



*Toronto Western*  
**Family Health Team**  
*Garrison Creek  
Bathurst*

# TW FHT Newsletter

November 2024

In this issue:



## Clinic Updates & Reminders

[Masking Updates](#)

[Flu Shot Clinic Reminders](#)

## Health Promotion: Health Topics

[High Blood Pressure: What Can I do?](#)

[Healthy Eating and Aging](#)

## Upcoming Health Education Workshops

November

[Managing Your Child's Cold and Flu Symptoms](#)

[Preventing Falls: Staying Strong and Steady](#)

[Foot Care for Seniors](#)

[Technology, Social Media and Mental Health](#)

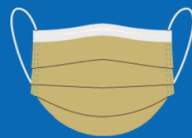
[Nutrition for a Healthy Heart](#)

[Migraines: A Survival Guide](#)

## Clinic Updates & Reminders

### Masking Update Mask Policy Change at UHN

Masking Update



As of October 28, 2024, you are required to wear a mask when receiving or waiting for care at our clinic.

Patients, Family Members, Visitors and Staff are required to wear a mask.

This means:

- masks must be worn in the waiting rooms and
- masks must be worn in exam and consult rooms when seeing a provider.

If you are unsure, ask a member of our staff.

[Click here](#) to read the UHN Mask Policy.

[Go back to top](#)

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## Flu Shot Clinic Reminders



A reminder that the TW FHT is now offering Flu Shot Clinics. Online bookings for Flu Shot Clinics will be available 48 hours before the Flu Clinic date.

[Click here](#) for full details.

Due to the high demand of flu vaccines and limited supply provided to us by TPH, we encourage you to get your flu vaccine at your local pharmacy or TPH Clinic.

[Go back to top](#)

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# Health Promotion: Health Topics

## High Blood Pressure: What Can I do?



Blood pressure is the pressure of blood pushing against the walls of your blood vessels (arteries). Your blood vessels carry blood from your heart to other parts of your body.

### **What is high blood pressure (hypertension)?**

High blood pressure is also called **hypertension**. High blood pressure is when there is too much pressure in your blood vessels. This can damage your blood vessels and cause health problems. If your blood pressure is regularly above normal, it may mean that you have high blood pressure.

Speak to your primary care provider if you have questions.

### **What are the symptoms of high blood pressure?**

There are often no signs or symptoms. Many people do not even know they have high blood pressure. The only way to know if you have high blood pressure is to measure your blood pressure.

### **What are the risks of high blood pressure?**

The higher your blood pressure levels, the more risk you have for other health problems, such as:

Heart disease

- Heart attack
- Stroke
- Brain problems (like dementia later in life)
- Kidney disease
- Erectile dysfunction
- Eye problems

[Click here](#) for more information about risks.

### **What do the blood pressure numbers mean?**

Blood pressure is measured with two numbers: systolic (the higher number) and diastolic (the lower number) (e.g., 120/80 mmHg):

- **Systolic pressure** occurs when your heart contracts.
- **Diastolic pressure** occurs when your heart relaxes and fills with blood.

### **What is normal blood pressure?**

For ideal health we recommend a blood pressure of less than 120/80. If your blood pressure is consistently over 140/90 or if you are a diabetic, have heart disease or kidney disease we recommend you talk to your primary health care provider about your blood pressure.

[Click here](#) for more information about blood pressure targets and view a short video.

### **What can I do?**

Check your blood pressure regularly and make lifestyle changes to help improve your health. Here are some lifestyle changes you can do to prevent high blood pressure:

- Be physically active: about 30 minutes a day, 5 days a week
- Don't smoke
- Eat a healthy diet and limit your salt

Limit alcohol use

- Keep a healthy weight
- Get enough sleep
- Manage stress
- Prevent or treat diabetes

[Click here](#) to learn more about each lifestyle change.

In addition to making positive lifestyle changes, some people with high blood pressure need to **take medicine** to manage their blood pressure.

