



THE TADDLER

Reducing the Use of High-Risk Medications for Adults 65 Years and Older

By: Jessica Lam, Registered Pharmacist

Taddle Creek Family Health Team and St. Michael's Hospital have partnered together to develop a medication safety initiative with a focus on deprescribing benzodiazepines and Z-drugs. This includes clonazepam, lorazepam, diazepam and zopiclone, among others. Deprescribing is a way for healthcare providers to help you safely cut back on medications that may pose a safety risk.

There is mounting evidence regarding the risk associated with long-term use of these medications, particularly at an older age. As we age, our physiology changes, which affects our ability to break down and clear medications from our body. This can result in medications staying in our body longer and can cause us to be more sensitive to their effects, leading to an increased risk of medication adverse events. As life changes, your medication needs may change as well. Medications that were once helpful to you may not be the best choice for you now.

A meta-analysis (a large study combining evidence from multiple studies) of older adults using these medications for insomnia reported an increased risk of daytime sedation, loss of balance, cognitive impairment, falls and resultant hip fractures, and motor vehicle accidents (Glass, 2005). Despite studies showing that these medications may increase the duration of sleep by approximately 23 minutes, the numerous reports of associated adverse effects significantly outweigh the reported benefits. Furthermore, these studies often exclude older participants and only support the short-term use of these medications for the management of insomnia, thus there is no evidence for the use of these medications beyond 4 weeks. A study published earlier this year also showed an association between benzodiazepines and Z-drugs, and an increased risk of pneumonia and related hospitalization or death (Taipale, 2017).

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With this new information in hand, primary care providers across Ontario are initiating the conversation about medication safety and the philosophy of deprescribing with their patients. The primary care providers at Taddle Creek are dedicated to supporting those who are interested in reducing or discontinuing these medications. If you are currently taking one or more of these medications, we encourage you to book an appointment with your primary care provider to discuss how you can work together towards safely reducing this medication use. ***It is important to note that you should not abruptly discontinue these medications without first speaking with your primary care provider.***

Taddle Creek has arranged numerous supports, tailored to help with the process, including an Insomnia Workshop (includes follow-up sessions with a social worker or pharmacist) and a drop-in support group. If you are not interested at this time, that is okay too. This is an ongoing initiative to optimize patient safety and your primary care provider may be checking in with you periodically to ensure that the safety of your medication regimen is optimized.

For those 65 years and older:



Benzo Drop-In Support Group

On the 1st and 3rd Wednesday of every month,
11am to noon, 790 Bay Street, Suite 306



**Starting July 5, 2017,
Cognitive Behavioural Strategies
and Mindfulness for:
Stress, Anxiety,
Depression and Insomnia**

This support group will be facilitated
by a licensed social worker,
light refreshments to be served.

DEPRESCRIBING: REDUCING MEDICATIONS SAFELY TO MEET LIFE'S CHANGES



FOCUS ON BENZODIAZEPINE RECEPTOR AGONISTS & Z-DRUGS (BZRAs)



As life changes, your medication needs may change as well. Medications that were once good for you, may not be the best choice for you now.

Deprescribing is a way for health care providers to help you safely cut back on medications.

WHAT ARE BENZODIAZEPINE RECEPTOR AGONISTS & Z-DRUGS?



- Drugs used to treat problems like anxiety or difficulty sleeping
- Examples include:

• Alprazolam (Xanax®)	• Diazepam (Valium®)	• Temazepam (Restoril®)
• Bromazepam (Lectopam®)	• Flurazepam (Dalmane®)	• Triazolam (Halcion®)
• Chlordiazepoxide (Librax®)	• Lorazepam (Ativan®)	• Zopiclone (Imovane®, Rhovane®)
• Clonazepam (Rivotril®)	• Nitrazepam (Mogadon®)	• Zolpidem (Sublinx®)
• Clorazepate (Tranxene®)	• Oxazepam (Serax®)	



WHY CONSIDER REDUCING OR STOPPING A BZRA BEING USED FOR INSOMNIA?



