

THE TADDLER

Take the Fight out of Food: When Nutrition Facts Get Fuzzy

By: *Jessica Zupan, Registered Dietitian*

We have all heard it before: whether it is eating too much dark chocolate or too many handfuls of almonds, even if it is healthy, too much of anything is not a good thing. But, does the same thing hold true for nutrition information? Is knowing more nutrition information always beneficial? Is there such a thing as too much nutrition information? Let me help you determine if the all the science is serving you or just getting in your way.

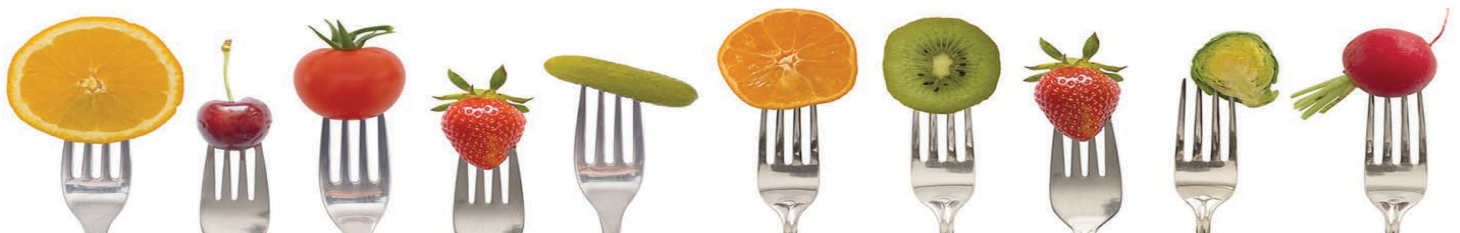


We live in an era where more than ever before, we are passionate about eating "right" and staying healthy. What's more, nutrition information and scientific studies are abundant and available at our fingertips at all times. Given all the information available and our passion to be our healthiest selves, you would think we would all have perfect health; however, we know this is not the case.

Scientific studies providing promising results can easily provoke us. We often think that more information will lead to better decisions but this is not necessarily true. Sometimes facts can get overwhelming and lead us astray. Although it is important to have a basic understanding of healthy eating, sometimes the answers we really want, when seeking nutrition information, cannot be answered in a scientific study. For example, all the Internet searching in the world cannot make up for the loss of trust in our own body's signals for hunger and fullness.

Of course, scientific studies have led to many nutrition breakthroughs. Nutrition facts and scientific studies are important in making healthy choices and should not all be disregarded. However, if you find yourself constantly searching for studies and diets but they consistently fail and leave you feeling defeated, this may not be serving you at all. Nutrition facts should be used as a tool, not a weapon. Eating should be joyful and not a source of everyday frustration and confusion.

If you find yourself struggling to untangle the useful nutrition facts from the questionable scientific studies or if you feel like you are suffocating in piles of nutrition facts, try these steps to determine if the facts are serving you:



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- ☒☒ Spot the problem: Your problem may be, like many others, nutrition information overload resulting in feelings of anxiety and stress.
- ☒☒ Get the facts: if your current diet is causing you distress, it may be time to start asking some questions about it.
 - Is it promising a quick fix or miracle cure?
 - Who are the “experts” providing the nutrition information and are they missing credible qualifications?
 - Are they trying to sell something without providing you nutrition education?
 - Are the “facts” coming from personal opinion without scientific evidence?
 - Are the claims based on a single study that may have drawn the wrong conclusions?
 - Does following these recommendations cause your mind to be consumed with thoughts of what foods are permitted and restricted?

If you answered ‘yes’ to any of these questions, your diet may be based on some unreliable facts and it may be time to let go of some of these facts.

- ☒☒ Seek support: Consult with a regulated health care professional such as a Registered Dietitian or your primary care provider. We are trained to critically analyze scientific studies and decipher fact from fiction. Registered Dietitians can help lead you in the right direction and empower you to make your own food choices that work for you right now and long-term. We can help to provide you with an appropriate amount of information that allows you to continue to live your everyday life without being consumed with diet rules.

March is Nutrition Month and this year’s theme is Take the Fight Out of Food. Check out www.dietitians.ca for more information on this topic.

