



February is..... Heart Health Month

Heart disease is preventable and manageable.

Your best defence is controlling the risk factors that could lead to coronary artery disease, such as high blood pressure, high cholesterol, diabetes, smoking, stress, excessive alcohol consumption, physical inactivity and being overweight.

If you have been diagnosed with a heart condition, there are treatments to help you manage your illness. You can further reduce your risk by considering these heart-healthy steps:

- Be smoke-free.
- Be physically active.
- Know and control your blood pressure.
- Eat a healthy diet that is lower in fat, especially saturated and trans fat.
- Achieve and maintain a healthy weight.
- Manage your diabetes.
- Limit alcohol use.
- Reduce stress.
- Visit your primary care team regularly for advice and guidance.



To learn more about Heart Health Month, visit www.heartandstroke.on.ca or speak to a member of your health care team.

Healthy Weights Program

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

The Healthy Weights Program is an individualized program designed just for you. You will work with a dietitian, have the option to attend group sessions with a social worker and dietitian to discuss ideas on how to improve your relationship with food AND meet with someone from Parks and Recreation to set up a recreation/exercise program.

Here are some of their comments from a few people 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."*

So far, we have had 102 patients enrolled in the program with an average weight loss of **8.6 lbs** or **4 %** of their body weight **after 6 months** and **12.3 lbs after 12 months**, which is a **5.4% weight loss**. If you would like to learn more about how to be referred, please ask your health care provider for details.

March is Nutrition Month

Celebrate food... from field to table!

The Dietitians of Canada Nutrition Month 2010 will focus on **celebrate food... from field to table!** Canadian families are interested in food and nutrition and dietitians are ready, willing and able to help Canadian families learn where food comes from and to relay accurate facts and dispel myths about Canadian food.

The 2010 National Nutrition Month Campaign & you....Our goals are to help you discover:

- action ideas to eat healthier and celebrate Canadian foods;
- practical solutions to help you discover and engage in ways to eat well, live well while learning where food is coming from;
- how to translate nutrition advice into everyday food choices for you and your family;
- local nutrition resources; and
- dietitians as the most trusted source of nutrition information accurate, reliable information based on current research and evidence.

Information taken from : http://www.dietitians.ca/public/content/eat_well_live_well/english/nutritionmonth/index.asp

To answer your nutritional questions, why not see one of our Registered Dietitians? They will be happy to speak to you about any of your nutritional questions or concerns.

Parent Nutrition classes

SETFHT will be holding 2 workshops for those interested in learning about the following topics:

February 2nd—Infant Nutrition—come learn about infant feeding in the first year as well as how to introduce solids

March 2nd—Toddler and School Age Nutrition—learn how to develop healthy eating habits for your toddler or school age child

Time: 10 am to 11:30 am

For more information or to sign up, please ask your health care provider or front desk staff.

Stay tuned as further workshops and groups are being developed. We will also be asking for your suggestions on topics you would be interested in.

Physician Updates :

Dr. Betty Hum will be going on maternity leave as of February 25th. Dr. Stella Lee will be covering her maternity leave as of March 1st.

Two new physicians will be joining the practice in the next few months:
Dr. Sam Tirkos and Dr. Ramona Joshi.

Do you have a chronic condition such as diabetes, heart disease, arthritis?

SETFHT will be holding a series of 6 weekly workshops to help you learn how to better manage your condition and live a fuller life.

Stay tuned for more details!