

## **SEMINAR TOPICS**

### **SEMINARS CONDUCTED IN ENGLISH**

#### **Healthy Living for a Healthy Heart**

Coronary artery disease prevention, review of risk factors and lifestyle modification, brief discussion on stroke and diabetes.

(This seminar is presented by Dr. Cheng Tao Wang, Cardiac Wellness and Rehabilitation Centre, Trillium Health Centre)

#### **How Aging Affects Hearing, Communication, and Social Interaction in Older Adults**

In noisy environments (such as a restaurant) older adults often find it difficult to determine who is talking and exactly what is being said. These communication difficulties could be due to age-related changes in hearing or in cognition. Unfortunately, many people attribute an older adult's comprehension difficulties to cognitive declines ("Aunt Irene is becoming senile"), when, in fact, they may be due to hearing difficulties. The good news is that most of the communication difficulties experienced by healthy older adults are due to problems with hearing rather than to cognitive decline. The bad news is that, in everyday life, it is almost always the case that it is more difficult for older adults to hear than it is for younger adults because our environments are often quite noisy. In this seminar we will discuss what can be done to ease the communication burden experienced by older adults so that they can lead active and satisfactory lives.

(This seminar is presented by Professor Bruce Schneider of the University of Toronto Mississauga)

#### **Diabetes: The Global Epidemic**

An overview of the Diabetes epidemic and steps to prevent and/or manage the disease. Tips to prevent diabetes will include: risk factors; activity and healthy eating; Tips to manage diabetes will include eating out; travelling with diabetes.

(This seminar is presented by Debbie Hollahan, Coordinator of the Diabetes Care Centre at The Credit Valley Hospital)

#### **Sleep Apnea**

Research in sleep medicine reveals that Obstructive Sleep Apnea shows that as high as a quarter of the general population may be affected. This same research also shows that when properly treated, patients often experience a decrease in blood pressure, weight loss and a lower incidence of heart disease and stroke. In particular, Asian patients that have sleep apnea, often tend to have a much more severe form than other racial backgrounds.

In his presentation, Simon Ho will spend time talking about the 'warning signs' of Obstructive Sleep Apnea and the silent toll that it takes on the organs of the body. He will also discuss the different patient

aspects to treatment and how a non-invasive, non-surgical, non-medication based treatment has been proven to improve quality of life.

(This seminar is presented by Simon Ho, Registered Respiratory Therapist (Practice Limited to Sleep Medicine) and Founder of CPAP Direct Ltd.)

### **Looking for Physical Activity Opportunities**

Physical Activity is vital to long term health. Research studies have identified regular daily physical activities as one of the most effective ways to protect yourself against many chronic debilitating diseases such as heart disease, diabetes, cancer and obesity. This workshop will identify the importance of physical activity for all age groups from child to senior and how to incorporate physical activity into your daily routines.

(This seminar is presented by Brenda Callaghan of Get Active Mississauga)

### **Breast & Cervical Health**

Discuss components of breast and cervical health. Attendees are engaged in discussion of normal/abnormal findings in breast and pelvic areas. Attendees are encouraged to be proactive regarding their health with respect to annual check ups, clinical breast exams, mammography, PAP tests. Presentation discusses disease, risk factors and prevention measure.

(This seminar is presented by Sabrina Merali of Peel Health)

### **Healthy Lifestyles – Make the Connection**

This one hour seminar will introduce participants to the connection between eating healthy, daily exercise and rest.

(This seminar is presented by Anthony Ierulli, HFR Program Manager, Mississauga YMCA)

### **Palliative Care**

Introduce individuals to palliative care in Mississauga, including a definition, elements of care, and resources available. This seminar will also provide the groundwork to further the partnership between the community and care providers.

(This seminar is presented by Angela Kurtz-Melo & Dr. Asha Gupta, The Credit Valley Hospital)

### **How to Read the Different Types of Food Labels: nutrition facts tables, nutrient content claims, and ingredient lists.**

Research has shown that nutrition plays a very important and effective role in prevention of cardiovascular disease and management of diabetes. The benefits of heart healthy nutrition are: improved blood cholesterol, improved blood pressure, improved blood sugar, and maintenance of a healthy weight. A key element of heart healthy eating is choosing heart healthy products when grocery shopping. Food labels provide important nutritional information that can help you make heart healthy choices and become

an educated consumer. Food labels are currently mandatory on all pre-packaged food products in Canada. This presentation will teach you how to read the different types of food labels: nutrition facts tables, nutrient content claims, and ingredient lists.

