

Healthy Living

IN MARKHAM, STOUFFVILLE
AND UXBRIDGE

Healthy Eating
A Common Sense Approach

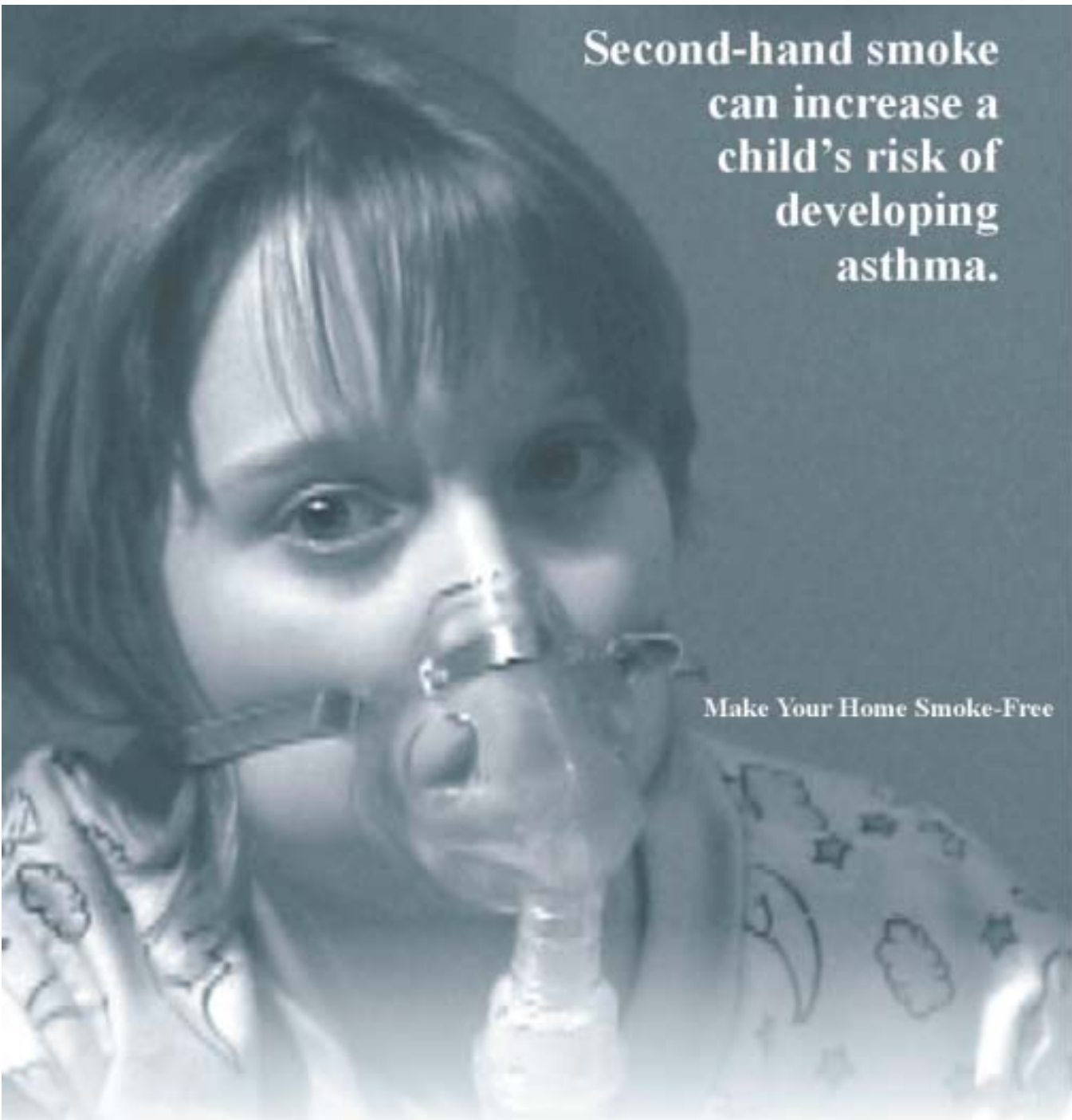
MSH Golf Tournament
Raises \$134,000

Sizing up our
CHILDREN

Activities
Throughout
MARKHAM



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MARKHAM STOUFFVILLE
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Healthy Living

IN MARKHAM, STOUFFVILLE
AND UXBRIDGE

FALL 2004

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First in a series by Anne Dimon



Dr. James R. MacLean

A Message to our Community

Hospitals have traditionally been thought of as places for those who are sick. So why is Markham Stouffville Hospital publishing a magazine about health and wellness? Because we believe that to fulfill our vision of “Caring for our Community,” we need to be just as concerned about keeping people healthy as providing excellent care when they are ill. Our new Health and Wellness magazine is just one of the exciting innovations we will be bringing to the community to help meet your health information and service requirements.

Our Health and Wellness magazine will be delivered to you four times a year. It will feature up-to-date information about Markham Stouffville Hospital along with useful advice to help you and your family get healthy and stay healthy. Many of the written contributions will come from our staff and physicians. This will help showcase the exceptional knowledge and professional expertise that MSH has to offer. Funding for this publication is provided through the support of local businesses and corporations.

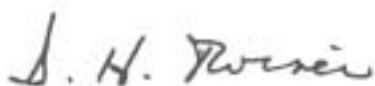
Our vision also speaks to meeting community care needs, “through partnerships and the pursuit of excellence.” Markham Stouffville Hospital is very fortunate to have some very capable partners. Our staff, physicians and volunteers are the reason we are successful in taking care of you every day. Our new partners at Uxbridge Cottage Hospital are a very welcome addition to the professional and volunteer expertise of the MSH team.

As part of our redevelopment plans, two new partnerships are taking form. These partnerships will dramatically expand the range of services and programs available to our communities. The Salvation Army Toronto Grace Hospital is relocating to our campus to develop a Regional Geriatric and Rehabilitation Centre of Excellence. As well, the Town of Markham is co-locating the Markham East Community Centre with the Hospital’s planned Health and Wellness Centre.

No other health campus in Ontario will offer the range of health and health care services to their communities in a single, accessible location. Whether you need nutritional counselling or an MRI or just want to work out, your needs will be met through our campus partnerships.

We are your health care partner. Enjoy the magazine and let us know how we can make it serve your needs even better.

“Our mission as your community hospital is to make every experience with us great.”



