



Toronto Western
Family Health Team
*Garrison Creek
Bathurst*

TW FHT Newsletter

November 2025

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Clinic Updates & Reminders

Flu Shot Clinics



The flu is a contagious respiratory illness caused by influenza viruses. These viruses can infect the nose, throat, and sometimes the lungs. The flu can cause mild to severe illness, and at times can lead to death.

The best way to prevent the flu is by getting a flu shot (vaccine) every year.

Everyday actions can also help prevent the flu like, staying away from people who are sick (distancing), covering coughs and sneezes, and washing your hands often.

[Centers for Disease and Control and Prevention](#)

Children **6 months of age and older** and **adults** can now get their flu shot.

You can get your flu shot at:

- [Participating pharmacies](#): must be 2 years of age and older
- [Toronto Public Health \(TPH\) Flu Clinics](#)
- [Toronto Western Family Health Team Clinic](#)

Want to learn more about flu vaccines?

- [Toronto Public Health \(TPH\)](#).
- [Flu Vaccine Frequently Asked Questions](#)

TW FHT Flu Shot Clinics

The TW FHT is currently offering Flu Clinics.

- [Book your appointment online](#)
- Online booking for Flu Clinics will be available 72 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, we encourage you to get your flu vaccine at your local pharmacy or TPH Clinic.

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Reminders about your Health Card (OHIP)



Please bring your valid health card with you to every appointment.

- You will be asked to present your health card when checking in to see your healthcare provider.
- Ensure your health card is valid and not expired.

**If your health card is expired,
you will be charged for your visit when you check in.**

Important information:

You will no longer receive paper OHIP card expiry letters in the mail unless you are 70 or older, have specific exemptions, or opt in to digital reminders and request a paper letter.

- To confirm your card's status or to get a paper reminder, visit [Service Ontario](#) online or call to sign up for email, text, or automated voice call reminders.
- [Get Service Ontario renewal reminders](#)
- To receive a new card or to renew your expired one, you can [renew online](#) or visit a Service Ontario location.

Online Resources

- [Renew a health card](#)
- [Health Card](#)

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Health Promotion: Health Topics

Skin Care Tips for Healthier Skin



Taking care of your skin doesn't have to be complicated. Here are some helpful tips on how diet and product choices can support healthier skin and help manage common conditions like eczema, acne, and rosacea.

Eat Well for Your Skin

- Balanced or Mediterranean Diets are great for overall skin health.
- Limit Salt: High-salt diets may worsen eczema.
- Stay Hydrated: Drinking enough water helps your skin stay healthy.
- Watch Your Sugar: Foods with a high glycemic index (like white bread and sweets) can make acne worse. [Learn more about low-glycemic diet and acne.](#)
- Rosacea Triggers: Alcohol, caffeine, and spicy foods can aggravate rosacea. [Learn more about diet and rosacea.](#)

Simplify Your Skin Care Routine

- Avoid Fragrance: Fragrances are common skin irritants and allergens.
- Less Is More: Try simplifying your routine using Dr. Skotnicki's product elimination method. [Learn more about the product elimination method.](#)
- Stick to the Basics:
 - A moisturizing or oil-based cleanser
 - A non-comedogenic (won't clog pores) moisturizer
 - SPF 50 sunscreen

 Some skin care products have been found to contain mercury, which can be harmful. [Mercury Poisoning Linked to Skin Products.](#)

Choosing the Right Cream

- There's no one-size-fits-all cream—it depends on your skin type, budget, and preferences.
- The Canadian Dermatology Association (CDA) labels products that meet their standards. Look for their logo when shopping: [CDA Recognized Products](#)
- Tip: Always test new products on a small patch of skin first. If you suspect a product is irritating your skin, try an [Open Application Test](#).

Anti-Aging Essentials

- Top Picks: Sunscreen and topical retinoids have the strongest evidence for their anti-aging properties.
- Other Options: Niacinamide and vitamin C serums may help.
- Gentle Peels: Products with 8–10% glycolic acid or 10% azelaic acid can be beneficial—but use with care.

Questions or concerns about your skin? Reach out to your primary care provider or dermatologist for personalized advice.

Additional Resources:

- [Acne and Rosacea Society of Canada](#)
- [Canadian Dermatology Association](#)

Edited by Dermatologist, Dr. Bohdanowicz

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**Living Well with Diabetes:
Awareness, Support & Action**



World Diabetes Day is on November 14th

Diabetes is a chronic condition that affects how your body manages sugar (glucose) levels in your blood. Whether it's Type 1, Type 2, or gestational diabetes, managing Diabetes well is key to living a healthy and fulfilling life.

What Is Diabetes?

Diabetes occurs when the body either does not produce enough insulin or cannot use it effectively. Insulin is a hormone that helps move sugar from your blood into your cells for energy. Without proper insulin function, blood sugar levels can rise, leading to serious health complications over time.

