



Toronto Western
Family Health Team
*Garrison Creek
Bathurst*

TW FHT Newsletter

April 2025

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Preventive Care Visits

Preventive Care Visits are now replacing Periodic Health Exams (Physicals) at the TW FHT. Preventive care visits are recommended for individuals aged 50 and above.

A preventive care visit is a health care visit that reviews your health history, current medications, preventive screening and

immunizations. These visits are an important opportunity to pause and ensure all elements of your healthcare are up to date and help prevent health issues before they arise.

Preventive care visits cover a lot of important information. If you have new health issues or concerns, these will not be discussed during your preventive care visit. Please schedule a separate appointment with your primary care provider for them.

What to expect from a preventive care visit:

- You may see a nurse or health care assistant during your visit.
- We will review your current medical conditions, including family and personal history, lifestyle factors (such as diet, sleep, and exercise), and your current medications.
- We will also review vaccines and discuss preventive screening.

Important information about preventive care visits:

- To book an appointment for a preventive care visit, call the clinic at 416-603-5888. You cannot book a preventive care visit online.
- You will be asked to complete a survey online prior to your appointment. This survey will be sent with your reminder email. If you are unable to complete this survey online, we will review the questions with you during your appointment.
- If you have new health concerns, please book a separate visit to discuss these with your primary care provider.

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Health Promotion: Health Topics

Measles

(adapted from [Public Health Ontario](#))

Ongoing measles transmission in Ontario is impacting multiple parts of Ontario. Many patients are asking about vaccination for their children and themselves.

Vaccination against measles is the most important factor in preventing measles transmission. The vaccine protects against measles, mumps, and rubella, and is abbreviated as [MMR](#).

What is measles?

Measles is a respiratory infection that is very contagious. It spreads when you breathe in the air after someone with measles coughs or sneezes, or by touching your eyes, nose or mouth after touching an infected surface.

Measles is one of the most contagious respiratory infections.

Symptoms of measles include:

- Fever
- Cough
- Runny nose
- Red, watery eyes
- Red blotchy rash

Who is at risk of complications from measles?

- Babies under 1 year old who have not received measles vaccine
- People with severely weakened immune system
- Pregnant individuals who are not protected against measles
- Anyone who does not meet the definition of having measles protection (see below)

What to do if you are exposed to measles:

If you are fully vaccinated or immune to measles:

- It is very unlikely that you will develop the disease.
- As a precaution, watch for measles symptoms until 21 days after you are exposed.

If you are NOT fully vaccinated (two lifetime doses of MMR) or immune to measles:

- You must stay home and contact your [local public health unit](#) (Toronto Public Health telephone: 416-338-7600) for further direction.
- If you (or a family member) are at high risk of complications, call your healthcare provider or your [local public health unit](#) to discuss options to reduce the risk of measles infection.

For children under the age of 4:

- Your child will have received only 1 dose of the MMR vaccine. Public Health has not yet recommended that extra doses of MMR vaccine be given to children under the age of 4 who have received only one dose of MMR vaccine.
- A single dose of MMR vaccine is 93% effective at preventing measles so your child has good protection with a single dose only.

We will update you if Public Health recommendations change.

For babies less than 1 year of age:

- The first dose of MMR vaccine is given at 12 months of age. Babies that are breastfed receive some measles antibodies through breastmilk, as long as mom has full protection (see below).
- MMR vaccine can be given as young as 6 months of age, if needed. If you are concerned about your infant under

1 year of age, please discuss this with your primary care provider.

How do I know if I am fully protected against measles?

People are considered protected if they have at least one of the following:

- Proof of vaccination with two valid doses of measles-containing vaccine (e.g. MMR vaccine)
- Blood work showing antibodies to measles
- Documentation of prior laboratory-confirmed measles infection
- Are born before 1970 (with the exception of health care workers)
- If you do not have any of the above, you are not fully protected against measles.

Vaccination against measles is the most important factor in the prevention of transmission.