Don Twiner
Chair, Markham Stouffville Hospital



Dr. James R. MacLean
President & CEO

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An Overview from Markham Stouffville Hospital

As we reflect on the Hospital's accomplishments in the past year, it is evident that "Making it Great" for our patients and their families continues to be entrenched in the Hospital's culture. Staff, physicians and volunteers were all instrumental in the Hospital's successes. The following highlights some of the Hospital's accomplishments in the past year, and what we expect to accomplish in the next few months:

January 2004 marked a new beginning when Markham Stouffville Hospital assumed responsibility for **Uxbridge Cottage Hospital**, a site of Markham Stouffville Hospital. This partnership benefits the people of Uxbridge who naturally come to Markham Stouffville Hospital for care that they could not get in their own community.

In the same month, we opened a new **Surgical Clinic** that brought together procedures such as colposcopy, eye lasers, minor plastics and minor surgical procedures. The Plastics Clinic was also consolidated with the Surgical Clinic.

The Ministry of Health and Long Term Care (MOHLTC) approved **MRI Services** at Markham Stouffville Hospital. Currently a shared service at Southlake Regional Health Centre, an MRI of our own means our patients can access this service closer to home.

Our renovated **Surgical Endoscopy Suite** features state-of-the-art

endoscopy equipment. Coupled with our highly skilled and accredited staff and physician team, the Surgical Endoscopy Suite extended its hours of operation and increased its capacity by 60%.

To keep pace with the healthcare needs of our community, a number of new **Specialists** joined our medical team. They include: a Gastroenterologist, an Obstetrician/ Gynaecologist, a General Surgeon, a Radiologist, an Ophthalmologist, a Paediatric Hospitalist and a Psychiatrist.

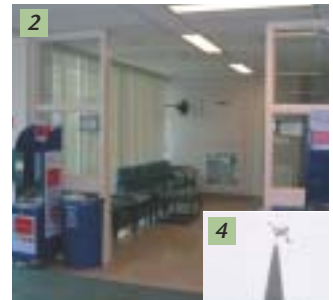
The Hospital developed an **Accessibility Plan** that outlines our priorities for improving the accessibility of the Hospital's programs and services for people with disabilities who come to the Hospital to visit, work or use our services or facility.

Renovations were done to sections of our **Emergency Department** to provide rooms with enhanced infection control, increased privacy for our patients and improved resuscitation and suture areas.

Launched three years ago, the **Safe Medication Practice Committee** has implemented several initiatives to improve safe medication

practice. In May 2004, we became the first hospital in the GTA to implement the ALARIS "Medley Medication Safety System." This new technology helps to reduce error in the administration of drugs given intravenously. In addition, we also removed concentrated Potassium Chloride (KCL) from all patient areas to minimize the potential for patient harm.

The Hospital is committed to upholding patient confidentiality and the protection of personal health information. We are in the process of developing a **Privacy Policy** that protects the personal health information of our patients. The policy is consistent with the federal Personal Information Protection and Electronics Documents Act (PIPEDA), and provides guidance to



1. ALARIS "Medley Medication Safety System"
2. Emergency Department Renovations
3. Uxbridge Unit Dose Drug System
4. Uxbridge Cottage Hospital
5. Opening of Surgical Clinic
6. Surgical Endoscopy Suite

the way we collect, use, disclose and destroy this information.

In July, Uxbridge Cottage Hospital expanded and enhanced its services by extending the hours of operation of, and increasing service coverage in, the **Ultrasound, X-ray and Laboratory** departments to better serve patients.

Markham Stouffville Hospital has partnered with Southlake Regional Health Centre on the **Percutaneous Coronary Intervention Program**. A number of patients who received emergency care at MSH have successfully accessed this program with the assistance of Emergency Medical Services.

Our Mental Health System implemented the **Psychiatric Emergency Nurse (PEN)** role in October 2003 to provide crisis consultation and support after-hours primarily to the Emergency Department. PENs also provide psychiatric support and expertise to other clinical units within the hospital. This role was created from best practices identified in psychiatric literature. One of the identified needs was providing after-hours support for patients who present with mental health issues. Clinical nurses from the inpatient mental health unit have an opportunity to participate as a PEN, whose services are offered from 7:30p.m. to 7:30a.m. hours daily.

A **Least Restraint Policy** was introduced in February 2004. The policy is consistent with the Patient Restraints Minimization Act (2001), and was based on the recommendations of the Ontario Hospital Association's Restraint Task Force Report. The policy ensures that patient autonomy and dignity are respected while ensuring a safe environment for patients, visitors, staff

and volunteers. In addition, our clinical staff members were educated on their professional and legal obligations on the use of restraints.

A **Pain Management Program** was implemented to effectively address the pain needs of patients following surgery. Dr. David Shumka, Anaesthesiologist and Acute Pain Coordinator, along with a multidisciplinary team of pharmacy, nursing, physicians and physiotherapy, all work together with patients to address their individual pain issues and raise the awareness of the impact of unrelieved pain. The program has successfully provided increased comfort for our patients, making their surgical experience a less painful one.

A partnership of the Hospital and the Town of Markham Recreation and Culture Services, the **"Sit and Be Fit" Program** was introduced in January 2004 to help seniors maintain their exercise routines and gains after they are discharged from the Hospital. Supported by the Day Hospital's Therapeutic Recreation Specialists, the programs help seniors to take an active approach in maintaining and improving their overall strength, balance and coordination in a supported social environment. The successful program is operated by certified senior fitness instructors, and is offered at the Markham Seniors Activity Centre. The program will soon be branching out to the new Thornhill Seniors Centre and Swan Lake.

The Ministry of Health and Long Term Care has approved the relocation of the **Toronto Grace Hospital** (TGH) from downtown Toronto to the Hospital's campus. TGH will take on an expanded role related to complex continuing care, geriatric care, rehabilitation and

palliative care services. MSH and TGH are jointly preparing the plans for redevelopment and looking to share as many services as possible.

The Hospital is working with **York Region Transit** and its **Quick Start Program** to place a terminal location on the Hospital campus for its quick start buses, which are associated with the York Rapid Transit Plan. Regular York Region buses will also be using the new terminal location. The number of routes coming into the hospital has recently increased in response to growing demands.

News from the Foundation

Markham Stouffville Hospital Foundation thrives on making it great for members of our community. Have a look at what we have been up to and what we have planned. See the many different ways that you can get involved and make it great with us.