Mumps: What You Need to Know

By: Shauna Sturgeon, Nurse Practitioner

- There is a mumps virus outbreak in Toronto and the Greater Toronto Area affecting school-aged children and adults aged 18-35.
- Mumps is spread through droplets of saliva by coughing, sneezing, talking, sharing food and drink, and kissing. The virus can live on contaminated surfaces. **Mumps virus is highly contagious and can be transmitted even before symptoms appear.**
- Most people with mumps develop facial swelling and pain, fever, head and body aches, fatigue and loss of appetite, while the rest will have mild cold symptoms. Men may develop severe testicular swelling and pain. **It can take up to 25 days for symptoms to show and some people may have no symptoms at all.**
- In severe cases, people can develop encephalitis (inflammation of the brain), meningitis, and deafness. Pregnant women who get mumps may miscarry and men can develop fertility problems.
- **Mumps can be prevented by getting vaccinated.** If you are born in or after 1970, make sure you have had two doses of measles, mumps, rubella (MMR) vaccine. If you are unsure about your MMR vaccination history, it is best to get a booster vaccination to make sure you and those around you are protected. Children should get their routine childhood vaccines on time to ensure they are protected.
- **If you develop symptoms that are suspicious for mumps, you should stay home from work, school and other activities and should see your health care provider as soon as possible to be tested.**



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Mental Health Corner

Is Life Stressing You?

by: **Julia Kundakci, Social Worker**



Stress is defined as a process in which environmental demands strain an individual's adaptive capacity, resulting in both psychological demands as well as biological changes that could place the individual at risk for illness. Stress affects everyone! The situations and pressures that cause stress are known as *stressors*. We usually think of stressors as being negative, such as an exhausting work schedule or a rocky relationship. However, anything that puts high demands on you can be stressful. This includes positive events such as getting married, buying a house, going to college, or receiving a promotion.

Of course, not all stress is caused by external factors. Stress can also be internal or self-generated, such as when you worry excessively about something that may or may not happen, or have irrational, negative thoughts about life. Finally, what causes stress depends, at least in part, on your perception of it. Something that's stressful to you may not faze someone else, they may even enjoy it. For example, your morning commute may make you anxious and tense because you worry that traffic will make you late. Others, however, may find the trip relaxing because they allow more than enough time and enjoy listening to music while they drive.

Stress is your body's way of responding to any kind of demand or threat. When you sense danger—whether it is real or imagined—the body's defenses kick into high gear in a rapid, automatic process known as the “fight-or-flight” reaction, or the *stress response*. The stress response is the body's way of protecting you. When working properly, it helps you stay focused, energetic and alert. In emergency situations, stress can even save your life—giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid an accident.

In other words, stress is not always bad. In small doses it can help you perform under pressure and motivate you to do your best. It can also help you rise to meet challenges. However, beyond a certain point, stress stops being helpful and starts causing major damage to your health, your mood, your relationships and your overall quality of life. If you are living with high levels of stress, chances are that your mind and body are paying a price. Stress wreaks havoc on your emotional equilibrium, as well as your physical health. It

narrows your ability to think clearly, function effectively and enjoy life. Chronic stress can suppress your immune system, upset your digestive and reproductive systems, and it can even rewire your brain, leaving you more vulnerable to anxiety, depression and other mental health problems. In fact, the most dangerous thing about stress is how easily it can creep up on you. You get used to it. It starts to feel familiar, even normal. You do not notice how much it is affecting you, even as it takes a heavy toll.

It may seem like there is nothing you can do about stress. The bills will not stop coming, there will never be more hours in the day, and your work and family responsibilities will always be demanding. However, no matter how stressful your life seems, there are steps you can take to relieve the pressure and regain control. It is time to break the hold that stress has on your life. So, what is the first step?

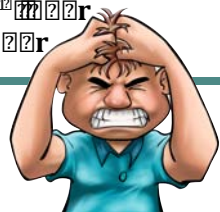
We have great news!! The Mental Health Program will be hosting a 4-day **‘Mindfulness Stress Busting Retreat’** this fall.