If you think you may have high blood pressure or have not checked your blood pressure in a long time, book an appointment with your primary care provider.

You can also check your blood pressure at a pharmacy. Or you can also purchase a home blood pressure monitor. [Click here](#) for a list of approved devices.

### **Online Resources**

[Hypertension Canada](#)

[Heart and Stroke](#)

Edited by: Nurse Practitioner Allison Mann

[Go back to top](#)

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## **Healthy Eating and Aging**





Healthy eating is a key part of aging well. It is a way for you to stay healthy and strong, which is important to maintain your independence and quality of life. As you get older your appetite, energy level, and nutrient requirements can change. This may impact how and what you eat. Balanced eating is a good way to stay healthy and strong, but this is not always easy. Many people struggle with choosing the right foods as these changes happen.

## Why is balanced eating important as you age?

- Ensures you meet your nutritional needs
- Gives you the energy to do the things you love
- Helps prevent diseases such as heart disease and type 2 diabetes
- Helps prevent muscle and bone loss, which helps decrease your risk of falling or breaking your bones

## What foods should I be eating?

In general, every day, choose a variety of:

1. Vegetables and fruit, such as:

- dark leafy green vegetables like spinach or kale
- orange vegetables like carrots and sweet potato most days

2. Whole grain foods, such as:

- oats
- whole grains breads and cereals
- whole wheat pasta

3. Protein foods such as:

- eggs
- nuts and seeds
- fish and shellfish
- beans, peas, and lentils
- fortified soy beverages, tofu, soybeans and other soy products
- lower fat dairy products such as milk and yogurt
- lean meats and poultry

4. Include healthy fats on your plate such as; liquid vegetable oils, nuts/seeds, avocado, nut butters, fatty fish like salmon.

5. Make water and other low sugar drinks your drinks of choice.

For more information about the vitamins and minerals you need as you age [click here](#) to view an infographic.

Edited by: Registered Dietitians Sarah Hunt and Doreen Klar



# TOP NUTRITION TIPS FOR AGING WELL



When it comes to diet  
**QUALITY**  
over  
**QUANTITY**

With lifestyle changes that come with transition to older adulthood, nutrition needs may be different at this stage.

Key dietary elements that are important to keep up with as you age include:

[Go back to top](#)

## Upcoming Health Education Workshops in November 2024

### Managing Your Child's Cold and Flu Symptoms



Do you have a young child and want to feel prepared during this cold and flu season?

Join this workshop to learn about what you can do at home and understand when to seek medical care.

[Sign up for this workshop](#)

[Go back to top](#)

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## Preventing Falls: Staying Strong and Steady

In-person Workshop at Bathurst Site



Have you had a fall or are you afraid of falling? Are you curious to learn what you can do to prevent a fall?

Join us for this in-person interactive information session to learn about falls, what contributes to falls and ways you can prevent falls.

**[Sign up for this workshop](#)**

**[Go back to top](#)**

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**Footcare for Seniors**



Foot pain may keep you from enjoying life and staying active. Feet that are healthy and pain free contribute to your safety and independence.

Join us for this online workshop to learn about how you can properly take care of your feet to maintain good quality of life.

**Sign up for this workshop**

[Go back to top](#)

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**Technology, Social Media and Mental Health**



Join this online workshop to learn and discuss the relationship between technology use and mental health, especially social media and mobile devices.

**Sign up for this workshop**

[Go back to top](#)

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## Nutrition for a Healthy Heart



Have you been diagnosed with high cholesterol or high blood pressure and want to learn about nutritional management?

Join us for our online workshop to get heart healthy!

**Sign up for this workshop**

[Go back to top](#)

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## **Migraines: A Survival Guide**



Are you an adult that suffers from migraines? Do you want to learn more about migraine headaches and the different treatment options available?

Join this online workshop to understand migraine symptoms and potential causes.

**Sign up for this workshop**

[Go back to top](#)

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