



## Message from the Medical Officer of Health

A new year often inspires new and healthier habits. As physicians, you play an important part in encouraging and guiding your patients through these important decisions towards better health. With almost half of Halton residents exceeding [Canada's Low-Risk Alcohol Drinking Guidelines](#), alcohol screening is an important conversation to have with patients throughout the year. Cannabis is another substance that has seen increased awareness among health care professionals and their patients. Learn more about cannabis, opioids and vaping at our upcoming Continuing Medical Education (CME) event on March 24. For the first time, this event will be open to all healthcare providers through a live webcast. Physicians can attend either in person or online. [Register today](#) at [halton.ca](http://halton.ca) and I look forward to seeing you there.

Wishing you a happy and healthy start to 2020!



**Dr. Hamidah Meghani**  
Medical Officer of Health, Halton Region

# What's new for Halton physicians?



## Edible cannabis products now legally sold in Canada

Edible cannabis products provide an alternative method of consuming cannabis to smoking and/or vaping, but there are health risks. It can take up to four hours to feel the full effects and ingesting more within this time could cause severe impairment. Impairment from consuming edible cannabis products can last more than 12 hours. To learn more, [register for our March 24 CME event](#) on [halton.ca](http://halton.ca).



## Helping patients become smoke free in 2020

Your patients who smoke cigarettes or use e-cigarettes may be thinking about giving up the habit as a New Year's resolution. Successfully quitting smoking requires planning and support. Visit our [Substance Misuse page](#) at [halton.ca](http://halton.ca) for resources to support you and your patients. Working together, we can help support each person in their journey to become smoke free in 2020!



## New Alcohol Use Disorder (AUD) Tool

Alcohol has more health, social and economic costs associated with it than any other substance. In Halton, about 50 per cent of adults consume alcohol in ways that put them at risk for significant harms. The [Centre for Effective Practice's Alcohol Use Disorder \(AUD\) Tool](#) guides primary care providers through the identification and management of individuals who have challenges with alcohol use, including screening, medications and talking tips. To download the tool, visit [cep.health](http://cep.health).

CME IN-PERSON OR ONLINE! Join us on the evening of Tuesday, March 24, 2020 for a Continuing Medical Education event for Halton physicians (in-person) and all healthcare providers (online). Learn about opioids, vaping and cannabis in Halton and how you can support your patients. [Register today](#) on [halton.ca](http://halton.ca).

