

THE BEAT

Windsor Family Health Team Newsletter

WINDSOR

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Spring Clean Your Health

We made it through the winter months and Spring has arrived! Winter can take a toll on our physical and mental health, so Spring is the perfect time to start making some changes.

Step into Spring in the healthiest way by following the tips below!



Build a Workout Plan:

Regular physical activity can help you live longer. Canadian Guidelines recommend exercising for at least 2.5 hours per week to achieve health benefits. You should focus on moderate to vigorous aerobic activity each week, broken into sessions of 10 minutes or more. Choose activities you'll enjoy and that are manageable for your body. Many outdoor fitness activities are great if you're trying to get back in shape, like walking, biking, and even swimming if it's warm enough outside. These low-impact aerobic activities can help you build muscle strength and endurance.

Prioritize Healthy Eating:

Fresh fruits and vegetables provide vitamins, minerals, and dietary fibre, which can lower your risk of cardiovascular disease and obesity. Local fruits and veggies are delicious and the perfect way to "spring clean" your body. Canada's Food Guide recommends filling half your plate with vegetables, one quarter with whole grains, and the final quarter with protein. Choose whole foods at the grocery store whenever possible, concentrate on eating healthy fats, like those from fish, nuts, and avocados, and reduce your intake of artery-clogging unhealthy fats by avoiding refined oils and fried foods.

Spend More Time Outdoors:

Enjoying time outside is good for both your physical and mental health. Spending time in nature can promote calm and reduce feelings of isolation. Walking outside for 30 minutes a day or more on most days of the week is a great way to improve or maintain your overall health. It can help decrease your risk of type 2 diabetes, cardiovascular disease, stress, high blood pressure, and more when you spend time in green spaces.

Create a Sleep Schedule:

Not getting enough sleep can bring on brain foggy, trouble concentrating, and moodiness. Add in the return of daylight savings time and it can really throw things off.

Make sure you're getting the recommended seven to nine hours of shuteye a night as this can help your mind and body function properly throughout the day.

Be On The Look Out for Measles

Measles are on the rise across the province.

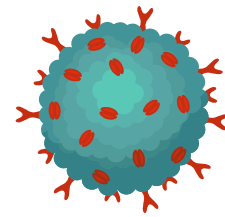
Measles is a highly contagious virus that lives in the nose and throat mucus of an infected person. It can spread very easily from an infected person when they breathe, talk, cough or sneeze.

The measles virus can remain in the air or on surfaces for up to 2 hours. People can become infected if they breathe the contaminated air or touch the infected surface, then touch their eyes, nose or mouth.

Symptoms

Measles symptoms begin 7 to 21 days after exposure to the virus and include:

- fever
- runny nose
- cough
- drowsiness
- irritability
- red eyes
- small white spots can appear on the inside of the mouth and throat but are not always present
- a red blotchy rash appears on the face and then spreads down the body (normally appears 3 to 7 days after symptoms begin)



Treatment

There is no specific treatment for persons with measles. However, the following measures reduce the risk of infection among people who have been exposed:

- unimmunized persons over 6 months of age or persons who have received only one dose of measles-containing vaccine and who have been exposed to measles may be protected if they receive a dose of MMR vaccine within 72 hours from exposure.
- people who are at high risk (young infants, pregnant people and immunocompromised) can receive immunoglobulin (a substance made from human blood plasma that contains protective antibodies) within 6 days of exposure.

Getting a vaccine

If you are unsure of whether you or your family are fully protected against measles, talk to a health care provider or public health unit.

Vaccination is the most effective way to prevent the virus. The measles vaccine is publicly funded and available at your health care provider's office or through the local public health unit's immunization clinics.

In Ontario, the measles vaccine is available as a:

- measles, mumps and rubella (MMR) vaccine
- measles, mumps, rubella and varicella (MMRV) vaccine



Schools

It is the parents responsibility to submit immunization records to the Public Health Unit. If the Public Health Unit does not have accurate records your child may be temporarily suspended from school until the required records are provided. In this case, parents will receive notification from the Public Health Unit during the school year with enough advance notice to report the records or to get your child immunized, in order to avoid suspension from school.