If you frequently find yourself feeling frazzled, overwhelmed, worried or overthinking too much, this workshop is for you! *When was the last time you acknowledged the thoughts and feelings that are asking for your attention? How do you take care of yourself from the inside out so that you can fully experience life?*

You can protect yourself by learning how to recognize and identify the sources of stress. It is important to remember that stress management is not a “one size fits all”, so it is important to review and determine what works best for you, in an attempt to reduce harmful effects of stress. These workshops will review a variety of different and effective stress management techniques ranging from cognitive-behavioural and mindfulness approaches to many relaxation techniques. This workshop will leave you with a toolkit of tangible strategies to help manage your daily stressors. More importantly, it may just be the most precious gift you give to yourself.

Below are the dates for upcoming workshops. Please contact your Primary Care Provider for more information.

- **September 11th, 18th, 25th, October 2nd, 9th, 16th, 23rd** 10:00am - 12:00pm
- **September 25th, October 2nd, 9th, 16th, 23rd, 30th** 1:00pm - 3:00pm
- **September 25th, October 2nd, 9th, 16th, 23rd, 30th** 4:00pm - 6:00pm



Taddle Creek Family Health Team's Respiratory Program

By: Andrea Filip, Physician Assistant



Respiratory diseases (e.g. Chronic Obstructive Pulmonary Disease [COPD] and asthma) can affect individuals of all ages and walks of life. The World Health Organization ranks COPD as the 4th most common cause of death worldwide and projects it to rank 3rd by the year 2030¹. COPD encompasses emphysema and chronic bronchitis. The Canadian Lung Association suggests that COPD currently affects 1.5 million Canadians and it is estimated that 1.6 million Canadians over 40 years of age likely have undiagnosed COPD. Asthma is one of the most frequent reasons children are seen in the Emergency Department and admitted to hospital. In Ontario, it is estimated that 1 million people over the age of 4 have asthma and 6 out of 10 people diagnosed with asthma have poorly controlled disease².

In order to optimize care for our patients suffering from respiratory diseases, TC FHT is enhancing its Respiratory Program. The goal of this program is to support people diagnosed with respiratory conditions and counsel those wishing to stop smoking. Services include smoking cessation counselling, respiratory education (e.g. assessment of disease control, development of action plans, medication review and treatment), preventative services such as immunizations, and on-site spirometry testing. Spirometry is a test that assesses your lung function and how well you can breathe, which in turn helps in the diagnosis and ongoing assessment of lung health. It can also help determine if your asthma or COPD medications are appropriate and effective. Patients over 6 years of age can be referred for spirometry testing at TC FHT.

Our Certified Respiratory Educators and one of our pharmacists are able to help patients develop asthma and COPD action plans, which, when used appropriately, help patients to recognize early signs of exacerbation and adjust treatment regimens. The timely management of respiratory conditions can prevent a visit to the Emergency Department or a hospital admission.

Those who may benefit from the Respiratory Program include individuals who:

- Have a history of smoking or a desire to quit smoking
- Need help with asthma or COPD management
- Regularly cough at nighttime or in the early morning
- Experience shortness of breath or wheezing, either at rest or with exercise

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WHAT'S HAPPENING AT TADDLE CREEK

By: Sherry Kennedy, Executive Director

This column lets you know about TC FHT programs, events and announcements.

Programs

Our Mental Health Program has added a Single Session Drop-In Counselling Clinic at our Bloor site. The Bloor Single Session Drop-In is on Tuesday afternoons from 1:15-3:15pm. We continue to offer Single Session Drop-In at our Bay site on Friday mornings from 9am-12pm. For more information, visit www.taddlecreekfht.ca (under Programs/Mental Health).

Please refer to the table in this newsletter outlining other TC FHT groups and clinic offerings from Apr-Dec 2017. We have some great workshops and multi-week groups. If you want to learn more about the groups, visit our website www.taddlecreekfht.ca or contact 416-260-1315 (Main Administration Office) or 416-204-1256 (Diabetes Education Program).

Events

The 2016-17 Patient Care Survey results are in; we received 2032 survey responses between Sep and Nov 2016. A sincere thank you to those of you who completed the survey. Your comments provide insight into how we can better serve you and how we can improve your patient experience. As well, you will be glad to hear your feedback helped shape our Quality Improvement Plan for the coming year.

