

# For Your Information

News for Healthcare Providers in Peterborough County and City

## Listeriosis Outbreak

The Public Health Agency of Canada is collaborating with provincial public health partners, the Canadian Food Inspection Agency, and Health Canada to investigate an outbreak of Listeria infections in five provinces. As of January 20, 2016 seven cases have been confirmed: ON (3), QC (1), NB (1), PE (1), NL (1) and additional cases are being investigated. Prepackaged leafy greens, salad blends, and salad kits are being investigated. All cases are seniors, over the age of 65. All cases have been hospitalized and one death has been reported, although it has not been confirmed if Listeria was the cause of death. A Public Health Notice has been issued to communicate to Canadians about the outbreak and to identify high-risk groups who are at greater risk for serious illness. Canadians are reminded to follow safe food handling, preparation, and cooking practices to avoid illness.

Many people are exposed to Listeria, but only a few will actually develop listeriosis. Listeriosis can be treated with antibiotics, but early diagnosis is key, especially for people at high risk, such as pregnant women, older adults, and people with weakened immune systems.

Listeriosis is reportable.

For more information, please contact Simon Lee, Public Health Inspector at 705-743-1000, ext. 249.

### For more information:

[Public Health Agency of Canada](#)

[Public Health Ontario](#)

[Public Health Ontario Laboratory Services](#)

## Important Changes to Electronic Cigarettes Regulations

In the [December 2015 FYI Issue](#), we outlined the upcoming regulations on e-cigarettes that were to be implemented on January 1, 2016. Since the distribution of that issue, there were some changes made to the regulations. We wanted to communicate these changes with you as soon as possible.

The most recent regulations that have been implemented in Ontario as of January 1, 2016 under the Electronic Cigarettes Act are:

- prohibiting the sale and supply of e-cigarettes to anyone under the age of 19; and
- prohibiting the sale of e-cigarettes in certain places where the sale of tobacco is prohibited.

The new law will be enforced by the Peterborough County-City Health Unit. For more information, or to make a complaint, go to [www.pcchu.ca](http://www.pcchu.ca) or call a Tobacco Enforcement Officer at the Peterborough County-City Health Unit at 705-743-1000. We appreciate your ongoing and continued support for supporting a tobacco-free community. Thank you.

## Ontario Case of Lead Toxicity from Ayurvedic Medicines

In Ontario, a recent case of acute lead toxicity was linked to the consumption of Ayurvedic medicine. The patient had a blood lead level drawn as part of a work-up for tremor which showed a concentration of  $>5.0 \mu\text{mol/L}$  ( $>100 \mu\text{g/dL}$ ), roughly 100 times the current median for the Canadian population. The patient had been consuming an Ayurvedic medicinal product that had been purchased online. Testing of the product revealed a lead concentration of 51,000  $\mu\text{g/g}$  (51,000 parts per million) and a mercury concentration of 45,000  $\mu\text{g/g}$  (45,000 parts per million).

Ayurveda is a form of traditional medicine originating in India and South Asia. In addition to lifestyle modification and other therapies, Ayurvedic medicine can also involve the ingestion of preparations that may contain lead, mercury and arsenic. Lead toxicity from Ayurvedic medicine use has been well-documented in Canada and the United States. In 2005, a Health Canada advisory warned consumers not to use certain unauthorized Ayurvedic medicines that had been found on the Canadian market, due to high levels of heavy metals.

Clinicians are advised to remain vigilant for the use of these products by their patients, given their associated health risks.

For more information about the clinical presentation of lead toxicity, please click [here](#) or go to [www.pcchu.ca](http://www.pcchu.ca) | [For Professionals](#) | [Health Professionals](#) | [Alerts](#) and click on the [link](#) in the right side bar.

### In this issue...

- [Limited Incomes and a BIG Idea](#)
- [OMama Project](#)
- [Peterborough's Overdose Prevention Program](#)

## Limited Incomes and a BIG Idea

In Peterborough, 11.5% of households either worry about not having enough to eat, compromise the quality or variety of food eaten, or do not have enough to eat because of a lack of money. Each year, Health Unit staff price out local food costs required to provide a basic nutritious diet. According to the [2015 PCCHU Nutritious Food Basket](#) results, the monthly cost of feeding a family of four is \$865 in Peterborough City and County. Costing also shows that although local food prices have increased 16.6% over the past five years, the issue is not primarily the cost of food, but that incomes are too low. The root cause of food insecurity, and its related health risks, is lack of sufficient income.