- BZRAs can cause dependence, memory problems, daytime fatigue, and are linked to dementia and falls



- Many could take them for short periods (up to **4 weeks**) but remain on them for years



- BZRAs are not recommended at all (regardless of duration) in older persons as first line therapy for insomnia



- BZRAs may become less helpful for sleep after only a few weeks

Mental Health Corner

Healing

by: Martin Vera, Social Worker



Dear patients of Taddle Creek,

As social workers at Taddle Creek, we are honoured to work with you in groups, individual sessions and single-session drop-in counselling clinics. It is our privilege to join you on your path towards healing and we truly appreciate your courage and vulnerability as you continue to explore ways of being in this world.

We honour the many skills that you have learned along the way in trying to feel less overwhelmed by emotions. We call these types of skills "grounding practices" because they help people feel more grounded, settled, and connected to their minds and bodies. Whether you are listening to music, practicing yoga, eating mindfully, pausing throughout the day, watching a movie, playing tennis, connecting with a friend, dancing, moving, writing, laughing, crying, learning, teaching, helping, playing, meditating, playing Scrabble, washing dishes, organizing cupboards, lying down or reading a great book – we honour your grounding practices.

As you can imagine, we also need to ground ourselves in order to ensure that we can fully collaborate with you on your path to well-being. Finding wise quotes and loving poems and sharing them with others is an incredible grounding resource for me. It allows me to connect more fully to myself and reminds me that I am not alone in my experience of occasionally intense emotions.

For pleasure, for grounding or for whatever you please, here is "In Blackwater Woods" by Mary Oliver:

*Look, the trees
are turning
their own bodies
into pillars*

*of light,
are giving off the rich
fragrance of cinnamon
and fulfillment,*

*the long tapers
of cattails
are bursting and floating away over
the blue shoulders*

*of the ponds,
and every pond,
no matter what its
name is, is*

*nameless now.
Every year
everything
I have ever learned*

*in my lifetime
leads back to this: the fires
and the black river of loss
whose other side*

*is salvation,
whose meaning
none of us will ever know.
To live in this world*

*you must be able
to do three things:
to love what is mortal;
to hold it*

*against your bones knowing
your own life depends on it;
and, when the time comes to let it go,
to let it go.*

***Our Single-Session Drop-In Counselling Clinics are available for patients on Tuesdays from 1:15pm-3pm (726 Bloor St. W, Suite 207) and Fridays from 9am-12pm (790 Bay, Suite 306). You can also refer to the table at the end of this newsletter for a list of our upcoming groups.**



Intuitive Eating with Diabetes: The Taddle Creek Diabetes Program Puts A Fresh Spin on Diet and Diabetes

By: Jessica Zupan, Registered Dietitian

You have tried every possible diet and you have lost the same 20lbs over and over again. You have given up on diets but you have been diagnosed with diabetes (or have had diabetes for a long time) and you are not sure where to go from here. You know all the principles of healthy eating so well, yet, when emotions kick in, you cannot seem to follow them.

Emotional eating is not about a lack of willpower and it will not be solved by dieting. Intuitive Eating with Diabetes is a course that offers you a way into a more peaceful relationship with food. It will help you to reconnect with your natural hunger and fullness cues and rediscover the satisfaction of eating.

Having diabetes can be a difficult and emotional journey. Blood sugars can be especially sensitive to certain foods, which makes living with diabetes even more difficult if you eat emotionally. Food is often used as unsustainable emotional sustenance. Paradoxically, however, it keeps us from experiencing our full range of emotions. Using mindfulness techniques, this course will help you to understand and reconnect with your emotions. You will discover how to connect with yourself, ask questions and be curious to help you end the battle with diabetes and food.

If this course seems right for you or if you have more questions, please call: 416-204-1256 x 0. We are now reserving spots for winter 2018 (see page 10 for more information).

Note: This group is available to clients of the Taddle Creek Diabetes Education Program. If you are living with prediabetes or diabetes and would like to learn how to become a client, please call 416-204-1256 x 0.

WHAT'S HAPPENING AT TADDLE CREEK

By: Sherry Kennedy, Executive Director

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

Programs

Please refer to the table at the end of this newsletter outlining TC FHT's groups, workshops and drop-in offerings from July 2017-March 2018. We have two new groups: Mindfulness Stress-Busting Retreat and for those living with diabetes, Intuitive Eating. We are also offering a new drop-in for those >65 yrs of age wishing to taper off of benzodiazepines and Z-drugs. If you want to learn more about these events, visit our website www.taddlecreekfht.ca or contact 416-260-1315 (Main Administration Office) or 416-204-1256 (Diabetes Education Program).

