Good Reads for Health: Discover our eBooks collection!

eBooks are available to all patients, families, caregivers and staff. Visit our Library to get access to eBooks, audio-books and videos. We are located in the Main Atrium, West Wing.

8th Annual Fairchild Chinese-Canadian Radiothon
in Support of TWH Asian Community Health Fund

When: March 1, 2018 (Thursday) – 7:00 am to 6:00 pm
Where: TWH Atrium
Station: AM 1430

To make a donation or volunteer, please call: 416 603 5300

We thank you in advance for your support!
Monthly Talk

Pain Management

When: Friday, February 23, 2018
1:00 pm to 2:30 pm

Where: Auditorium, West Wing – 2nd floor
Toronto Western Hospital
399 Bathurst St.

To register for this event, please contact
Evangeline Roldan at 416 603 6475 or email
evangeline.roldan@uhn.ca. If you need
interpretation, please register at least 1 week
before the event.

Monthly Talk co-
presenter and UHN
patient, John Ormond

In November’s Monthly Talk, we heard how John, a former
patient at Toronto Western Hospital is managing heart disease. Here are
some lessons we learned from his story.

Get to know your health care team and people
around you. Knowing your health care team
can help you feel comfortable to get involved
in decisions about your health. Trust their
expertise. Also, avoid feeling isolated during
your hospital stay by interacting with people
around you and enjoying the common areas.

Ask questions. Your health care team is there
to help with your recovery. It is your right to be
informed.

Take one day at a time. John described heart
attacks as “an unexpected traumatizing event
[that] can be a huge psychic shock.” Focus on
the little things that make a difference. Reach
out to family and friends.

Listen to your body. Seek help if you notice any
changes to your health. You know yourself
better than anyone else.

Exercise regularly and eat healthy foods to
help support your recovery. Find ways to eat
healthy that work for you.

Monthly Talk co-
presenter and UHN
caregiver, Audrey Chaput

In October 2017, Audrey
talked about her experience
as her mother’s caregiver
after her mother had a stroke. Here are some
lessons she shared with us:

Communication is key. Keep a book at your
bedside and write down all your questions,
even if you think of them in the middle of night.
Take that book to every appointment. There is
never a dumb question.

Use resources available to you. Seek
educational materials such as pamphlets to
keep you informed.

Surround yourself with support. Cherish stolen
moments together with family and friends.

Take time for yourself. Audrey said: “Fill up your
tank first because if you give everything away
there will be nothing left to give.” Take time to go
on a holiday, even if it’s only an overnight stay.

Do not be afraid of what is in front of you.
There is always something golden that you
are meant to learn. With each challenge, you
become stronger, wiser and grow as a person.
Become a better version of yourself.

Find ways to cope. Audrey found joy in taking
walks, running with her dogs, and taking her
mother to watch children play in the park while
eating ice cream.
Smoking Cessation at UHN

By: Emmanuel Tenazas, UHN Smoking Cessation Coordinator

The start of a New Year gives us a chance to think back on the past year and to set goals for the next. Have you thought about quitting smoking?

How can UHN help you quit smoking?
Here at UHN, we understand that quitting smoking is one of the most difficult things a person can do. We are committed to helping all patients, visitors and staff quit smoking at our hospitals. Here are some ways UHN can help:

- The Outpatient Pharmacies can provide you with counselling and medication options to help quit smoking
- Visit a Patient & Family Library or Resource Centre to get free resources and information
- UHN has a strict smoke free policy. This means you can get fined if you are caught smoking tobacco, holding any lighted tobacco product or using electronic cigarettes in UHN buildings and outdoor grounds.

Resources to help you quit
Smoking Cessation at UHN
www.uhnsmokingcessation.com

Smokers’ Helpline
Phone: 1 877 513 5333
www.smokershelpline.ca

CAMH Nicotine Dependence Clinic
Dependence Clinic
Phone: 416 535 8501 ext. 77400

UHN Outpatient Pharmacies
Email: QuitSmoking@uhn.ca

Delirium: A medical emergency

Delirium can happen to anyone, anywhere. But, it often happens when someone is in the hospital.

What is delirium?
Delirium is a condition that causes a person to be confused. It can cause a temporary change in a person’s thinking. Delirium usually starts over a few days and often gets better with treatment.

What does delirium look like?
Some signs might be:
- trouble understanding what is happening
- saying things that do not make sense
- seeing or hearing things that are not really there
- feeling afraid that people are trying to harm them

If you think that someone you know is having delirium when in the hospital, talk with your health care team right away.

What can you do to help your loved one?
Talk with the health care team
Talk with your health care team if you notice confusion, memory problems or personality changes in your loved one. Family members are often the first to notice these small changes.
Library Subscriptions

Articles from the Library Subscriptions, August, 2017:

Harvard Women’s Health Watch
• Staying connected can improve your health
• How false assumptions about weight may affect your health
• Antibiotics: part of the cure or part of the problem?
• Your complete guide to choosing a yogurt to meet your needs

Harvard Men’s Health Watch
• What to do about mild cognitive impairment
• Crave a better appetite
• Help for hemorrhoids
• Feel the beat of heart rate training

Patient & Family Library subscribes to the Health Letters. To request printed copies of these articles please call: 416 603 6277 or e-mail: twpfl@uhn.ca

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