Special Events

Special events are held not only to generate revenue but also to enhance public awareness and create new friends. The Foundation hosts two signature events each year: the spring gala dinner and the summer golf tournament. This year's "Under the Tuscan Sky" gala drew 900 guests. The evening was highlighted by an elegant Italian meal, serenades by the Legendary Tenors and a live auction featuring a one-week stay at a Tuscan villa. Proceeds from the evening topped \$300,000.

Always a sell-out, the annual golf tournament at York Downs Golf and Country Club saw 175 golfers enjoying a warm August day on the links. \$134,000 was raised via registration, sponsorships and live and silent auctions.



Community Events

The Foundation is very fortunate to have the support of many community events. Every year the Friends of Markham Stouffville Hospital Foundation hosts a fall fashion show, donating proceeds to the Hospital Foundation. In April, people of all ages come out and welcome spring by participating in the Legacy 5 km Run/Walk. The day is always well attended and very popular among families. This year's event raised \$130,000.



Upcoming Events

The Friends of Markham Stouffville Hospital Foundation "Sex North of the City" Fashion Show. Oct. 27, 2004. 5 p.m., Le Parc, Markham. Don't miss your chance to be a part of the glamour at this year's Sex North of the City Fashion Show. Indulge in a Cosmopolitan martini while viewing collections from some of Canada's finest designers. Carrie Bradshaw and friends would certainly approve!



"Bowling For Beds" Nov. 13, 2004. 3 pm. to 6 pm. Club 300 Bowl, Markham. An initiative of the Foundation's Leadership Development Council, the second annual Bowling for Beds event aims to attract 360 plus bowlers for an afternoon of fun and friendly competition. Gather a team of six and enter your team today.

The Markham Stouffville Hospital Gala will be held on Friday April 1, 2005 at Le Parc, Markham.

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Upfront

Exercise is fun...and essential to your child's development

The Town of Markham recognizes that keeping children active is important for the development of healthy bodies and healthy minds.

Whether engaging in healthy competition through organized sports such as soccer, hockey or cricket or developing individual skills such as rock climbing, archery or canoeing, children will have fun, stay fit, develop confidence and meet new friends. By making exercise a regular part of their daily routine, they can develop healthy habits to last a lifetime.



Assurance Process, Markham's Recreation and Culture department delivers programs that support healthy child development.

It's easy to register

Registration in Markham's Recreation programs is simple. You can do it by mail, in person, by phone or online! Program registration for our fall sessions is underway. Winter registration begins in November.

Health Canada states that more than half of Canada's children are not active enough for healthy growth and development. Furthermore, they cite that a lack of physical activity is dangerous to a child's health and can be a major contributor to weight gain and obesity. By introducing your child to a variety of physical activities at a young age, you can build the foundation for an active, healthy future.

Markham's Recreation Department can help

The Town of Markham's Recreation and Culture Department offers extensive opportunities to encourage children to be active during their leisure time. Our qualified instructors serve as skilled and caring role models who ensure your child learns in a safe and welcoming environment. As a member HIGH FIVE Quality

Where do you start?

Check out Markham's seasonal Recreation & Culture Guide – delivered to all households in Markham in the winter, spring, summer and fall. Or visit the Recreation Guide online at www.markham.ca.

You'll find a wide array of programs to suit the interests and strengths of every child, at every age. From Archery–Badminton, Basketball, Cricket, Dance, Golf, High Ropes, Hockey, Karate, Rock Climbing, Swimming, Tae Kwon-Do, Tennis, Volleyball, and more—to Yoga.

Encourage your child to consider the options - children will find their way to the activities that interest them. Markham offers programs at a variety of times to fit into your family's schedule and at prices that won't strain your budget.

According to the Canadian Fitness and Lifestyle Research Institute, girls are less active than boys and women are increasingly less active than men are. Encourage your daughter to keep active from head to toe with Girls on the Go—an energetic program that incorporates team sports such as basketball, volleyball and soccer, for girls only.

By being a strong role model, you can teach your children the importance of physical activity. Markham makes it easy with Sports with Dad. Bring your child to a jam-packed 90 minutes of sports, games and fun, including soccer, floor hockey, basketball and much more.

Looking for fun for the whole family? Check out our family swim and skate schedules at www.markham.ca.



Safe Spices

Organic spices offer a chemical-free way to flavour your favourite foods.

Ethnic cuisine has become an integral part of life, and more people are experimenting with spices that were once considered exotic. The problem is, virtually all the conventional spices sold in North America are fumigated with hazardous chemicals that are banned in Europe. As with any plant, spices in the field can be tainted by any number of contaminants, such as insects, molds, yeast and even pathogens such as salmonella or E. coli. To combat these problems, most conventional food manufacturers sterilize spices with toxic chemicals. As well, many farmers have turned to irradiation, which changes the chemical composition of a spice, potentially creating toxic and carcinogenic byproducts in food.



Organic spices, on the other hand, which many claim taste better than regular spices, are free of harmful chemicals that can cause disease over time and are produced in a

manner that is not destructive to the ecosystem. They are mostly sterilized with steam heat, which kills bacteria. Leafy spices are fumigated with dioxide or by freezing them. Spices are then tested for contamination.

To be organically certified, spices also need to have been grown in land that harvests crops in a sustainable way over a long period of time. Farmers and processors must pass yearly inspections performed by an independent certifying agency.

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Sizing up our Children

It's a scary world out there, and we do everything we can to keep our children safe. But what do we do to protect their health? Childhood obesity is a growing problem in Canada, and it's forcing us to take a long look at our lifestyles.

By Paula Anderton

Skimpy outfits parading muscular arms and rock hard abs—what your kids are seeing on music videos is not what they're seeing in the school hallways. Childhood obesity is a growing problem in the affluent, high-tech western world, and Canada is no exception.

“Probably 20 to 25% of children between 3 and 18 years of age are obese,” says pediatrician, Dr. Larry Pancer, Chief of Pediatrics at Markham Stouffville Hospital. “In my reading, from 1981 to present, it's gone up three times in the last twenty years.”

While some forms of obesity are genetic, hormonal conditions that require medical treatment, the media frenzy is focused on overweight kids who are feeling the effects of bad lifestyle choices. But the problem isn't as cut-and-dried as a potato chip.

Childhood obesity is truly a twenty-first century phenomenon. High-fat, low-nutrition fast food is cheap and accessible to both kids and their time-pressured parents who bring it home for dinner. The new curriculum in

schools is creating more homework for students, and less time for physical activity. And parents are afraid to let their kids walk to school, or play on their own outside. Team that with video and computer games that challenge fingers, not hearts and lungs, and you have a recipe for weight problems in our kids.