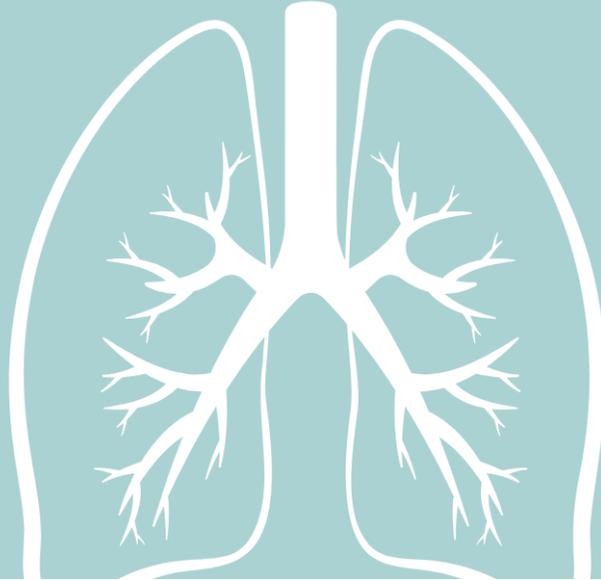
Visit [our website](#) for more information about measles vaccination and how to get vaccinated.

Speak to your primary care provider if you have questions about measles or the measles vaccine.

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Asthma Awareness Month

ASTHMA AWARENESS MONTH



May is Asthma Awareness Month

Asthma is a chronic health condition that affects your breathing. The airways in the lungs become more sensitive and can fill with mucous or tighten when exposed to triggers. This makes it difficult for air to pass through the airways and makes it harder to breathe.

Spring is a peak season for people with asthma and allergies and a perfect time to educate patients, family, friends, co-workers, and other people about allergic diseases.

Although asthma cannot be cured, proper treatment allows people with asthma to lead healthy and active lives.

Asthma Triggers:

Triggers are things that can cause your asthma symptoms. Every person has their own asthma triggers.

There are 2 types of asthma triggers:

1. Allergens
2. Irritants

Asthma Allergens

These are triggers that you are allergic to. Allergen triggers set off an allergic reaction in your body. When you breathe in one of your allergens, your immune system reacts to remove it. This allergic reaction causes swelling, extra mucous and tightening of your airways. This blocks the flow of air into and out of your lungs and causes asthma symptoms.

Common allergens are:

- Dust mites
- Animals
- Cockroaches
- Moulds
- Pollens

Asthma Irritants

There are many possible irritants that are found indoors and outdoors. They generally do not cause swelling but can make your airways "twitchy" and can trigger asthma symptoms.

Common irritants are:

Indoor irritants:

- Smoke (tobacco or wood smoke)
- Strong odours or chemicals (like perfumes or cleaning products)
- Exposure to a cold or the flu

Outdoor irritants:

- Air pollution

- Cold air
- Hot or humid air

Exercise can also trigger asthma symptoms, especially outdoor exercise.

What you can do to avoid asthma triggers

- Manage your asthma with your puffers. If you have questions about your medications, talk to your primary care provider.
- Speak to your primary care provider about having an allergy test done.
- Keep track of your asthma symptoms and what triggers them. This will help you understand the things that make your asthma worse.
- Learn how to avoid or reduce your allergy exposures. Some triggers are difficult to avoid, but many are avoidable.
- Follow your asthma action plan.

[Click here](#) to learn more about avoiding your asthma triggers.

It is important to work with your healthcare provider to help identify your triggers, and come up with a plan to minimize your exposure.

Additional Resources

- [Allergies and Asthma \(Asthma.ca\)](#)
- [Asthma Triggers \(Asthma.ca\)](#)
- [Asthma \(Lung Association\)](#)
- [TW FHT Lung Health Program](#)

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We Walk UHNITED

UHN Fundraiser



Join us for the first-ever public fundraising event in support of University Health Network (UHN).

On May 31, 2025, our community will come together for a fun-filled accessible walk through the streets of Toronto, demonstrating that together we have the power to transform health care. Offering a 5 km or 2 km route, the walk begins and ends outdoors at Toronto General Hospital and passes four of UHN's downtown sites.

We Walk UHNITED isn't just a walk – it's a celebration! The post-walk party will feature food, family-friendly activities, live entertainment and special guests. You won't want to miss it!

So rally your friends and family, lace up those sneakers and join us on Saturday, May 31, 2025.

[Learn more or register now](#)

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Upcoming Health Education Workshops May 2025

Balanced Eating Basics



Are you unsure of what to eat for good health? Are you finding it hard to meet your nutritional needs?

Join this online workshop to find out what balanced meals and snacks are, and learn how healthy eating can reduce the risk of disease.

[Sign up for this workshop](#)

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Understanding Food Labels



Are you confused on how to read nutritional labels on foods?

Join this workshop to learn what to look out for in order to make healthy choices.

