

WWLHINformation

Waterloo Wellington LHIN



Waterloo Wellington LHIN eNewsletter - March 7th Edition

The WWLHINformation eNewsletter is a bi-weekly update to keep you informed of the latest news, events, and successes in health care across the WWLHIN as we continue working together to build an integrated and sustainable health system for residents in Waterloo Wellington.

As part of the eNewsletter, we are looking for your contributions. Are you looking for a new way to share information or invite the community to health care related events? Send your news and events with links to more information and we'll include it in an upcoming edition.

Please forward WWLHINformation to others who may be interested in local health care news and events. For new readers, please [click here](#) to subscribe. To unsubscribe please send an email to connie.coggan@lhins.on.ca.

Increasing Your Chances of Surviving a Heart Attack



When looking at the vibrant, outgoing James Gregg, you'd never guess that 27 days ago he suffered a heart attack.

James was at home when he started feeling unwell. He had what felt like painful indigestion and nausea. He started sweating and began having pain in his left arm and then hand. That's when the retired-teacher knew he was in trouble. He called 911 to tell them he thought he was having a heart attack and then called his son to say that EMS was on their way.

James took the best step possible to save his life. "Calling 911 activates a 'gold standard' care protocol between Waterloo Region Emergency Medical Services (EMS) and the Regional Cardiac Care Centre at St. Mary's General Hospital (SMGH)," said

Dr. Brian McNamara, Chief of Cardiology at St. Mary's. "If you think you are having a heart attack, do not drive yourself to the hospital," he stressed.

St. Mary's has developed a close partnership with Waterloo Region EMS to ensure patients in Waterloo Region receive the fastest access to emergency angioplasty to open arteries that are blocked during a heart attack. Ambulances in Waterloo Region are equipped with electrocardiogram (ECG) machines which paramedics use to see if a patient is having an ST elevation myocardial infarction (STEMI), a heart attack caused by a blockage in an artery.

James is pictured with Dr. Brian McNamara, Chief of Cardiology for St. Mary's General Hospital at the Hospital's Annual Community Heart Month Event. [Click here](#) to read the full story.

Kitchener Rangers and Guelph Storm Team up to Fight Colorectal Cancer



Ontario Hockey League (OHL) Kitchener Rangers and Guelph Storm have joined with Cancer Care Ontario and the Waterloo Wellington Regional Cancer Program (WWRCP) to take a slap shot at colorectal cancer.

During March, colorectal cancer awareness month, the Kitchener Rangers, Guelph Storm and the WWRCP are urging fans to get their butts into the game by being screened for colon cancer, the second leading cause of cancer death and the third most diagnosed cancer in Ontario.

"We (the Rangers) are extremely proud to be a part of such a great initiative and look forward to helping spread awareness about getting checked for colon

cancer," said Steve Spott, head coach and general manager of the Kitchener Rangers.

ColonCancerCheck is Canada's first organized provincial colorectal cancer screening program. For those 50 and older at average risk effective screening (through a simple Fecal Occult Blood Test (FOBT), combined with a colonoscopy for those with a positive FOBT) can reduce colorectal cancer deaths in Ontario by 16 per cent.

[Click here](#) for more information.

New Intercultural Mental Health Navigators

In February, the Kitchener Downtown Community Health Centre (KDCHC) announced the hiring of 5 skilled Intercultural Mental Health Navigators for the program "Strengthening Mental Health in Cultural Linguistic Communities".

The project aims to support culturally diverse communities to help them navigate and access support systems in mental health and substance use and increase the skill set of service providers in the area of cultural competencies.

This is a collaborative program of seven organizations: the Kitchener Downtown Community Health Centre, the Canadian Mental Health Association (CMHA) – Grand River Branch, Self-help Alliance of Waterloo Region, KW Counselling Services, MOSAIC Counselling and Family Services, Grand River Hospital, and KW Multicultural Centre.

The Intercultural Mental Health Navigators will play a vital role in building bridges with the different cultural-linguistic communities and various mental health agencies and services in the Waterloo Region. For more information, contact: Gebre at (519) 745-4404 ext. 208, or gberihun@kdchc.org.

OHA Launches New Patient Experience Indicators and Data on myhospitalcare.ca

On Tuesday, March 1st, the Ontario Hospital Association (OHA) posted new patient experience indicators and data on the myhospitalcare.ca website to promote better public access to easy-to-understand hospital performance information.

"By making hospital performance information easy for people to access, myhospitalcare.ca is empowering patients and demonstrating hospitals' commitment to transparency," said Tom Closson, President and CEO of the Ontario Hospital

Association.

Visit www.myhospitalcare.ca for more information.

Ensuring the Best Possible Care For MS Patients

Ontario is establishing an expert advisory group to provide advice on follow-up care and treatment for people with multiple sclerosis (MS) who return to Ontario after undergoing the experimental Chronic Cerebro-Spinal Venous Insufficiency (CCSVI) procedure outside of Canada.

The expert advisory group will develop best practice guidelines on treatment for these patients and will provide these recommendations to the government. In keeping with the recommendation of the MS Society of Canada, Ontario would also support the federal government if it moves to create a national multiple sclerosis registry for patients living with MS.

Third Annual Passport Day



On March 2nd, the Third Annual Passport Day was held at St. George's Banquet Hall in Waterloo. This annual event brings together community partners to share best practices and information related to the integration of service delivery to seniors in Waterloo Wellington. The event featured guest speakers: Dr. George Heckman, WWLHIN Geriatric Lead and Dr. David Ryan, from the Regional Geriatric Program of Toronto. There were also a number of informational displays from local organizations and presentations on new initiatives to enhance system coordination.

Staff from the Guelph - Wellington Alzheimer Society, Robin Smart, Julie Mitchell and Kit Papoff, are pictured at the event.

Symphony of Love Gala Raises Funds for Community Support Connections



The 9th annual Symphony of Love was held on Saturday, February 12th to raise funds for Community Support Connections- Meals on Wheels and More. Almost 200 guests danced the night away after a candlelit dinner, and helped to raise \$17,000. Money raised is helping seniors and adults with disabilities live in their own homes with independence and dignity.

Wellington-Dufferin-Guelph Public Health Road Safety Survey

During the month of March, Wellington-Dufferin-Guelph Public Health is asking drivers in our community to complete a brief road safety online survey. The findings from the survey will be used, along with local statistics and best practices, to help identify road safety priorities. Individuals that complete the survey can enter into a draw to win 1 of 20 \$50 gift cards.

[Click here](#) to view/complete the survey.



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