



It's summer so time to pay attention to the.....Air Quality Index

The average person takes about 20,000 breaths a day. Wouldn't it be helpful to know how all that air affects your health and when it is best to be active?

Now you can.

The Air Quality Index is a new tool that measures air quality in terms of your health. It recognizes that air quality affects everyone differently. For example, a reading of 5 would have a different meaning to those with heart or breathing problems than those who don't. For this reason, the Air Quality Health Index includes recommendations for people at risk and the general population.

Here's how it works:

- **A reading of 1-3 means there's a low risk to your health—ideal air quality for outdoor activities**
- **A reading of 4-6 is a moderate risk—at risk population or those with heart or breathing problems should consider reducing or rescheduling strenuous activities outdoors. The general population does not need to modify activities unless you experience symptoms such as coughing and throat irritation**
- **A reading between 7-10 is high—at risk population should reduce or reschedule strenuous activities outdoors. The general population should reduce or reschedule strenuous activities outdoors if experiencing cough or throat irritation**



Make a habit of checking the index every day from weather reports on TV, newspapers or radio. It can help you decide whether to do certain activities that day.

For more information please visit: www.airhealth.ca

We have new Medical Residents!!

You may have noticed that you have a new resident doctor. A new group of medical residents started on July 1, 2010. If you currently are being cared for by a resident doctor, you will be informed of who your new doctor will be.



Please note that the clinic will be closed for holidays on **July 1st for Canada Day, **August 2nd** for the Civic Holiday and **September 6th** for Labour Day.**

Upcoming classes/workshops:

PATH—Personal Action Towards Health is a 6 week workshop for anyone with a chronic condition such as diabetes, heart disease and arthritis. Next workshop starts July 7th from 1:30-4:00 pm.

Infant Nutrition workshop: July 7th from 10-11:30am
For more information or to sign up, please ask your health care provider or front desk staff.

Join us in welcoming a new nurse to our team!

We are pleased to have a new nurse starting with us as of June. Shohreh Abrouie will be working on the Green Team on Tuesdays and Fridays. **Welcome Shohreh!**

SETFHT is introducing a new way to provide care— A Virtual Ward

What is a Virtual Ward?

Virtual wards use similar routines of a hospital ward to provide care to patients but without the walls of the hospital. Patients who are being discharged home from the Toronto East General Hospital and are without a family doctor will be offered to be part of the SETFHT Virtual Ward.

As part of the Virtual Ward, they will be connected with one of our family doctors and receive follow-up care from a variety of health care providers including daily phone calls to provide medical advice and education around their specific condition and self management.

Patients may also receive equipment to monitor their BP, pulse, O2 levels, weight and glucose levels which will provide additional support to monitor their health.

Overall, our goal is to prevent people from having to return to the emergency department or be readmitted to hospital by providing quick and easy access to a health care provider.

For more information, please ask to speak with **Hala**, our Physician Assistant.

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.
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.



| 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 are now on the web! Check us out at www.setfht.on.ca.