### What can we do about limited incomes? The answer is BIG

Working together to eliminate poverty in Peterborough is the most important thing we can do to increase food security in our community. One proposal gaining momentum is a Basic Income Guarantee (BIG) that would provide an income sufficient for life's basic needs, guaranteed by the government to all. In June 2015, the Association of Local Public Health Agencies passed a resolution supporting BIG and in August 2015, 194 physicians signed a letter to the Hon. Eric Hoskins, Minister of Health and Long-Term Care, asking for his "leadership in advancing consideration by the Ontario government for introducing a basic income guarantee for the people of Ontario".

National interest in BIG is tied to the Dauphin, Manitoba MINCOME experiment in the 1970's where families received a basic income over a four year period. In 2011, MINCOME results, were published by Dr. Evelyn Forget, University of Manitoba. These results showed that during the trial, there was:

- a considerable decrease in hospitalization for mental health diagnoses,
- a decrease in hospitalization for accidents and injuries, and,
- an increase in high school graduation rates.

Forget, E (2011) The Town with No Poverty: The health effects of a Canadian guaranteed income field experiment. *Canadian Public Policy* 37:3 (283-305)

## SAVE THE DATE

### Learn More About the Health Impacts of BIG!

Dr. Forget will be in Peterborough for a free public event on **Tuesday, February 9, 2015 from 7:00 p.m. - 8:30 p.m.** Peterborough County-City Health Unit Jackson Square - 185 King Street, Peterborough hosted by the Basic Income Peterborough Network.

## OMama Project

OMama is a website and mobile application (app) envisioned to be a one-stop resource for maternity care information and programs across the province. It is a two-year pilot project led by the Better Outcomes Registry and Network (BORN), a program of the Children's Hospital of Eastern Ontario (CHEO), with the support of eHealth Ontario. Funding is provided by the Government of Ontario.



The OMama project connects women and families to a library of trusted and easy-to-understand information on over 150 topics related to preconception, pregnancy, birth, and early parenting. It is intended for women anticipating healthy pregnancies and birth. This first version is available in English; later versions may be developed in other languages and for other pregnancy conditions such as multiple birth. The app features a built-in journal enabling the user to tag key dates or events such as prenatal appointments, as well as week by week tracking capabilities. New and updated evidence-informed resources will be incorporated as they become available.

The Health Unit's "Your First Prenatal Visit" package and website [Pregnant in Peterborough](#) link to the OMama website so families can connect to this wonderful resource.

See for yourself and explore all that OMama has to offer at [www.Omama.com](http://www.Omama.com).

## Great start to 2016

### The change to public dental programs is here!

Starting January 1, 2016 six publically funded dental programs have been integrated into the new Healthy Smiles Ontario Program. This oral health treatment and preventive services program is 100% provincially funded through the Ministry of Health and Long-Term Care.

#### 1. Dental services at no-cost to your patients!

The new program will provide routine, preventive, and emergency and essential treatment services to eligible children and youth aged 17 and under. Children aged 0-17 who are Ontario residents and who meet one of the following income tests will be eligible:

- Member of a social assistance benefit family (OW, ODSP, or ACSO); or
- Member of a family whose previous year's income is at or below the threshold which provides 90% of the Ontario Child Benefit (OCB) (as indicated at [ontario.ca](http://ontario.ca))
- Children or youth with an urgent dental condition can also access treatment if they meet clinical and financial hardship criteria.

#### 2. How do families apply for the new Healthy Smiles Ontario Program?

Children and/or youth in receipt of social assistance, and children and/or youth who are enrolled in the current Healthy Smiles Ontario and CINOT Programs, are automatically enrolled

Apply online or by mail

All other families living on low income can apply online or by mail [www.ontario.ca/healthysmiles](http://www.ontario.ca/healthysmiles). They can also visit any ServiceOntario location, or call them toll-free at 1-844-296-6306.

Eligibility will be assessed and verified based on family income as reported to the Canada Revenue Agency. Further details can be found at [www.ontario.ca/healthysmiles](http://www.ontario.ca/healthysmiles).



## Peterborough's Overdose Prevention Program

For patients using opioids, please consider connecting them to Peterborough's Overdose Prevention Program. The prescribing rate of opioids for people who are eligible for coverage under the Ontario Drug Benefit Program is higher in Peterborough than it is for all of Ontario. Also of note, the prescribing rate of methadone among youth and adults aged 15-64 is 200% higher in Peterborough than in Ontario, and 463% higher among seniors. Among all OHIP eligible patients, the rate of Peterborough Regional Health Centre's opioid-related emergency department visits are double that of the provincial rate.

