolition Open House took place on June 11th, 2009 which included attendees from Toronto East General Hospital, University of Toronto and our community partners. The new site is scheduled for opening in late spring/early summer 2011.

Stay tuned for more details in the coming months.

UV Index - What does it mean?

UV Index	What does it mean?
0-2 Low	Minimal sun protection required for normal activity. Wear sunglasses on bright days and cover up and use sunscreen if outside for more than one hour.
3-5 Moderate	Take precautions if outside for 30 minutes or more. Cover up, wear a hat, sunglasses and sunscreen and look for shade near midday when the sun is strongest.
6-7 High	Protection Required. Reduce sun exposure between 11am and 4pm. Take full precautions by covering up, wearing a hat, sunglasses and sunscreen.
8-10 Very High	Extra precaution required. Avoid the sun between 11am and 4pm. Take full precautions by covering up, wearing a hat, sunglasses and sunscreen. Unprotected skin will be damaged and can burn quickly.
>11 Extreme	Take full precautions. Avoid the sun between 11am and 4pm. Cover up; wear sunglasses and sunscreen. Unprotected skin will be damaged and can burn in minutes.

We now have TVs in our waiting rooms!!

These TVs will be used to keep you informed about the clinic as well as show health promotion information as you wait for your appointment with your health care provider.

Healthy Weights Program

Are you trying to lose weight? Do you know what your BMI is?



The Healthy Weights program is a individualized program designed just for you. You will be followed by a dietitian, have the option to attend group sessions with a social worker to discuss ideas on how to make healthy lifestyle choices AND meet with someone from Toronto Parks, Forestry and Recreation to set up a recreation/exercise program.

Here are some of their comments from a few that have attended:

"I think all of the sessions were useful and can help me implement a healthy lifestyle. Identifying cravings was personally helpful."

"I thought this [the exercise portion of the group] was GREAT! I looked forward to this weekly and it allowed me to explore new activities. It gave me the courage to try other things."

Another series of group sessions will start in mid-July.

So far, we have had 52 patients enrolled in the program with an average weight loss of 8.7 lbs or 4 % of their body weight. If you would like to learn more about how to be referred, please ask your health care provider for details.

Colorectal Cancer Screening

It's out of sight, but it shouldn't be out of mind!

It may surprise you to learn that colorectal cancer is the second deadliest cancer in Canada. Ontario has one of the highest rates of colorectal cancer in the world.

Sadly, thousands of men and women in Ontario die from colorectal cancer each year. Yet, if detected early colorectal cancer is highly curable.



What can you do to prevent it?

If you are over the age of 50 years of age, Fecal Occult Blood Testing (FOBT) Screening is recommended every 2 years. The testing is simple and can be completed at home.

Ask your health care provider about receiving a kit.

National Drowning Prevention Week (NDPW) was

from Saturday July 19 to Sunday July 27, 2008. The event increases awareness, across Canada, of the need for drowning prevention.

Be a Water Smart Swimmer

- Learn to swim
- Never dive into shallow water
- Don't go in the water alone!always swim with a buddy
- Always supervise young children near water! ...If you're not within arm's reach, you've gone too far!
- Play and Swim in Supervised areas!
- Learn Lifesaving Skills!
- Go further....Take a lifesaving program at your local pool or aquatic facility.



Please note that the clinic will be closed for holidays on Wednesday July 1st for Canada Day, August 3rd for Civic Holiday and September 7th for Labour Day