Treating Seasonal Allergies

If you're one of the millions of people who have seasonal allergies, it means you are dealing with sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies can really put a damper on enjoying the outdoors. There are a few things that you can try to help you through the Spring allergy season.

To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Avoid lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Wear a face mask if you do outside chores.



Rinse your sinuses:

Rinsing your nasal passages with saline solution (nasal irrigation) is a quick, inexpensive and effective way to relieve nasal congestion. Rinsing directly flushes out mucus and allergens from your nose.

Saline solutions can be purchased ready-made or as kits to add to water. If you use a kit or home-made saline solution, use bottled water to reduce the risk of infection. (Mayoclinic.org)

WFHT Patient Rights and Responsibilities

You Have the Right to:

- Be treated with consideration, courtesy and respect in a way that recognizes your individuality and cultural background.
- Privacy and confidentiality of your personal health information.
- Reasonable accommodation in accordance with the law.
- Access your health information as directed by legislation.
- An explanation of your health, treatment and tests including benefits, risks and alternative options;
- Actively participate in decisions about your care.
- Refuse treatment and understand the consequences of refusing treatment.
- Express your concerns through the patient survey, comment cards or by speaking directly to a family health team member.



You Have the Responsibility to:

- Be considerate and respectful of all members of the Windsor Family Health Team and other patients.
- Recognize that appointments are time limited and you may need to schedule a second appointment in order to have all health concerns addressed.
- Tell us about any changes to your health card and contact information.
- Give us accurate information about your health, including prescription, non-prescription and recreational substance use.
- Be reliable in coming to your appointments and call to tell us if you need to cancel or reschedule.
- Request permission BEFORE using any type of recording device during your appointment.
- Understand the Windsor Family Health Team has zero tolerance for the use of profanity, aggressive, violent and disrespectful behaviour toward staff and other patients.

Baked Asparagus & Cheese Frittata

WFHT's Registered Dietitian Sonia suggests trying this recipe. It makes for a perfect spring brunch or light supper. This Italian omelet is baked so it is easy to serve to a group.

Ingredients

- 2 tablespoons fine dry breadcrumbs
- 1 pound thin asparagus
- 1 ½ teaspoons extra-virgin olive oil
- 2 onions, chopped
- 1 cup thinly sliced mushrooms
- 2 cloves garlic, minced
- ½ teaspoon salt, divided
- ½ cup water
- Freshly ground pepper, to taste
- 6 large eggs
- 1 cup part-skim ricotta cheese
- 1 tablespoon chopped fresh parsley
- ½ cup shredded Gruyere or cheese of your choice



Directions

1. Preheat oven to 325 degrees F. Coat a 10-inch pie pan or ceramic quiche dish with cooking spray. Sprinkle with breadcrumbs, tapping out the excess.
2. Snap tough ends off asparagus. Slice off the top 2 inches of the tips and reserve. Cut the stalks into 1/2-inch-long slices.
3. Heat oil in a large nonstick skillet over medium-high heat. Add onions, mushrooms, garlic and 1/4 teaspoon salt; cook, stirring, until softened, 5 to 7 minutes.
4. Add water and the asparagus stalks to the skillet. Cook, stirring, until the asparagus is tender and the liquid has evaporated, about 7 minutes (the mixture should be very dry). Season with salt and pepper. Arrange the vegetables in an even layer in the prepared pan.
5. Whisk eggs in a large bowl. Add ricotta, parsley, the remaining 1/4 teaspoon salt and pepper; whisk to blend. Pour the egg mixture over the vegetables, gently shaking the pan to distribute. Scatter the reserved asparagus tips over the top and sprinkle with Gruyere.
6. Bake the frittata until a knife inserted in the center comes out clean, about 35 minutes. Let stand for 5 minutes before serving.

WHAT'S COMING UP AT WFHT?

The Windsor Family Health Team continues to collect your updated sociodemographic information in order to provide you with the best care possible with compassion & respect. By collecting your sociodemographic data, we can learn more about you! You can expect us to reach out by email or phone to request this information from you.

We Ask Because We Care!



The office will be closed on
Thursday May 30th for a staff training day.
We will reopen on Friday morning at 8:30 a.m.



Try booking your next appointment online. Visit www.windsorfht.ca to access the online booking portal. At www.windsorfht.ca you will also find a step by step instruction video.