Living with Diabetes

Managing diabetes involves:

- Healthy eating: Focus on balanced meals with whole grains, lean proteins, and vegetables.
- Regular physical activity: Even a daily walk can help control blood sugar.
- Monitoring blood sugar levels: Keeping track helps prevent highs and lows.

- Medication or insulin: If needed and prescribed by your healthcare provider.
- Mental health support: Diabetes can be emotionally challenging. It's okay to ask for help.

World Diabetes Day – November 14, 2025

This year's theme is "Diabetes and the Workplace", part of a broader campaign on Diabetes and Well-being. The focus is on supporting people with diabetes in their work environments—where many face stigma, discrimination, and burnout.

Did You Know?

- 7 in 10 people with diabetes are of working age.
- 3 in 4 have experienced anxiety or depression related to their condition.
- 4 in 5 report diabetes burnout.

This World Diabetes Day, we're encouraged to "Know more and do more for diabetes at work." Employers and coworkers can play a big role in creating supportive, inclusive environments.

How You Can Learn to Manage Your Diabetes

1. Join the TW FHT workshops about Diabetes:

- [Diabetes Part 1: Just the Basics](#)
- [Diabetes Part 2: Going Deeper](#)

2. Reach out to your primary care provider about speaking to the Diabetes Educator at TW FHT.

3. There are also free diabetes education programs in the community that do not require a referral from your doctor:

Unison Health and Community Services

Diabetes Education Program

- The Diabetes Education Program provides FREE individual counselling and group education classes for people with Type 2 diabetes and pre-diabetes.
- No referral is necessary to see any of our Registered Nurses or Registered Dietitians . Adults 18+ living with Type 2 Diabetes or Prediabetes is eligible to attend our programs regardless of where you live.
- **Call: 416-787-1676 ext. 3303** to make your appointment.

Online Resources:

- [Diabetes Canada](#)
- [Diabetes Overview - Health Canada](#)

Edited by Diabetes Educator & Registered Nurse Amy Choy

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Upcoming Health Education Workshops November & December 2025

Understanding Food Labels (Online)



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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Sleep Therapy (In-person)



Are you having trouble sleeping, such as falling or staying asleep? This in-person workshop is for patients and caregivers interested in learning about strategies to improve their sleep without medications.

[Sign up for this workshop](#)

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Diabetes 101 (In-person)



Are you or a loved one living with diabetes? Empower yourself with the knowledge to manage your condition effectively.

In-person at the Bathurst site. Both Bathurst and GC patients welcome.

[Sign up for this workshop](#)

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Nutrition for a Healthy Heart (Online)

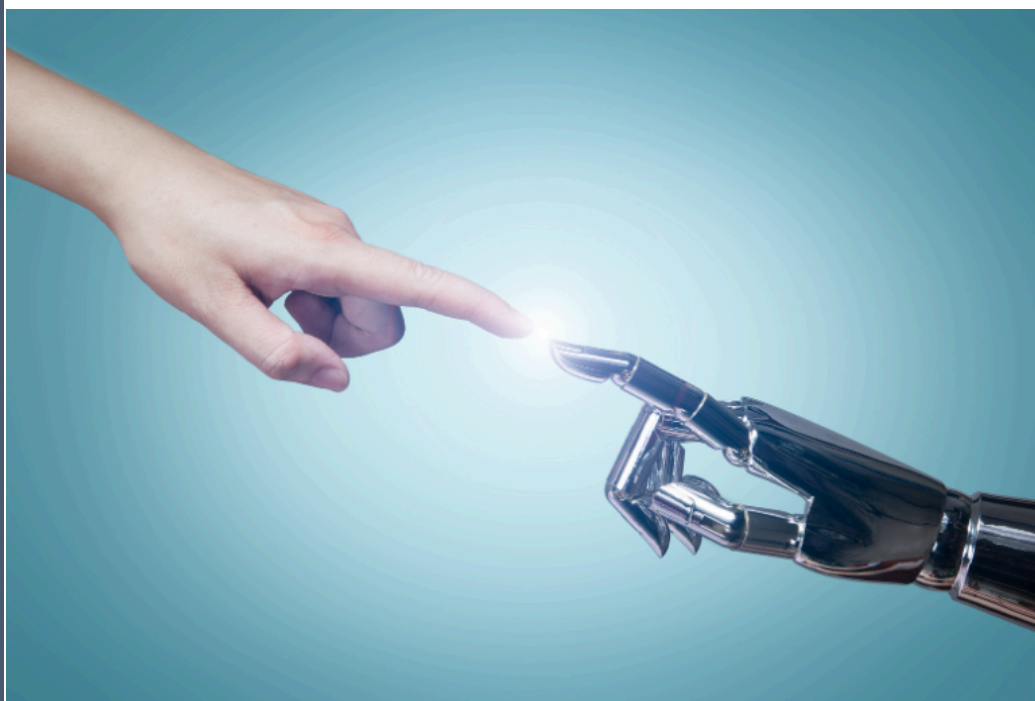


Have you been diagnosed with high cholesterol or high blood pressure and want to learn about nutritional management? Join us for our virtual workshop to get heart healthy!