As a means to reduce harm, protect lives, and avoid deaths due to overdosing, Peterborough's Overdose Prevention Program is delivering overdose prevention training to all individuals considered to be at risk for an opioid overdose (i.e. anyone currently using opioids, or having a history of using opioids). This training is accompanied by the distribution of Naloxone kits which include two retractable syringes, and two vials of 0.4 mL of Naloxone. Individuals are taught how to prevent, recognize, and respond to an overdose situation, including calling 9-1-1 and how to safely administer Naloxone.

Training is offered by staff at both PARN and Fourcast during their normal business hours. Individuals can call to make an appointment. A Public Health Nurse, Claire Hanlon, holds drop-in hours for the distribution of Naloxone on the first and third Tuesdays of every month for individuals who have already received their training.

Training and Naloxone kit distribution is available for FREE.  
Every first Tuesday at Fourcast from 1:00 p.m. - 4:30 p.m.  
Every third Tuesday at PARN from 9:00 a.m. - 1:00 p.m.

To inquire, contact:

Claire Hanlon, Peterborough County-City Health Unit

[chanlon@pcchu.ca](mailto:chanlon@pcchu.ca)

705-743-1000, ext. 387

OR

Chris Jardin, PARN

[chrisj@parn.ca](mailto:chrisj@parn.ca)

705-749-9110

#### REFERENCE

Peterborough County-City Health Unit, 2015. Brief analysis regarding opioid prescription patterns, opioid-related emergency department visits, and hospitalizations.

## Health Training For HCPs

### Enhanced 18-Month Well-Baby Visit: Online Courses

What happens early in life can affect the trajectory of lifelong health, learning and behaviour; this is why we recognize 18-months as a key developmental milestone for children. The Enhanced 18-Month Well-Baby Visit is an opportunity for parents to discuss their child's development, with their healthcare provider during a longer, in-depth visit. Be informed and prepared to discuss this important milestone with free, accredited courses from McMaster University, visit [18monthvisit.ca](http://18monthvisit.ca).



For information about local resources or a visit from a Public Health Nurse, please contact Leisa Baker at [lbaker@pcchu.ca](mailto:lbaker@pcchu.ca) or 705-743-1000, ext 312.

### Prevention in Hand Website & Mobile App

At the recent Family Medicine Forum (FMF), the College of Family Physicians of Canada (CFPC) successfully launched the "Prevention in Hand" (PiH) website and mobile application. PiH was developed with the Public Agency of Canada (PHAC) to provide Canadian healthcare professionals and the public with reliable and easily accessible health information, clinical guidelines, and practical tools to promote active and healthy lifestyles. College members can also earn MAINPRO® credits through eLearning modules on the PiH website.



Check out these features at [www.preventioninhand.com](http://www.preventioninhand.com) and view a short video about PiH at [www.preventioninhand.com/video.aspx](http://www.preventioninhand.com/video.aspx).

If you have any questions or comments about the PiH website or app, please email [contact@preventioninhand.com](mailto:contact@preventioninhand.com).

*More ways to stay informed!*  
Protect yourself with the right health information.  
Follow PCCHU on Twitter at [www.twitter.com/PCCHU](http://www.twitter.com/PCCHU),  
see us on Facebook at [www.facebook.ca/PCCHU1](http://www.facebook.ca/PCCHU1).



## Health Events For Patients

### Prenatal Health Fair for Expecting Parents Monday, February 22, 2016 6:00 p.m. to 8:30 p.m.

This event is free and open to everyone with an interest in learning how best to prepare for having a baby, and about the supports available in the Peterborough area. The Prenatal Health Fair features interactive displays and demonstrations on a wide variety of topics such as nutrition for baby and Mom, becoming a parent, baby's development, and much more.

Car seat experts from the newly-formed Peterborough and Area Car Seat Committee share tips and answer questions about how to safely buckle up baby, a massage therapist demonstrates infant massage techniques, a chiropractor recommends ways to prevent back pain in pregnancy and hospital staff share the many ways they provide support to get breastfeeding off to a good start. Fathers-to-be won't want to miss trying on the "Empathy Belly" and visiting the fathering display. You will enjoy a refreshment and might even win the door prize!

The Prenatal Health Fair is hosted by the Peterborough County-City Health Unit with partner agencies and local services.

For more details, please call Kris Hazlitt at the Peterborough County-City Health Unit at 705-743-1000, ext. 254.

## Resources For Patients

**Choose to be ... Smoke Free**, is a FREE tobacco cessation support program for anyone 16 to 45 years old, that combines behavioural counselling and access to free nicotine replacement therapy (NRT), made possible with funding from the Ministry of Health and Long-Term Care.

Appointments are available at the Health Unit until March 31, 2016 on:

- Mondays from 9:00 a.m. – 12:00 p.m.; and
- Thursdays from 1:00 p.m. – 4:30 p.m.

Clients can register by calling 705-743-1000, ext. 330.