Events

Taddle Creek & Women's College Hospital's Family Health Teams, in conjunction with SAVI (TC FHT's Senior Advisory Volunteer Initiative), hosted a 'Navigating Available Support for Seniors & Caregivers' seminar on June 6, 2017. At the request of over 70 participants, I have provided a summary (see Taddler Newsletter insert) of the four panelists' talks, responses to questions asked, key takeaways and where to find more information.

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Organizing Your Health with Coordinated Care Plans

By: Emma MacGregor, Registered Nurse



Do you value being prepared? From packing the right gear for a camping trip to thinking about starting a family, we have many chances to be prepared in life.

If you value planning, you may have given thought to organizing your health information. Are you on more than 5 medications? Do you have allergies we should know about? What about assistive devices or implants? Organizing all of your health information can feel like a daunting task.

Taddle Creek Family Health Team is ready to support you through this process with our coordinated care plans (CCPs). This is a “health passport” for you – with up-to-date emergency contact information, allergies and medication lists. This will put all of your health information into one document for quick reference.

You can make as many copies as you need and can give it out to your emergency contacts, family or friends. In case of an emergency, this document can provide paramedics with vital information.

Creating your CCP will also give you a chance to discuss health goals: what would you like to achieve in the next 10 years? How can we support you to reach that goal? We will introduce you to advanced care planning and will discuss how to select a substitute decision maker. This means talking about your wishes, values and beliefs as they relate to your future healthcare and thinking about a person you might designate to speak for you in case you are not able to speak for yourself.

If you already have someone in mind to be your substitute decision maker, you might consider bringing this person with you to your CCP appointment. And if you already have one, it is never too early to start working on an advanced care plan. A great online resource is www.myspeakupplan.ca – an interactive website where you can create a PDF of your plan.

Let us help you set health goals and organize the details. Book an appointment with your nurse or nurse practitioner to create a CCP.

As with all planning, it is best to start early. Especially when the only certainty in life is change.

Patient Testimonials

"I am happy to give you feedback about the process for developing the Care Plan. I left the office feeling relieved and energized to take many healthful steps, probably for all of the following reasons:

1. I really appreciated the time for a discussion of various issues, which helped me identify possible strategies for some of the issues that bother me.
2. The whole nerve-wracking process of finding information spurred me on to getting my health-related documents in order.
3. I remembered important things about my healthcare history that I had forgotten!
4. I was very pleased to realize that the long-term physiotherapy/pilates strategy I had undertaken to relieve lower lumbar issues is actually working.

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WHAT'S HAPPENING AT TADDLE CREEK

Cont'd from page 4

Announcements

Victoria (Vicki) McGregor, Registered Nurse, was hired in May 2017 for Suites 300/302. Vicki obtained primary care nursing experience by completing a 1-year maternity leave contract with Davenport-Perth Community Health Centre and prior to that, Vicki worked as a nurse for 6 years in the cardiology/general medicine unit at Toronto Western Hospital.

Ivah Baban was hired as an Administrative Assistant/Medical Secretary in July 2017 on a one-year contract. Ivah is covering for Cheryl Dranov who is going on a one-year sabbatical. Ivah has a Bachelor of Science in Nursing from Bataan Peninsula State University (Philippines) and is currently taking business administration courses. Ivah has 3 years' experience as a child care provider in Israel and experience as a restaurant host and coffee barista.

Welcome aboard.

It is with a heavy heart that I let you know that Dr. Pauline Pariser will be leaving TC FHT as of Sept. 1, 2017 for semi-retirement. Dr. Pariser has been TC FHT's Lead Physician since its inception (2006) and a true mentor/friend to so many of the clinicians, physicians and me. On behalf of everyone associated with TC FHT, thank you Pauline for your kindness, your never-failing support, but most of all, your wisdom.

We will miss you dearly.

Cont'd from page 5 (Organizing Your Health)

5. I now have all the essential information, including current medications, recorded on three pages that I can take with me to all medical appointments!
6. The goal setting piece was especially important - I had not really consciously thought about my healthcare in terms of goals and strategies before (silly me) and I feel much more resolve to follow through.

So, I thank you again for making it possible for me to begin this process with you..."