[Sign up for this workshop](#)

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Addressing Anxiety

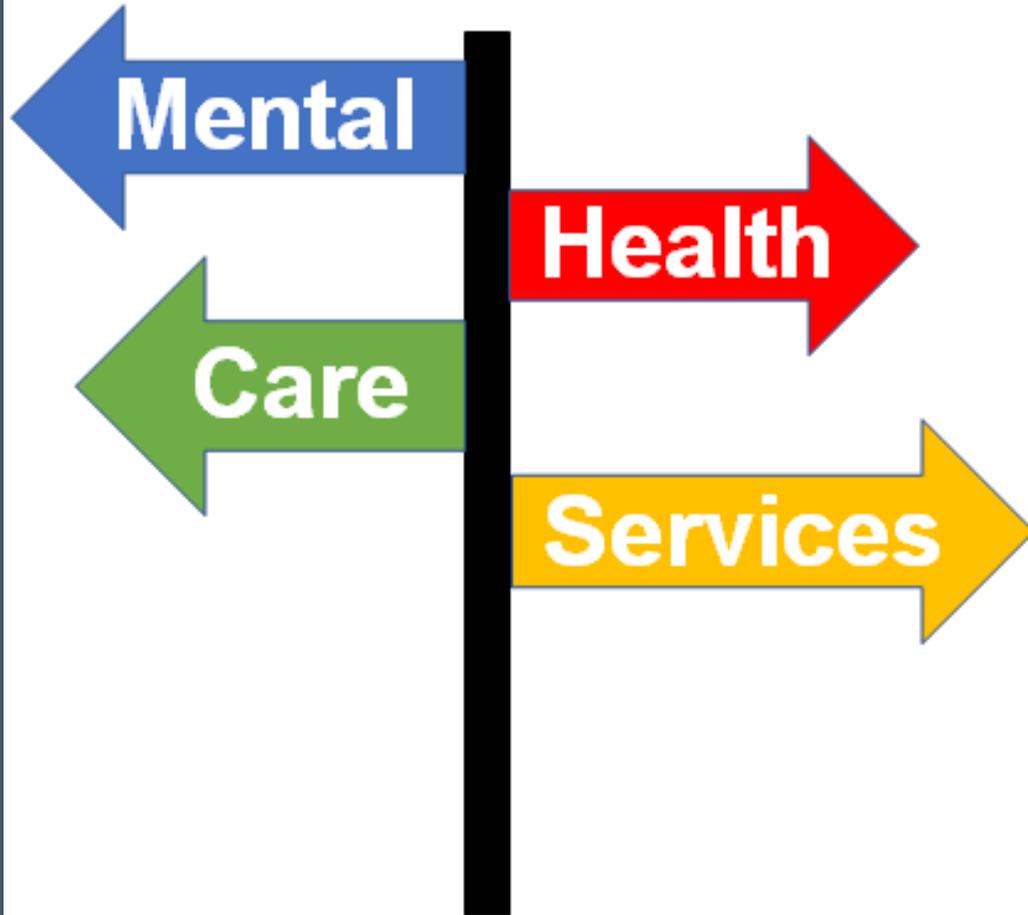


Learn about the different anxiety disorders including signs and symptoms, treatments and self-care strategies.

[Sign up for this workshop](#)

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Learning About Mental Health Care Services in Ontario



Are you struggling with your mental health or living with someone who has mental health problems and don't know where to find help? The mental health care system in Ontario is complex and can be challenging to find what you need.

[Sign up for this workshop](#)

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Mindful Eating



Do you struggle with emotional eating?
Are you wanting to have a healthier relationship with food?

[Sign up for this workshop](#)

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External Partner: Choose Health

Choose Health
Toronto Central

Hosted by



South Riverdale
COMMUNITY
HEALTH CENTRE

Self-Management Program **Ontario** 

Choose Health is a self-management program for Ontario Health, Toronto region. It is led by South Riverdale Community Health Centre. They offer evidence-based programs, virtually, for community members living with long term health concerns, their caregivers, as well as their health care providers.

**Upcoming Health Education Workshops:
Virtual Chronic Pain Self-Management Program**

The Chronic Pain Self-Management Program is a six-week online workshop that helps people with chronic pain to better manage their symptoms and their daily lives.

The online workshop provides information and teaches practical skills. Starts Tuesday, May 13, 2025 from 1:00 to 3:30 pm for 6 weeks. This program is only for people who live in Toronto.

For more information, please email choosehealthtc@srhc.com or call 416-461-3577 (Ext 2241).

[Sign up for this workshop](#)

www.twfht.ca

Visit our website for clinic updates &
up-to-date health information

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Do you have ideas about other health topics?



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