Seriously overweight children are developing high cholesterol and even Type 2 Diabetes in severe cases, conditions almost unheard of twenty years ago. These children are more likely to develop hypertension and related diseases early in adulthood. Type 2 Diabetes can cost \$2,000-\$5,000 a year to manage, and the complications in the long term can be fatal.

“We know that children who are obese will, more than 50% of the time, end up being adults who are obese,” says Dr. Pancer. “And treating childhood obesity is as difficult as treating adult obesity. The success rate for treating both obese children and adults is less than 50%.”

Given these grim numbers, the key, says Dr. Pancer, is prevention. There

is no medication for treating obesity in children, it's a straightforward matter of good nutrition and physical exercise. Where it gets complicated is making it work in a high-pressure lifestyle.

Lead by Example

It's not good enough for working parents to eat well on their lunch hour and stop at the gym on the way home. Their kids have to see them making those choices. That means eating healthy meals and exercising as a family. It also means reassessing the way your family does business.

Says Marilyn Fry, a registered clinical dietician at Markham Stouffville Hospital's Pediatric Diabetes Clinic: “If your kids are going out and getting fast food at lunch and then you bring home fast food for dinner, where are the healthy fruits and vegetables? There's a time and a place for everything, but you have to make a more conscious effort when you're at home to provide better choices.”

Fry recommends planning meals for the entire week, then shopping for ingredients so everything's on hand

and easy to whip-up. Pre-cut veggies, for instance, cost a bit more in the grocery store, but they're worth it if a quick and healthy stir-fry is ready to go right out of the fridge. If you don't want your kids to open a bag of chips when they're hungry, have some fruits and veggies cut up and ready for them—they'll probably eat what's on hand, even the good stuff.

Mindlessly eating in front of the TV or computer is a bad idea. When you aren't focused on your meal it's easy to overeat and choose high fat finger foods. Making junk food a reward is another common mistake made by parents. There's nothing wrong with an occasional treat, but the ultimate purpose of food is to satisfy hunger, not emotional needs.

"Food is food," says Fry. "There's nothing wrong with having pizza or McDonald's. It's the frequency; how often you indulge in those foods. It isn't a treat, it's a meal and that's all

that it is. You don't want to make a big deal about it."

Read labels. The average glass of apple juice has the sugar of three whole apples without the healthy fibre. And it won't satisfy your kids' hunger. Also, sports drinks and fruit punches are big on sugar and small on vitamins. Fresh fruit is always the better choice.

It's tricky to get kids to pass on tasty junk food, but it may get easier. Fast food companies are responding to public concern about obesity in children by reconsidering their 'supersize' menus. Look for more healthy options at the local take-out to take the trick out of the occasional family treat.

It's important to get your child annually assessed by your family doctor, who can catch any unhealthy weight changes early and help you nip them in the bud. You don't have to panic. "Kids are still growing, they've

got that on their side," says Fry. "If we can keep their weight stable and let them stretch taller, then they slim out." The bottom line is, keeping kids at a healthy weight is a family issue. Overweight children and adolescents suffer from low self esteem and tremendous peer pressure, as well as health risks. The path of least resistance can turn into a hard road for obese kids.

Read About It

Here are some websites with quality information on keeping your kids healthy and active:

www.caringforkids.cps.ca

www.diabetes.ca – click on

'About Diabetes' and 'Nutrition'

www.weightwatchers.ca

www.dietitians.ca/eatwell

www.missionnutrition.ca

Health Connection has booklets with useful information on children and weight. Call 1-800-361-5653

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Children with Diabetes - Letting Kids be Kids

With all the hype about weight-related Type 2 Diabetes, Type 1 Diabetes has fallen through the media cracks. But with one in every 250 children being diagnosed with the disease each year, Markham Stouffville Hospital's Pediatric Diabetes Clinic offers quality of life to these kids.

By Paula Anderton

There's still no cure for Type 1 Diabetes, but there's reason to hope. Researchers know more about the disease than ever, the first step in finding a cure. In the meantime, the Pediatric Diabetes Clinic at Markham Stouffville Hospital uses an approach to treating children with diabetes that puts the emphasis where it belongs, on the children.

The Pediatric Diabetes Clinic, or PDC, currently has 350 patients, with 40-50 new kids joining the program each year. The PDC, founded by endocrinologist Dr. Robert Ehrlich, is based on a treatment model he established at Sick Kids Hospital 20 years ago. It's a kind of one-stop-shopping, as Alanna Landry, a registered nurse and certified pediatric diabetes educator at the PDC, explains, "We have dietitians, social workers, doctors and nurses all under one roof. It's the best bang for your buck to see all the health care professionals in one place at one time."

Patients at the clinic visit every three months for a full assessment. They see social workers, dietitians, doctors and nurse-educators all in the same day. The clinic staff go out of their way to create a welcoming atmosphere for their patients, who will be part of the clinic's 'family' for years to come. They are also committed to developing incentive programs for the kids and different traveling presentations they can take to schools to educate students and teachers.

Support is Vital

The format of the PDC is designed to help children with diabetes have normal, healthy lives. And the support and



education parents get at the clinic are vital to this aim. For the parents of kids with diabetes, the pressures of coping with the disease can be crushing.

The regimen for children with Type 1 Diabetes and their families is tough. The daily grind for these kids involves three to 4 insulin injections, with 4-5 blood sugar tests that are painful 'pokes' of their fingers to draw samples. One month's worth of medicine and supplies costs about \$300-\$400, and they aren't covered by OHIP, not even the insulin.

Some of the equipment can also be costly. The insulin pump, a fairly new device that releases insulin continuously under the skin, is one of the options that can be offered to adolescents with diabetes. But the unit costs about \$6,000, also not covered by OHIP.

Apart from financial pressure, diabetes creates unique parenting challenges, especially with little children. Older kids and adolescents with diabetes are encouraged to take an active role in their treatment regimen. But toddlers with diabetes are another story. Says Marilyn Fry, a registered clinical dietitian at the PDC: "You offer them three, well-balanced meals and three snacks a day at regular times, but you cannot force your toddler to eat. It does mean the sugar's a lot more variable with toddlers, and we have to accept that. If we thought it would harm the child we wouldn't do it."

Older kids can be reasoned with, and that means a lot more flexibility in their diets. Says Fry, "People think kids with diabetes can't have cake. We work-in cake, we work-in ice cream, birthday parties, Halloween, chocolates, anything can fit in. Maybe you can't have it exactly when you want it and maybe you can't have the whole cake, but you sure can have



Alanna Landry

a piece of cake and some icing with it without getting sick or going to the hospital.”