"I am more responsible for my health...My life is becoming easier because of having my health issues organized...Talking about end of life care and advanced care planning – normally people don't want to talk about mortality but this is important"

Taddle Creek Diabetes Education Program Presents:

Intuitive Eating

with diabetes

A free 5 week mindfulness course for people living with diabetes

Ever wish you could just eat normally?

Create a healthy relationship with food, mind and body

Get in touch with your body's signals of hunger, fullness and satisfaction

Practice mindful meditation and relaxation exercises

Gain strategies to cope with anxiety, depression, stress fear and guilt around managing diabetes

Call 416-204-1256 x 0 to inquire

Taddle Creek Family Health Team *Diabetes Program*

Take the Canadian Lung Health Test

By: Emma MacGregor, Registered Nurse and Certified Respiratory Educator

Are you over 40? Do you smoke or used to smoke?

- ☐ Do you cough regularly?
- ☐ Do you cough up phlegm regularly?
- ☐ Do even simple chores make you short of breath?
- ☐ Do you wheeze when you exert yourself, or at night?
- ☐ Do you get frequent colds that persist longer than those of other people you know?

If you answered 'yes' to any one of the above questions, please ask for an appointment with one of our Certified Respiratory Educators (CREs) for a chance to check on your lung health and help improve your symptoms.

It is never too late to quit smoking and some damage is reversible.

"A year from now, you may wish you had started today" – Karen Lamb



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!

***The Taddler is not for private marketing purposes**

Taddle Creek Family Health Team
July 2017 – Mar 2018 – Groups/Workshops/Drop-In 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.

Event	Date(s)	Time	Learn About/Assistance With
CBT for Anxiety with Mindfulness Group 790 Bay, Suite 306 Call 416-260-1315 Note: MD referral needed	Sep 28-Nov 30 (Thu for 10 weeks) Jan 15-Mar 26 (Mon for 10 weeks)	3:30pm-5:30pm 5:00pm-7:00pm	<ul style="list-style-type: none"> To understand the physiology of anxiety To learn cognitive behavioural therapy (CBT) strategies and skills To examine how our thoughts and beliefs are connected to our mood, behaviours, physical experiences, and to events in our lives To be able to identify, evaluate and balance distress-related thoughts To learn techniques for relapse prevention
Self-Compassion for Depression Group 790 Bay, Suite 306 Call 416-260-1315 Note: MD referral needed	Sep 27- Dec 6 (Wed for 10 weeks) Jan 10-Mar 17 (Wed for 10 weeks)	2:00pm-4:30pm 5:00pm-7:30pm	<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 and beliefs are connected to our mood, behaviours, physical experiences, and to events in our lives
Mindfulness Stress-Busting Retreat 790 Bay, Suite 306 Call 416-260-1315 Note: MD referral needed	Nov 3 & 4 & Dec 8 & 9 (Fri & Sat for 2 weeks) Feb 2 & 3 & Mar 2 & 3 (Fri & Sat for 2 weeks)	9:30am-3:30pm 9:30am-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 you feel more alive in everyday life
CBT for Insomnia Workshop 790 Bay, Suite 306 Call 416-260-1315 Note: MD referral needed	Aug 11 (Fri) Nov 14 (Tue) Mar 9 (Fri)	9:30am-4:00 pm	<ul style="list-style-type: none"> To learn about how cognitive behavioural therapy (CBT) 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 and thoughts contribute to insomnia Practice mindfulness to reduce stress and help you get to sleep
Assertiveness Workshop 790 Bay, Suite 306 Call 416-260-1315 Note: MD referral needed	Oct 3 (Tue) Feb 8 (Fri)	9:30am-4:30pm	<ul style="list-style-type: none"> This is a workshop for people who are passive, aggressive or passive-aggressive, or who bounce back and forth between these options, and who want to gain a practical understanding of what it means to be assertive, as well as some assertiveness skills. This is not a group for people who struggle with being violent or abusive.



