



Message from the Medical Officer of Health

With its new blossoms and promise of warmer days, spring is a wonderful reminder of new life and a good time to check in on the health of Halton residents. Did you know the Halton Health Department regularly collects data from a variety of sources in order to monitor and improve the health of our community? A recent Regional report on alcohol consumption shows that 46 per cent of Halton adults reported exceeding the daily and/or weekly guidelines recommended in *Canada's Low-Risk Alcohol Drinking Guidelines*. The adverse health and social consequences of alcohol misuse outweigh those of all other drugs combined. Physicians can play a critical role in reducing alcohol-related morbidity and mortality. This postcard provides information on how you can support your patients as well as useful tools for screening and treating alcohol problems.



Dr. Hamidah Meghani
Medical Officer of Health, Halton Region

What's new for Halton physicians?



Guidelines for healthcare providers to promote low-risk drinking among patients

The Canadian Centre on Substance Abuse has developed a version of *Canada's Low-Risk Alcohol Drinking Guidelines* for healthcare providers, intended to reduce alcohol-related harm through screening, brief intervention and/or referral to specialized services. For the guidelines, visit halton.ca/alcoholmisuse.



Help your patients reduce alcohol-related risks

The College of Family Physicians of Canada *Alcohol Screening, Brief Intervention and Referral Clinical Guide* is a resource for family physicians, nurse practitioners and other healthcare professionals to assist patients in managing alcohol consumption. To download the guide, visit sbir-diba.ca. The College has also partnered with the Public Health Agency of Canada on the Prevention in Hand (PiH) initiative, which offers resources for physicians to help their patients (visit preventioninhand.com).



Fetal Alcohol Spectrum Disorder (FASD)

Health Canada estimates that FASD affects one per cent of the population. Physicians can help reduce this number by screening their patients for alcohol use, both before and during pregnancy. For screening tools on how to assess the risk status of pregnant women, visit halton.ca/alcoholmisuse.



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I look forward to seeing you at the 13th annual Halton Physician Appreciation Dinner on May 5, 2016, from 5:30 to 9:30 p.m. at the Oakville Conference Centre. To RSVP, dial 311 or visit halton.ca/physiciandinner.

halton.ca 311