The PDC puts the emphasis on balance, and letting kids be kids. They also emphasize that the complications that can arise from Type 1 Diabetes, like amputations, infections and kidney failure, are largely preventable. Says Landry, “We do tell parents about the risks and complications, but we don’t want them being fearful every day. The latest study shows that a 75% decrease in complications can be achieved by reducing overall blood sugars over time in Type 1 Diabetics.”



Landry stresses common sense in managing diabetes. Parents have to stay ‘hands-on’ to ensure their kids’ blood sugars are stable, and they have to set an example that promotes nutrition and exercise. “It’s really a model of a healthy lifestyle for anybody, diabetic or not.”



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Travel to Wellness

Spas can help kick start a healthier lifestyle
A spa visit could be just what the doctor ordered

By Anne Dimon

It is a well accepted fact that negative stress – physical, emotional and environmental – can lead to a great number of medical conditions. In a recent story *The Toronto Star* called it “an insidious, ubiquitous assassin.”

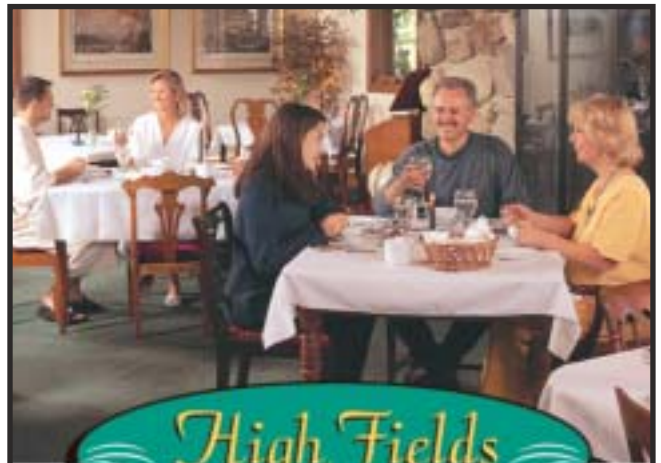
While there is no one-size-fits-all cure for negative stress, we know that spas and spa treatments have become one of the universally accepted stress management tools. “Today most people go to spas for stress relief,” says Norma Daniel, owner of the 10 year old Highfields Country Inn & Spa in Zepher. She says more than 90 per cent of her clients visit the intimate inn and spa to relieve stress. “A spa visit takes you out of your hectic routine into an environment that promotes a sense of calm and wellness,” she says. “Sometimes the feeling of touch alone [as in a massage] can be a stress reducer. For someone who lives alone or has recently lost a partner, the therapy of simple human touch can have a profound effect.”

Think about it. If spas can relieve just a small amount of the negative stress that builds up in our bodies and blocks the ability for our internal systems to function at peak capacity (and that includes our immune system), then certainly visiting a spa becomes a pro-active option to our health. We visit a dentist on a regular basis, we take our cars for an annual tune-up. Shouldn't we be as good to our bodies, our minds and our spirits? I don't know about you, but I'm only planning to have one body in this lifetime, and I'm taking care of it to make sure that it doesn't run out of steam before the rest of me does.

Surrounded by an aging population and growing concerns over the state of our national health-care system, many of us are taking a much more pro-active role in our own healthcare. More and more of us are no longer smoking, we're trying to eat healthier meals, we're walking more, working more outside activities into our lifestyles, drinking more water and

looking to spas—especially those that focus on health and wellness—to help us kick start a healthier lifestyle.

In this new age of wellness, it's no longer just women who visit spas. In increasing numbers, men too are acknowledging the benefits and getting in on a good thing. The national average of spa clientele is about 30 to 35 per cent men, and at some spas it's 50/50. Cindy Gouveia,



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spa director at Holtz Spa at the Hilton Suites Hotel in Markham says most men are coming for the basic Swedish massage. But some are becoming more adventurous with treatments such as Shi Tao, a stress-release massage based on Asian modalities, which combines hot stones with Swedish techniques.

While the Swedish massage continues to top the list of most popular treatments with most men and women, many complementary modalities are being introduced on more and more spa menus. Treatments such as Touch Therapy, Reflexology, Ayurvedics and Chakra Balancing are slowly gaining recognition as spa goers become more adventurous and more comfortable with alternative therapies.

In addition to hands-on spa treatments, a number of spas are now offering an array of wellness programs such as fitness classes, nutrition workshops, yoga and meditation classes and health education programs. Other spas are adding non-surgical medical components and turning themselves into one-stop shops, not only for stress-release but non-invasive rejuvenation tools such as laser treatments to remove sun spots and other pigmentations associated with aging. When you look good, you feel good, and feeling good



High Fields Country Inn & Spa

plays a big role in the path to optimum health.

Spas are also a good environment to spend quiet quality time with a mother, daughter, partner or a group of friends. Daniel says the two-night couples package at Highfields including a massage and facial, accommodation and meals has been extremely popular. At Fame International Salon & Spa in Stouffville, owner Andy Caramanico says the nine-month old spa is already planning an expansion to accommodate demand from couples wanting to de-stress together.

If you're a woman reading this, and like many of us who are mothers, feel a little guilty about taking the time and money to do something nice for ourselves—get over it. You know why the airline attendants tell passengers to put on their own air masks first, should the need arise? Because if you don't take care of yourself first, you won't be in a position to take care of others.

Of course, as Daniel points out, spas and healthy living must go hand-in-hand. "You can check into a spa and detoxify today," she says, "but without a healthy lifestyle it's just a band-aid."

Anne Dimon is a travel/spa writer and columnist and editor of the first travel web site dedicated to the growing wellness tourism niche: www.traveltowellness.com. Connect at adimon@sympatico.ca



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Tips for a Healthy Lifestyle

Variety, Balance and Moderation, a common sense approach to Healthy Living!



There is no secret to healthy eating. Be sure to eat a variety of foods, including plenty of vegetables, fruits and whole grain products. Also include low-fat dairy products, lean meats, poultry, fish and legumes. Drink lots of water and go easy on the salt, sugar and saturated fat. Good nutrition should be part of an overall healthy lifestyle, that also includes regular physical activity, smoke-free living and stress management. If you drink alcoholic beverages, do so in moderation.

Physical inactivity is a major contributor to weight gain and obesity.

