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Good Reads for Health

Dance for Parkinson’s Events

For people with Parkinson’s disease, families, health care professionals and other interested community members

Tuesday, April 11, 2017, 9:00 am – 5:00 pm
Toronto Western Hospital, TWH Atrium
399 Bathurst Street, Toronto
Dancing at 10:30 am and 2:30 pm

Thursday, April 20, 2017, 6:00 – 9:00 pm
Canada’s National Ballet School
400 Jarvis Street Toronto
Dancing at 6:30 pm

For more information, please go to:
www.nbs-enb.ca/Sharing-Dance/Sharing-Dance-Programs/Dance-Classes-for-People-with-Parkinson-s

Send questions to Rachel Bar: rbar@nbs-enb.ca

Thank you for your generous support to the 8th Annual Fairchild Chinese-Canadian Radiothon in Support of TWH Asian Community Health Fund. To make a donation online please visit: chineseCanadianradiothon.ca
at Toronto General Hospital. Below are lessons he shared with us from his experience.

**Communicate:** Communicate openly with medical staff. Ask questions. Do your research. Stay informed and learn about available resources. These strategies may not change your physical health, but they do affect your state of mind and level of anxiety.

**Commit to be fit:** Exercise allowed Peter to function at a high level for a decade and better prepared him to meet the physical demands of a transplant. He used oxygen during workouts to improve his conditioning and build more muscle. Setting and maintaining an exercise schedule was essential to his sense of well-being.

**Be prepared:** Know what the future holds, even in the early stages of COPD. The disease may present itself differently among people but being aware of the process can make the journey easier.

**Seek support:** Peters credits the TWH Pulmonary Rehabilitation Clinic and the physical therapy team at TGH for all their support. Often referred to as the ‘poster child’ for lung transplants, he is very thankful to have had a problem-free recovery.

Peter has learned that ‘hope lies in wait,’ and it is possible to imagine breathing freely again. His advice is to be patient and know that through the miracle of medical research more and better lungs are available for transplantation every day.

Follow this link to watch the Monthly Health Talk: [wwwuhn.ca/PatientsFamilies/HealthInformation/Patient_Family_Education/Pages/classes_events.aspx](http://wwwuhn.ca/PatientsFamilies/HealthInformation/Patient_Family_Education/Pages/classes_events.aspx)

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**Monthly Talk**

**Brain Health**

When: Friday, March 31, 2017
1:00 pm to 2:30 pm

**Healing through the arts**

When: Friday, April 28, 2017
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.

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**Monthly Talk co-presenter and UHN patient, Peter Clarke**

In February 2017, Peter shared his courageous story living with chronic obstructive pulmonary disease (COPD).

Peter is a retired 66-year-old man who used to suffer from severe COPD and was diagnosed with early stage lung disease 15 years ago. He was a patient at Toronto Western Hospital Pulmonary Rehabilitation Clinic and 11 months ago received a double lung transplant.
What is art therapy?

Art therapy uses art to treat physical and mental health problems. Art therapy may involve using:

- Collage materials and colored paper
- Crayons or pastels
- Drawing with pencils, pens or charcoal
- Modeling clay
- Paints

Art therapists may also suggest ways to use art at home.

How may art therapy help me?

- Explore and express your feelings
- Improve how you feel about yourself
- Make positive changes in moods and emotions
- Be more aware of yourself and your environment
- Lower your stress
- Improve concentration, attention span and memory
- Recover from traumatic brain injury or a stroke

Art therapy can be very effective for older adults with Alzheimer’s disease.

How does it work?

Art therapy may be done one-on-one, or in a group. You don’t need any skills or experience in art. Working with an art therapist can help you relax and focus on exploring thoughts and feelings that you may not be able to put into words. The therapist may suggest that you use a certain medium, such as clay or paints, based on your goals for treatment.

To learn more about art therapy visit:

- Canadian Art Therapy Association [canadianarttherapy.org](http://canadianarttherapy.org)
- Ontario Art Therapy Association [www.oata.ca](http://www.oata.ca)
- American Art Therapy Association [http://arttherapy.org](http://arttherapy.org)

Mobile apps for brain health

- 3D Brain
- MyEpilepsy
- touchMS
- BrainyApp
- Concussion Ed

Ask the Library staff for a list of free mobile health and wellness apps!

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Library Subscriptions

Articles from the Library Subscriptions, February 2017:

Harvard Health Letter

- The secret to an easier allergy season
- The 4 most important types of exercises
- What can you do to avoid Alzheimer's disease?
- What to eat when you have chronic heartburn

Mayo Clinic Health Letter

- Stress incontinence
- Statistics in medicine: making sense of numbers
- Orthostatic hypotension
- Compression stockings: using them correctly

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