(This seminar is presented by Sosan Hua, Registered Dietitian)

## **Pain Management**

Pain is a common symptom in life. Knowing how to and when to deal with and manage it properly will help maintain a healthier and happier life. Overlooking this symptom will in turn cause a lot of grieves and frustrations. The seminar will help attendees understand what pain is and how to deal with and manage the pain effectively.

(This seminar is presented by Kenny Tam, R.N., Acute Pain Management Coordinator, Acute Pain Management Services, Trillium Health Centre)

## SEMINARS CONDUCTED IN CANTONESE 粵語講座

### Paediatric Dentistry 兒童牙齒保健

Dental development, infant dental care, cavity prevention, child's first dental visit...

(This seminar is presented by Dr. William Ho)

### Harmful Plastics 有害的塑料

(This seminar is presented by Dr. Ling Huang)

### Better Health from Your "Well" 自我健康法

如何運用個人內在的潛能保持身體健康。

(This seminar is presented by Master Yam 此講座由任重遠師傅主講)

### Chronic Disease Self-Management in the Chinese Community

Chronic disease has become the major health concern of the model world. Individual health behaviours will influence the future incidence of chronic diseases and have a direct impact on health care utilization and costs. According to recent statistics, the Chinese population in GTA area has increased to more than 400,000. The health status of this large population group would have significant influence on the local health care system. In view of this, Yee Hong Centre for Geriatric Care has introduced the Stanford model of Chronic Disease Self-management Program to the local Chinese community since 2006. The presentation will briefly introduce the development and contents of the program and how Yee Hong rolls out services in the local Chinese community.

長期病患現已成為今日社會的主要健康關注，而個人的健康行為將會直接影響到個人的患病機會，同時亦會為整體醫療服務和支出帶來壓力。根據最新的統計數字顯示，大多市華人人口現已增至四十多萬人，這個龐大的華裔人口的健康狀況對本地醫療服務會有深遠的影響。有見及此，頤康中心由二零零六年開始，在本地華人社區推廣一項由美國史丹福大學病人教育中心研究發展的長期病患自我管理課程。這個講座將會簡單講解有關的課程發展和內容，與及頤康中心有在本地華人社區推行的經過與成果。

(This seminar is presented by Charles Wong, Program Coordinator of Yee Hong Centre for Geriatric Care 此講座由頤康中心活力長者及外展服務主任黃應駒先生主講)

### Allergies 過敏症淺說

由“要命“到“致命“的病理，及“來了多倫多，過敏症多多。

(This seminar is presented by Dr. Philip Ho 此講座由何仲揚專科醫生主講)

## **SEMINARS CONDUCTED IN MANDARIN 國語講座**

### **Eating with the Rainbow 食得健康**

Canada's Food Guide to Healthy Eating provides us with guidelines about how to eat healthy and stay active. Both of these are important for staying healthy and preventing illness or disease. The objective of the presentation is to share practical tips on how you can include the different food groups in your everyday eating and how to make these foods exciting.

(This seminar is presented by Hong Liu & Yee Chan, Community Food Advisors, Peel Health)

### **Prostate Cancer 前列腺癌**

The incidence and prevalence of prostate cancer is increasing in Asian men living in North America. This seminar will focus on how to diagnose and prevent prostate cancer. In addition, different treatment options will also be highlighted.

(This seminar is presented by Dr. Kirk Lo 此講座由羅振倫醫生主講)

### **Depression 抑鬱症**

Topics include Introduction to Depression; etiology and pathogenesis of Depression; Treatment and Management of Depression; plus Prevention Measures of Depression.

(This seminar is presented by Dr. William Sy, Psychiatrist)

### **Screening for Cancer 癌症普查**

Discuss on the value of screening tests for cancer, especially for breast, cervical and colorectal cancer as recommended in Ontario.

(This seminar is presented by Dr. King Fun Siu 此講座由蕭景勳醫生主講)