

INFOHEALTH - NIAGARA

- **Niagara-on-the-Lake Family Health Care Team**
- **Niagara-on-the-Lake Library**
- **Simpson's Pharmacy**
- **Residents of Niagara-on-the-Lake**

The Need for INFOHEALTH

- Health care professionals are stretched so thin that sometimes they may not have the time or the resources to provide all the information we need to make the best decisions about our health care
- Each of us must take more responsibility for our own health care
- Taking more responsibility means, among other things, becoming better informed about health care issues if we are to make the wisest use of the available resources in the Niagara region and beyond

INFOHEALTH - Niagara

INFOHEALTH is intended to help close the 'information gap' between the needs of local residents and the health care system

THE GOALS of INFOHEALTH

- **Help us to achieve and maintain good health practices**
- **Help us understand which health care problems should/can be detected early and effectively dealt with**
- **Expand our understanding of up-to-date management of prevalent and important health problems**
- **Help us better understand and effectively navigate the local/regional health care system**

THE INFOHEALTH PROGRAM

- Presentations at the NOTL library on the 2nd Wednesday of each month, 12 months a year
- Presentations scheduled at 2 PM and repeated at 7:00 PM on the same day
- Summaries of the program will be made available in hard copy form and on the internet
- Relevant internet and other resources will be provided
- Summaries and extended discussions will be made available through our local media



The 2008 Winter-Spring Program

- January 9th **The Family Health Care Team in NOTL**
NOTL HCT
- February 13th **Vaccinations for Travel, Flu and Shingles**

Ms. Lisa Simpson - Pharmacist in Conjunction with
NOTL HCT
- March 12th **Osteoporosis: Causes, Prevention and
Management**
Dr. J. Frendo NOTL HCT
- April 9th **The Menopause and HRT**
Dr. K. O'Neill NOTL HCT
- May 14th **How to recognize when too many drugs
become the problem and what to do about it**
Mr. Sean Simpson – Pharmacist
- June 11th **Breast cancer – screening - NOTL FHCT**

■ January 8th, 2008

- Pain Relief for Some, with an Odd Tradeoff
- For Cancer Patients, Empathy Goes a Long Way
- Preserving a Fundamental Sense: Balance

■ January 4th, 2008

- Drugs used on aggression in those with low I.Q.'s provide no benefit, study says

■ January 1st, 2008

- Explain a medical error? Sure. Apologize too?
- No gimmicks: eat less and exercise more

■ December 26th, 2007

- Finding Alzheimer's Before a Mind Fails

■ December 18th, 2007

- Brought on by darkness, disorder needs light -
Seasonal depression

- **December 11th, 2007**
- The soul of a new vaccine – new treatments in Malaria
- The gift that gives right back? The giving itself
- Counting calories, but not to shed pounds
- **Mental reserves keep brains agile**
- **December 1st, 2007**
- A surgeon opens up, and not with a scalpel
- **November 20th, 2007**
- Ate too much? Tight pants may be the smallest worry
- **Many treatments can ease chronic pain**
- **November 18th, 2007**
- **Love in a Time of Dementia**
- **November 13th, 2007**
- A lineman in my bed: notes of teeth grinding
- **Chronic pain: A burden often shared**
- **October 9th, 2007**
- Diet and fat: a severe case of mistaken consensus
- **Antidepressants emerge as coolant for hot flashes**
- CT scans of the heart come with tradeoffs

INFOHEALTH STEERING COMMITTEE

- **Maria Bau-Coote – Executive director NOTL FHCT**
- **Karen McGrath – CEO NOTL Library**
- **Sean Simpson – Simpson's Pharmacy**
- **Jennifer Frendo – Physician NOTL FHCT**
- **Kiley O'Neill – Physician NOTL FHCT**
- **Caroline Rigby – Resident NOTL FHCT**
- **Peggy Walker – Resident NOTL FHCT**
- **Joan Ostrander - Nurse Practitioner NOTL FHCT**
- **William Brown – Physician and Resident of NOTL**