Healthy Children, Healthy Choices

- Keep a bag of pre-cut vegetables in the refrigerator for easy snacking anytime.
- Choose whole grain products more often. Try using whole grain bread instead of white bread for sandwiches.
- Get the children involved—if the child is included in making food choices, (s)he is more likely to eat it!
- Balance your children's day with physical activities that are informal and unstructured, particularly for children who tend to shy away from competition.
- All kinds of physical activities are important, including walking to school, household chores, biking and skipping.
- Set healthy examples—your child watches what you eat and how you eat.
- Set snack times a couple of hours before the next meal, so that your child is hungry at mealtime.
- Cut sliced fruit or sandwiches into fun shapes with cookie cutters.
- Encourage sampling, but don't force your child to eat new food.

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For More Tips Visit:





Quick Fix Meal Tips

An internet guide to quick meal tips and healthy eating!

By Gail Knaggs

All can be one of the busiest times of the year. The kids are back in school, and the non-stop action of after-school activities begins. Deciding what to make for lunches can be difficult, and family meal times can get pretty harried when several children need a quick nutritious meal. Need help? The Internet is an excellent resource. Numerous Web sites feature recipes and advice on coping with the demands for fast and nutritious meal planning. A little surfing for tips and recipes for family meal planning is sure to make things go smoothly. Here's how to click your way to meal-time success.

Dieticians of Canada

www.dieticians.ca/english/frames.html
If anyone should know about healthy eating, this group does. Make this your first stop and you won't be disappointed. Check out the FAQ and Fact Sheets, particularly Healthy Meal Strategies for Women that suggests positive ways to cope. There are some great recipes here, so set aside plenty of time to browse.

Disney Online

familyfun.go.com/recipes/
This Disney Online Family Fun site offers a multitude of great resources, from an online recipe finder, to a free bi-monthly recipe e-newsletter. There's even an expert advice column from Lynn Fredericks, author of *Cooking Time Is Family Time*. The best feature has got to be the Picky-Eater Problem Solver. Just specify what meal or ingredient you're using, what offending vegetable or spice to exclude and the site suggests workable recipes for your picky little person.

Food Network Canada

www.foodtv.ca/recipes/search/
The recipe section of this site is comprehensive and vast. Just input an ingredient, keyword, occasion, event

or mealtime to reveal endless recipe suggestions. A search under the broad keyword "family", for example, reveals 16 pages of suitable recipes for family dining, including a quick and yummy classic tuna casserole recipe.

Here's a quick list of some other helpful options:

Kraft Canada

www.kraftcanada.com
An interesting product-branded site, with plenty of suggestions for busy families.

Canadian Egg Marketing Agency

www.eggs.ca
Lots of recipes here for egg-lovers, plus a free e-newsletter option that promises plenty of quick egg dinners.

Foodland Ontario

www.foodland.gov.on.ca/tv_recipes.htm

Features a variety of TV-tested recipes. Just click on the icon for a specific TV show to check out a list of the recipes that have appeared on that program. Great for vegetarian recipes.

Chatelaine Online

www.chatelaine.com/foodrecipes/tools/recipes/index.jsp
Another comprehensive recipe search option. Search for kid-friendly recipes from the Cuisine Type advanced search menu.

Allrecipes.com

kid.allrecipes.com
The kid section of this huge, well-established recipe portal includes lots of great vegetarian options. There's something for everyone here.

Gail Knaggs is the librarian at Markham Stouffville Hospital.

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Walk this Way

Walking on a regular basis increases the efficiency of the heart and lungs, and boosts your ability to perform everyday tasks without becoming fatigued. Here's how to put your best foot forward.

By Michael Hoo, Running Room, Inc.

Stay Upright. Good walking posture is simply good body posture. When the head, shoulders, and hips are all lined up over the feet, you can move forward as a unit, with minimum effort. When you walk leaning forward, you're always fighting gravity.

Chest Forward. Many walkers let their chests sag into a slouch. In such a position, the lungs won't maximize their efficiency. Relax and take a deep breath, which moves the lungs into an efficient position.

Hips Forward. One of the most common walking errors is letting your hips shift back and your butt stick out.

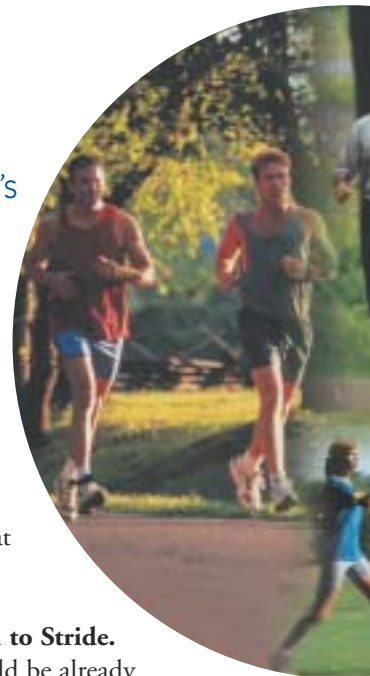
Taking a deep breath often pulls the hips forward also, into an alignment that allows easier walking.

The Foot Plant. In a "normal" stride, the heel lands before the rest of the sole, rolling forward before giving a final push with the ball of the foot. The stride starts slightly on the outside of the foot, and rolls inward towards the end of the stride.

Arms in Position. Hang arms loosely to start, with shoulders low and relaxed. In active and long-arm power walking, arms swing fully. The swing will be gentle in active walking, and more dynamic and march-like in

power walking. In short-arm power walking and race walking, the arms are bent at the elbow.

Pay Attention to Stride. The foot should be already moving backwards when it hits the ground. When it's stuck out in front, it's like putting on a brake; you have to wait until your foot is directly under the body before you can push forward. Extra time in the air is wasted.



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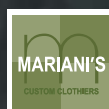


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A Healthy Step

Markham's Pathways lead the way to a healthier lifestyle.

Recent articles in the *National Post* and the *Globe and Mail* report that 65% of Canadians are physically inactive—and that inactivity leads to 21,000 premature deaths in Canada each year and costs the economy as much \$3.1 billion annually.

How is it that the majority of Canadians can't seem to find 30 minutes of time three times a week

to enjoy physical activity? The most common answer is "I'm too busy" and "I am under stress at work and home." To overcome this lack-of-time syndrome, finding convenient ways to be active are paramount.

For the two-thirds of us who are inactive, a great starting point is to take a brisk 20 to 30 minute walk three times a week. Walking is a great way to relieve stress, is not restricted by location, is easy to build into a habit and is a stepping-stone to other fitness activities.