From a quantitative standpoint, we heard the following:

- 82% were able to see their primary care provider either on same or next day, when needed
- 97% always or often felt they had the opportunity to ask questions
- 92% always or often felt they had enough time with their primary care provider
- 96% always or often felt they were involved in decisions about their care
- 82% always or often can contact the office on the telephone easily
- 88% always or often had messages returned in a timely manner
- 92% always or often had a reasonable wait time when in the office

TC FHT was happy to see these positive results, but noted from comments that there are areas for improvement. We

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WHAT'S HAPPENING AT TADDLE CREEK

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performed a thematic analysis of the comments to determine where patients want to see improvement. The top 3 themes were: same day appointments, reception and phones. Patients want to easily book appointments, so we will look at how we can extend online appointment booking through our HealthMyself Portal. Patients want friendly interactions with reception and improved phone etiquette. To that end, we will look at how we can improve customer service in our extremely busy environments.

Our Seniors Advisory Volunteer Initiative (SAVI) Patient Advisory Group has been meeting regularly with a commitment to improving the well-being of TC FHT seniors. In the last year, SAVI has organized three Senior Seminars - one on the aging process, one on Alzheimer's prevention, and one on physical fitness. The presentations are available on TC FHT's website (Patients/Healthcare Resources/Downloads tab). Another Seniors Seminar is being planned for June 6, 2017 from 10am-12pm at Women's College Hospital, Room 6214. The topic will be 'Navigating the Healthcare System'. RSVP to TC FHT Main Office - 416-260-1315. SAVI has also added a link (Patients/Healthcare Resources/Links) to Mount Sinai Hospital's Healthy Aging and Geriatrics page. This site provides excellent education and support for healthy aging. It has downloads for everything, such as how to manage/treat delirium, how to register for Wheel-Trans, a Living Longer Living Well Guide, safe medication use, etc.

Announcements

Anseh Dibaji, Social Worker, returned in Dec 2016 from her maternity leave. She is now the Lead for our Mental Health Program.

Aislinn Hemingway has been hired as a contract Registered Nurse from Mar-May 2017 and as a contract Nurse Practitioner from May-Nov 2017 for Suites 300/302.

Welcome aboard.

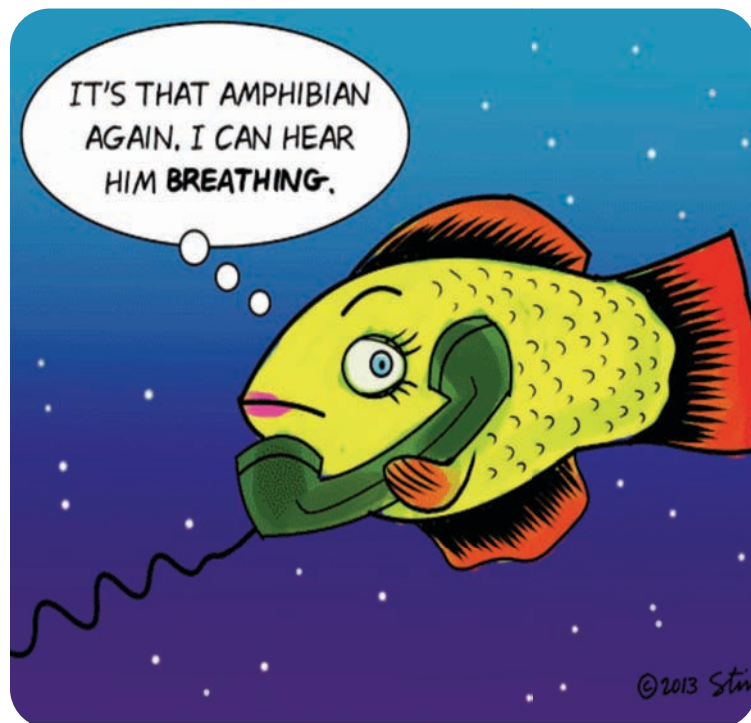
Cont'd from page 4 (TC FHT Respiratory Program)

- Are exposed to environmental or occupational hazards (i.e. painters, drywall installers, industrial/construction workers, healthcare workers)
- Have allergies/allergic rhinitis
- Have recurrent respiratory tract or sinus infections

If you are concerned about your respiratory health, we encourage you to book an appointment with your primary care provider to discuss a referral to the Respiratory Program.