Event	Date(s)	Time	Learn About/Assistance With
Single Session Drop-In (Mental Health Support) 790 Bay, Suite 306 726 Bloor, Suite 207	Friday Tuesday	9:00am-12:00pm 1:15pm-3:15pm	<ul style="list-style-type: none"> • Feeling sad or anxious • Relationship issues • Parenting issues • Violence or safety issues • Adjusting to new diagnosis • Bereavement • Managing stress • Workplace or school issues • Assistance with accessing government services • Major life changes or transitions <p>Note #1: No appointment is necessary Note #2: You will be seen on a first come, first served basis</p>
Benzo Drop-In Support Group (>65 yrs) 790 Bay, Suite 306	Starting July 5, 2017 1 st & 3 rd Wednesday of the month	11:00am-12:00pm	<ul style="list-style-type: none"> • Tapering off benzodiazepine & Z-drugs by learning cognitive behavioural strategies (CBT) for mindfulness for: stress, anxiety, depression and insomnia
Quit Happens 790 Bay, Suite 306 Call 416-260-1315	Every Wednesday	4:00pm-5:00pm	<ul style="list-style-type: none"> • Accessing free nicotine replacement therapy • Benefits of quitting smoking • How to make a quit or reduction plan • About medications for quitting smoking
DIABETES GROUPS ARE FOR PEOPLE REGISTERED WITH THE DIABETES PROGRAM & LIVING WITH DIABETES			
Diabetes Do It Yourself Group 790 Bay, Suite 508 Call 416-204-1256	Aug 10 (Thu) Aug 23 (Wed) Sep 7 (Thu) Sep 20 (Wed) Oct 5 (Thu) Oct 18 (Wed) Nov 2 (Thu) Nov 15 (Wed) Dec 7 (Thu) Dec 20 (Wed)	5:00pm-7:30pm 9:00am-11:30am 5:00pm-7:30pm 9:00am-11:30am 5:00pm-7:30pm 9:00am-11:30am 5:00pm-7:30pm 9:00am-11:30am 5:00pm-7:30pm 9:00am-11:30am	<ul style="list-style-type: none"> • The basics of diabetes self-management • Healthy eating, getting active and setting achievable goals • Maintaining healthy changes
Let's Get Moving – Diabetes Exercise Workshop 790 Bay, Suite 508 Call 416-204-1256	Jul 6 (Thu) Sep 28 (Thu) Oct 12 (Thu)	1:30pm-3:30pm 1:30pm- 3:30pm 1:30pm- 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 Group 790 Bay, Suite 508 Call 416-204-1256	Jul 27 (Thu) Aug 31 (Thu) Sep 28 (Thu) Oct 26 (Thu) Nov 30 (Thu)	5:00pm-7:00pm 5:00pm-7:00pm 5:00pm-7:00pm 5:00pm-7:00pm 5:00pm-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



Event	Date(s)	Time	Learn About/Assistance With
Supermarket Safari – Diabetes Group 790 Bay, Suite 508 Call 416-204-1256	Aug 24 (Thu) Oct 19 (Thu) Dec 14 (Thu)	5:00pm-7:00pm 5:00pm-7:00pm 5:00pm-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 3 month Workshop 790 Bay, Suite 508 Call 416-204-1256	Aug 1 & 8 (Tue) Sep 12 & 19 (Tue) Oct 24 & 31 (Tue) Dec 5 & 12 (Tue)	5:00pm-7:00pm 5:00pm-7:00pm 5:00pm-7:00pm 5:00pm-7:00pm	<ul style="list-style-type: none"> • Prevent/delay diabetes by making healthy lifestyle changes • Meal planning and grocery store tour • Stress management/physical activity techniques • Weekly email follow-up for 3 mths to maintain motivation
Happy Feet – Diabetes Group 790 Bay, Suite 508 Call 416-204-1256	Jul 12 (Wed) Sep 14 (Thu) Nov 8 (Wed)	9:00am-11:00am 5:00pm-7:00pm 9:00am-11:00am	<ul style="list-style-type: none"> • Tips and techniques for daily self-foot care • Preventing foot complications • Choosing the right shoes • Identifying problems/concerns with my feet
Intuitive Eating Group 790 Bay, Suite 508 Call 416-204-1256	Sep 27 to Oct 25 (Wed for 5 weeks)	5:00pm-7:30pm	<ul style="list-style-type: none"> • Creating a healthy relationship with food, mind and body • Getting in touch with your body's signals of hunger, fullness and satisfaction • Mindful meditation and relaxation exercises • Strategies to cope with anxiety, depression, stress, fear and guilt around managing diabetes