Markham is a great place to start an exercise program. With more than 16 kilometres of pathways and trails suitable for walking, jogging and biking, Markham's pathways wind their way through the town's picturesque parks, woods and natural spaces. Several paths follow creeks and waterways in the Don and Rouge River watersheds.

For more information on trail locations, check out: www.markham.ca/markham/channels/parks/pathways.htm.

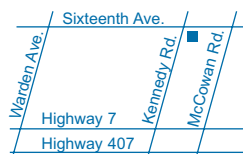
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You and the flu

People 6 months of age and older should be immunized ... every year

Stay healthy this winter. Experts agree that getting a flu shot is the best protection available against the headache, muscle aches, cough, sore throat, fever, fatigue and weakness caused by the influenza virus. And getting a flu shot means that you won't spread the virus to those around you, especially to babies, the elderly and the chronically ill who could develop severe complications. Some could even die.

Influenza viruses are unstable and ever-changing, which means that a new vaccine, updated yearly with the most current circulating strains, is needed to protect against new infections. The recommended vaccine

for the 2004-2005 season in Canada contains protection against 3 strains of flu, including Fujian flu which was a cause for concern in Ontario last year.

Once immunized, immunity lasts less than one year. It is important to be immunized against the current circulating strains of influenza every year.

People 6 months of age and older should receive the flu vaccine every year, especially if:

- *You are 65 years of age or over*
- *You have a serious long-term health problem, such as heart, kidney or lung (including asthma) disease*
- *You have diabetes, cancer, a blood disorder or a weak immune system*
- *You live, work or volunteer in a health care or long-term care facility, chronic care institution or retirement home*
- *You work in emergency services (paramedic, firefighter or police)*
- *You live in the same household as a person who is at increased risk of complications from flu*

A particular focus of this year's flu campaign is to encourage the immunization of healthy children aged 6 to 23 months. This age group is at an increased risk of influenza-related hospitalizations compared to healthy older children and young adults. Previously unvaccinated children under the age of 9 years require 2 doses, with an interval of 4 weeks between doses.

Once again, flu vaccine is available free of charge to all Ontario residents. The recommended time frame for influenza immunization is the period from October to mid-November, or as recommended by the local medical officer of health if an outbreak occurs. Contact your doctor or receive your flu shot from York Region Health Services.

Community Flu Clinics in Markham
 Mall Clinics Markville Mall
 5000 Highway #7 East, Markham
 Oct. 29 & Nov. 4 - 2:00 p.m. - 8:00 p.m.
 Milliken Mills Community Centre
 7600 Kennedy Road, Markham
 Nov. 18 & Nov. 25 - 3:30 p.m. - 7:30 p.m.

It's the people that make the difference.



Luann Jones-Anderson,
 Funeral Director & Pre-Arrangement
 Counsellor

Luann has been part of the Chapel Ridge team for the past two years as a funeral director and pre-arrangement counsellor. She is a devoted mother of two sons, and a firm believer in the importance of church and family. Speaking to individuals or groups, Luann will inform, educate, and put your mind at ease with her caring, no-pressure manner.



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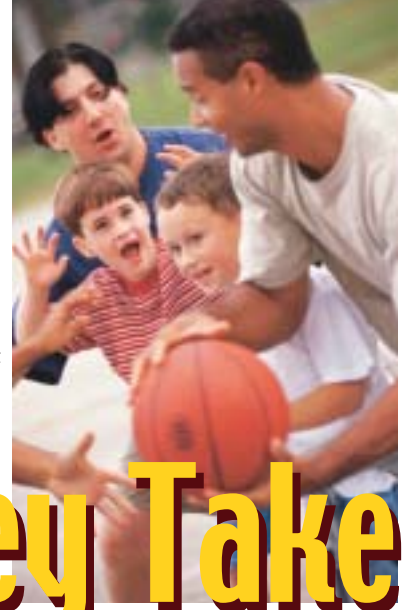


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Childhood asthma and the common cold are partners in crime when it comes to your child's health.

"An ounce of prevention is worth a pound of cure," is an old saying that holds true when it comes to childhood asthma. With the cool breezes of the fall season now upon us, this is an important season for asthmatics—especially children—

progression and severity of their symptoms. Children who suffer from "recurrent bronchitis" or "recurrent pneumonia" should be considered for potential



Every Breath They Take

since it is also the peak of the common cold and flu season. It's estimated that 90% of asthma attacks in children are triggered by the common cold. In children with asthma, you notice that about two to three days after the onset of your child's runny nose, coughing, wheezing and difficulty breathing, especially during the night, will creep up, and can persist for weeks after the cold is gone.

How can you help your child? Understanding asthma symptoms, medications and triggers is an essential step in being able to adequately manage their asthma and halt the

asthma, and referred to an asthma education clinic in order to learn how to adequately manage the disease.

Uncontrolled asthma can greatly affect a child's quality of life by restricting activities, causing frequent absences from school as well as the frightening and dangerous experience of actually having an asthma attack -all of which is preventable. For more information check out: www.asthmayork.ca.

Donna Dupont, is an RRT/RRCP at the Asthma Education Clinic at Markham Stouffville Hospital.

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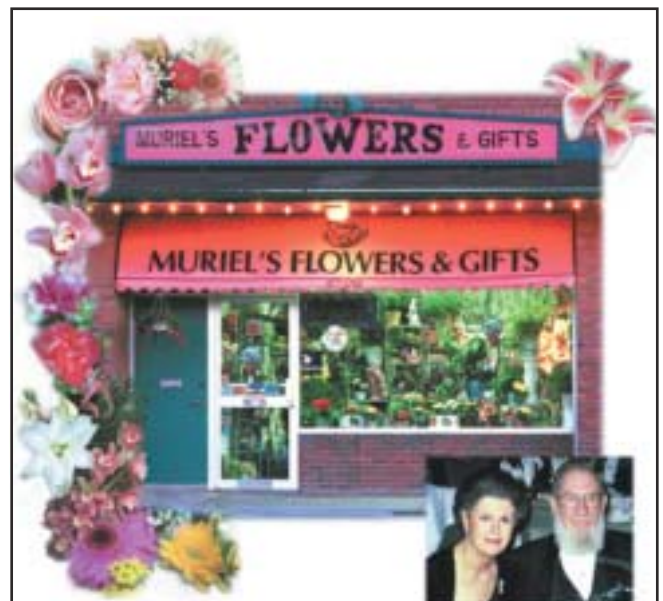
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Ask the Experts

Good Health starts with great information. To help, Healthy Living Magazine has recruited a team of medical professionals to answer your questions.