¹ WHO. *World Health Statistics 2008*. 2008. Switzerland.

² RNAO. *Adult Asthma Care Guidelines for Nurses: Promoting Control of Asthma* http://rnao.ca/sites/rnao-ca/files/Adult_Asthma_Care_Guidelines_for_Nurses_-_Promoting_Control_of_Asthma.pdf. Accessed 6 Jan 2017.



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Toronto Public Health. Mumps Fact Sheet. Available at: <http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=2c362d6855e02410VgnVCM10000071d60f89RCRD>

Up To Date. Mumps. Available at:

https://www.uptodate.com/contents/mumps?source=search_result&search=mumps&selectedTitle=1~150

Check Out These Resources!

Going to a Dynacare lab for testing?

Avoid the line and check yourself in ahead of time! Use Dynacare Net Check-In.

Available online at <https://www.dynacare.ca/find-a-location.aspx> and as a phone app through the Android and Apple app stores.

Health Education

Listen to Dr. Mike Evans explain common health issues in an easy-to-understand and fun way.

Start with his video “23 and ½ hours” to learn the single best thing you can do to improve your health. Available at: <http://www.reframehealthlab.com/23-and-12-hours/> or on YouTube at <https://www.youtube.com/watch?v=aUaInS6HIGo>.

More is Not Always Better

As much as 30% of healthcare in Canada is unnecessary. Learn about why some medical tests and treatments may not always be a good option. Go to <http://choosingwisely.ca> for more information.

THE TADDLER

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DISCLAIMER

The information presented in The Taddler is for educational purposes only and should not be used as a substitute for the professional advice, treatment or diagnosis from your health care provider. Contact your physician, nurse practitioner or other qualified health care professional if you have any questions or concerns about your health.

The purpose of the TC FHT Newsletter, “The Taddler” is to provide:

- ◆ Education on varied health-related topics
 - ◆ Regular communication about what is happening at TC FHT
 - ◆ Information on issues that impact TC FHT and its patients
 - ◆ A means for patients to get acquainted with TC FHT team members
 - ◆ An avenue for patient contribution
- We hope you enjoy reading it!*

Taddle Creek Family Health Team
April 2017 – December 2017 - Group Offerings

All Groups/Clinics are open to all TC FHT patients; Diabetes Programs are open to the public.
 All programs are held at 790 Bay St., Toronto, Ontario
 For additional information go to www.taddlecreekfht.ca/events-calendar. Dates are subject to change.

Group	Date(s)	Time	Learn About:
CBT for Anxiety with Mindfulness Suite 306 Call 416-260-1315 Note: MD referral needed	May 11 to July 11* (Thu for 10 weeks) * last session to take place on Tue July 11	3:00-5:00pm	<ul style="list-style-type: none"> To understand the physiology of anxiety To learn CBT strategies and skills To examine how our thoughts and beliefs are connected to our mood, behaviors, physical experiences and events in our lives To be able to identify, evaluate & balance distress related thoughts To learn techniques for relapse prevention
	Sept 28 to Nov 30 (Thu for 10 weeks)	3:30-5:30pm	
Self-Compassion for Depression Suite 306 Call 416-260-1315 Note: MD referral needed	Mar 29 to May 31 (Wed for 10 weeks) * (No Group on Wed, Apr 26, group to take place Apr 25 instead and Retreat on Sat, May 13)	5:30-8:00pm	<ul style="list-style-type: none"> Learn 3 main components of self compassion, self-kindness, a sense of common humanity and mindfulness Adaptive ways of thinking to decrease depression How thoughts & beliefs are connected to our mood, behaviors, physical experiences & event in our lives
	Apr 5 to Jun 7 (Wed for 10 weeks) * Retreat on Sat, May 27	5:00-7:30pm	
Mindfulness Stress-Busting Retreat Suite 306 Call 416-260-1315 Note: MD referral needed	Sep 22, 23 & Oct 20, 21 (Fri & Sat for 2 weeks)	9:30-3:30pm	<ul style="list-style-type: none"> Learn specific techniques to cope with stress Raising awareness on the present moment, while acknowledging feelings, thoughts, and bodily sensations Developing resources to help your feel more alive in everyday life
	Nov 3, 4 & Dec 1, 2 (Fri & Sat for 2 weeks)	9:30-3:30pm	
CBT for Insomnia Workshop Suite 306 Call 416-260-1315 Note: MD referral needed	April 28 (Fri) Aug 11 (Fri) Nov 17 (Fri)	9:30-4:30pm	<ul style="list-style-type: none"> To learn about how cognitive behavioral therapy is used when treating insomnia Learn techniques to help you get quality sleep that will promote good physical and mental health Understand how our minds & thoughts contribute to insomnia Practice mindfulness to reduce stress and help you with getting to sleep
Assertiveness Workshop Suite 306 Call 416-260-1315 Note: MD referral needed	April 21 (Wed) Oct 27 (Fri)	9:30-4:30pm	<ul style="list-style-type: none"> This is a workshop for people who are either passive, aggressive, or passive aggressive, or who bounce back between these options, and who want to learn some practical understanding of what it means to be assertive and some assertiveness skills. This is not a group for people who struggle with being violent or abusive.