[Sign up for this workshop](#)

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Your Health and AI: A Beginner's Guide to the Benefits and Risks (Online)



Learn what generative AI is, how it can help you in your health journey, and get tips to protect yourself from misinformation.

[Sign up for this workshop](#)

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All About ADHD (Online)



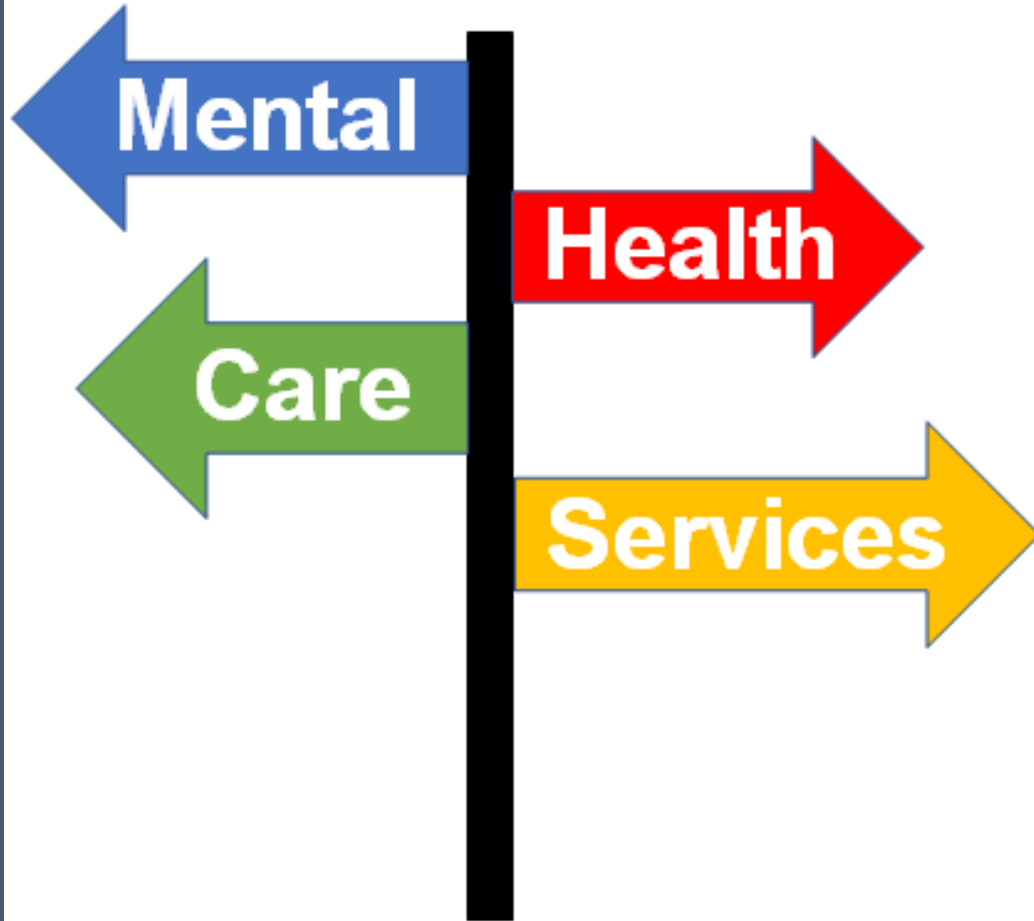
An overview of ADHD (Attention-Deficit/ Hyperactivity Disorder) including signs and symptoms, historical changes, current controversies, and management strategies.

[Sign up for the online workshop](#)

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December 2025 Workshops

Learning About Mental Health Care Services in Ontario (Online)



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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Footcare for Seniors (Online)



Foot pain may keep you from enjoying life and staying active. Feet that are healthy and pain free contribute to your safety and independence. Come join us for this workshop to learn about how you can properly take care of your feet to maintain good quality of life.

[Sign up for this workshop](#)

External Partners

Toronto Public Library

With [Toronto Public Library \(TPL\)](#), you have access to a range of services across with your library card, whether you're looking for entertainment, information or educational resources. TPL also has a variety of computer and digital services.

If you need access to a computer or Wi-Fi, TPL can help you.

TPL locations and hours.

Please contact TPL if you have any questions or need more information.

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?



[Submit your feedback here!](#)