Colleen Whittaker, Registered Massage Therapist

Question: *Is it safe for me to have a massage during pregnancy?*

Colleen Whittaker, RMT responds:

First of all, congratulations! Pregnancy is a time of tremendous physical and emotional change. The good news is that massage is safe and beneficial for pregnant women—and sometimes sorely needed. As the body prepares for delivery, hormones relax ligaments and can lead to possible joint misalignment. Muscles can take over the supportive role of the ligaments. Massage can reduce the spasms and tension in the lower back and gluteals.

The body's centre of gravity shifts during pregnancy potentially causing shoulders to become rounded, forward head posture and a forward tilt of the pelvis. Massage can relax the shoulder and neck region by decreasing muscle tension to reduce pain.

Registered massage therapists are trained to treat pregnant women with appropriate precautions. Many clinics even have special pregnancy cushions that support around the belly to allow the pregnant woman to lie face down, without putting pressure on the baby. This cushion can be adjusted throughout the pregnancy as the baby grows. Many women find being able to lie in this position very comfortable,

but the massage can also be done lying on your side.

Massage therapy can promote a healthy pregnancy by encouraging musculoskeletal health in a supportive, calming environment.

Question: *Why does my heel hurt when I first get out of bed in the morning?*

Brian Cragg responds:

A condition called plantar fasciitis is the most common cause of pain in the bottom of the heel. The plantar fascia is a thin layer of tough tissue supporting the arch of the foot, and repeated microscopic tears of this area causes the pain. People with this condition usually complain of pain under the heel when they first step out of bed in the morning, when they stand up from a seated position, after they have stood on their feet for a long time, and when walking or running. The pain is usually felt in the bottom of the heel and may actually radiate throughout the bottom of the foot towards the toes. Sometimes plantar fasciitis is called heel spurs, but this is not always accurate, since the bony heel spur growth often seen on x-rays may or may not be a factor.

Causes can include:

- Pronated or flat feet
- High arched feet
- Obesity or sudden weight gain
- Use of shoes with poor support
- Occupations with prolonged standing or walking

Treatment Options

The pain associated with this condition can progress quickly, so you should have it treated right away. One or more of the following treatment options should be started as soon as possible:

- **Take it Easy.** Rest is the first and most important part of treatment.



Brian Cragg, Chiropractor

Every step you take irritates the inflamed plantar fascia. Standing, walking or running should be temporarily avoided.

- **Support Yourself.** Orthotics are custom-made arch supports that are placed inside your shoes. They are made from an impression of your foot and help to support the arch of your foot.
- **Wear the Right Shoes.** Supportive jogging shoes with firm mid soles, heel counters and laces help to support the foot.
- **Consider Cold Comfort.** Place an ice pack on the heel and arch for 15 minutes. This may relieve the pain and inflammation after exercise and work.
- **Tape it Up.** A chiropractor can apply tape to your foot to help hold up the arch and take pressure off the plantar fascia.
- **Employ Other Options.** If symptoms persist, treatments such as night splints, ultrasound and laser therapy, anti-inflammatory medication and cortisone injections can be added.

Colleen Whittaker and Brian Cragg are independent practitioners.

Do you have a question for our experts? Please e-mail it to info@healthylivingmagazine.ca or send to: Ask the Experts, Healthy Living in Markham, Stouffville and Uxbridge 590 Alden Rd., Suite 206, Markham, Ont. L3R 8N2.

Giving Back

Mary-Frances Smith and Emma Fleming

Mary-Frances Smith and Emma Fleming learned the art of giving when their grandmothers were hospitalized at Markham Stouffville Hospital's Rehab, Palliative and Complex Continuing Care Unit at around the same time.

As friends, the two youngsters often visited their grandmothers together. Impressed with the care that was given to their beloved "nannas", the two girls showed their entrepreneurial flair selling popcorn and orange juice.

Proceeds from the sales were donated to the Hospital and designated to this unit in recognition of the care provided.



Bridon Motors in Stouffville

Brian Uens and Bridon Motors in Stouffville have been loyal long-time supporters of Markham Stouffville Hospital Foundation. All proceeds from their sign rental are donated to the Foundation for Patient Care at the Hospital. Bridon Motors has donated almost \$39,000 since 1992.



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YOU ASKED FOR IT

There has been a major change in eating habits with the accent on food groups with low carbohydrate values.

Recognizing this trend and responding to the increasing number of customer requests, the Pickle Barrel has introduced a menu of entrees that will appeal not only to customers following a low carb plan but also diners who appreciate healthy alternatives to their current eating habits.

To design this special menu of entrees, the Pickle Barrel

has retained the services of Rose Reisman a leading authority on the art of eating and living well.

Rose is a Registered Nutritional Consultant and author of 13 best selling cookbooks. As well, Rose has hosted her own cooking show for 4 years and appears regularly on Cityline with Marilyn Dennis.

According to Rose, reducing simple carbohydrates in your daily diet will not only induce weight loss, but can help in weight management, good health and disease prevention.



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SERVED WITH GRILLED SWEET POTATOES AND A MEDLEY OF OTHER VEGETABLES

(Diced avocado and plum tomato salsa with grilled cinnamon and maple syrup sweet potatoes, bell peppers and onions)

approx. 41 carbohydrates*



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(Roasted bell peppers, portobello mushrooms, onions and zucchini wrapped with pesto and smoked gouda cheese in a nutritious wrap)

approx. 40 carbohydrates*



GRILLED SALMON IN MAPLE SYRUP PECAN SAUCE

SERVED WITH JAPANESE VEGETABLE SALAD

(Grilled salmon fillet with toasted pecan pieces and maple syrup glaze served with nappa lettuce, red peppers, snow peas, and toasted almonds in a sesame dressing)

approx. 39 carbohydrates*



The
**PICKLE
BARREL**

Markville Mall

Promenade Mall
Bathurst & Hwy 7
905.764.3444

Centerpoint Mall
Yonge & Steeles
416.226.4444

5941 Leslie St.
North of Finch
416.493.4444

Atrium on Bay
Yonge at Dundas
416.977.6677

Yonge/Eglinton
Centre
416.485.1244

P.B. Grand
Yorkdale
Shopping Centre
416.785.8881


Markville Mall
905.470.7400

*Recommended carbohydrate daily intake is 300 carbs based on a 1500 calorie per day diet.