Group	Date(s)	Time	Learn About:
Diabetes Do It Yourself Suite 508 Call 416-204-1256	Apr 6 (Thu) Apr 19 (Wed) May 4 (Thu) Jun 1 (Wed) Jun 14 (Thu)	5:00-7:30pm 9:00-11:30am 5:00-7:30pm 5:00-7:30pm 9:00-11:30am	<ul style="list-style-type: none"> • The basics of diabetes self-management • Healthy eating, getting active & setting achievable goals • Maintaining healthy changes
Let's Get Moving – Diabetes Exercise Workshop Suite 508 Call 416-204-1256	Apr 6 (Thu) Jun 29 (Thu) Oct 12 (Thu)	2:30-3:30pm 1:30- 3:30pm 1:30- 3:30pm	<ul style="list-style-type: none"> • Discuss the benefits and barriers to being more active • Attend 4 FREE exercise classes with a fitness specialist at the Miles Nadal JCC • Measure your blood sugar, blood pressure and cholesterol at the beginning and at the end of the group series to monitor your progress
Let's Talk Diabetes Suite 508 Call 416-204-1256	Apr 27 (Thu) May 25 (Thu) Jun 29 (Thu)	5:00-7:00pm 5:00-7:00pm 5:00-7:00pm	<ul style="list-style-type: none"> • Diabetes self-management skills by engaging in open & meaningful discussions about living with diabetes <i>from others living with diabetes</i> • Common myths about diabetes
Supermarket Safari – Diabetes Suite 508 Call 416-204-1256	Apr 20 (Thu) Jun 22 (Thu)	5:00-7:00pm 5:00-7:00pm	<ul style="list-style-type: none"> • Reading food labels and packaging • Best food choices for diabetes management • 60 min grocery store tour
Your Path to Prevention – Prediabetes 3month workshop Suite 508 Call 416-204-1256	Apr 4 & 11 (Tue) Jun 6 & 13 (Tue)	5:00-7:00pm 5:00-7:00pm	<ul style="list-style-type: none"> • Prevent/<i>delay</i> diabetes by making healthy lifestyle changes • Meal planning and grocery store tour • Stress management/physical activity techniques • Weekly email follow-up for 3mths to maintain motivation
Happy Feet – Diabetes Suite 508 Call 416-204-1256	May 11 (Thu)	5:00-7:00pm	<ul style="list-style-type: none"> • Tips & techniques for daily self-foot care • Preventing foot complications • Choosing the right shoes • Identifying problems/concerns with your feet
Quit Happens Suite 306 Call 416-260-1315	Every Wednesday	4:00-5:00pm	<ul style="list-style-type: none"> • Accessing free nicotine replacement therapy • Benefits of quitting smoking • How to making a quit or reduction plan • About quitting smoking medications