

HEALTH UNIT OFFICES

Almonte
79 Spring Street
Unit #3,
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
375 William St. S.
Suite 200
Gananoque, Ontario
K7G 1T2
(613) 382-4231

Health ACTION Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions
or would like your business
added to our mailing list
please call the Health
ACTION Line and ask for
Lynda Earl.

Information from this newsletter
may be reproduced and
distributed freely provided
the source is acknowledged.
However, this information cannot
be altered in any way, without
prior approval from the Leeds,
Grenville and Lanark District
Health Unit Health Unit.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Fall 2008

In This Issue:

- 2 Noise: Protect Your Ears, Protect Your Hearing,
Protect Your Health!
Submitted by Cheryl Haskins, MSc (A), Audiologist — Guest Writer
- 3 ATV Riding Is Not Child's Play!
Submitted by Joanne Desormeaux, RN, BNSc, Public Health Nurse
- 4 Facts on pre-packaged lunches
& tips for a healthy lunch
Written by Amber Wales, Dietetic Intern
Submitted by Carole Chang, Registered Dietitian, Public Health Nutritionist
- 5 Triple P (Positive Parenting Program)
NOW AVAILABLE in Leeds & Grenville
Submitted by Denise Kall, RN, BN, Public Health Nurse
- 6 Parenting Your Teen in the 21st Century
Submitted by Lucia Taggart, RN, BNSc, Public Health Nurse
- 7 Managing your time well at work and at home!!
Submitted by Ginny Ferguson, RN, BScN, Public Health Nurse
- 8 Get a Flu Shot: Free Vaccination for all Ontario
Submitted by the Clinical Services Department
- 8 2008 Community Flu Clinic Dates
Submitted by the Clinical Services Department
- 9 Age of Consent for Sexual Activity
Submitted by Martina Flanagan, RN, BScN, Public Health Nurse
- 10 Human Papillomavirus (HPV) and Cervical Health
Submitted by Bonnie Schnittker, RN, PHN, Public Health Nurse
- 11 2008 Pap Test Clinics - Poster
Submitted by Bonnie Schnittker, RN, PHN, Public Health Nurse
- 12 "Are you dreaming about a Sun Destination?"
Submitted by Bonnie Schnittker, RN, PHN, Public Health Nurse
- 12 Canada's Healthy Workplace Month!
Take the Healthy Workplace Challenge!
Submitted by Ginny Ferguson, RN, BScN, Public Health Nurse

HEALTH UNIT OFFICES

Almonte
79 Spring Street
Unit #3,
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
375 William St. S.
Suite 200
Gananoque, Ontario
K7G 1T2
(613) 382-4231

Health ACTION Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your business added to our mailing list please call the Health ACTION Line and ask for Lynda Earl.

Information from this newsletter may be reproduced and distributed freely provided the source is acknowledged. However, this information cannot be altered in any way, without prior approval from the Leeds, Grenville and Lanark District Health Unit Health Unit.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Fall 2008

NOISE: Protect Your Ears, Protect Your Hearing, Protect Your Health!



Submitted by Cheryl Haskins, MSc(A), Audiologist

Damage to hearing in the inner part of the ear is related not just to the intensity level of the sound a person encounters but the length of time a person is exposed to that sound.

The following is a summary of some recently published articles about new technology and potential concerns as well as coping strategies and some advice I have given over the years in the hearing health care field.

CONCERNS:

1. MP3 PLAYERS - can reach, at peak levels, volumes louder than a chainsaw or jackhammer.

Ear buds increase the loudness by bringing sound closer to the eardrum.

SOLUTIONS -

- Use the "60/60 rule" which means that you should keep the volume at 60% and limit usage to 60 minutes at a time.
- Place the ear buds in your hand and adjust the volume to where you would like to hear the music. Close your fist and if you can hear the music, it's too loud.
- Replace the ear buds with noise reduction earphones, though these are larger and more expensive.
- Purchase a software upgrade to set a personal volume limit. The software can also be password protected if parents want to set a limit on their child's MP3 player output.

2. CELL PHONES - it is currently believed that listening to a cell phone 60 minutes or longer can be potentially damaging.

SOLUTIONS: switch ears regularly and be alert to these warning signals that a cell phone is damaging hearing:

- A feeling of warmth in the ear after a cell phone conversation
- A sense of fullness in the ear
- Ringing in the ear.

3. LOUD MUSICAL CONCERTS - SOLUTIONS:

- Custom made musician's ear molds or new in-the ear monitors (IEM's) for the musicians.
- Protective earplugs for those attending concerts, not only to protect from high level amplification that may be coming from the stage but to protect from the crowd noise.



4. HUNTING, SKEET SHOOTING, TARGET PRACTISING - the impact from a single shot can cause hearing loss.

SOLUTION: Specially designed hunter's headset with a volume control on each muff. The muffs are constructed in such a way that when a shot is fired, the sound is reduced to a safe level.

5. CHAINSAWS, POWER TOOLS, LAWNMOWERS, SNOW-MOBILES, SNOW-BLOWERS - SOLUTIONS:

- Ask for the quietest models possible when purchasing these items.
- Protective headset with a high rating for the amount by which the sound is reduced.

6. HOUSEHOLD APPLIANCES - DISHWASHERS, WASHING MACHINES, VACUUMS:

SOLUTION: again, when purchasing, ask for the quietest models possible.

For more information about environmental noise levels, please contact **the Audiology Clinic at (613) 283-6611**, or the **Health ACTION Line at 1-800-660-5853**.



HEALTH UNIT OFFICES

Almonte
79 Spring Street
Unit #3,
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
375 William St. S.
Suite 200
Gananoque, Ontario
K7G 1T2
(613) 382-4231

Health ACTION Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your business added to our mailing list please call the Health ACTION Line and ask for Lynda Earl.

Information from this newsletter may be reproduced and distributed freely provided the source is acknowledged. However, this information cannot be altered in any way, without prior approval from the Leeds, Grenville and Lanark District Health Unit Health Unit.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Fall 2008

ATV Riding Is NOT Child's Play!

Submitted by Joanne Desormeaux, RN, BNSc, Public Health Nurse

Every parent wants his or her child to be safe from harm. One risk that many are unaware of involves All-Terrain Vehicles (ATVs) and children. Children represent one-third of ATV related injuries and 50 per cent of ATV related deaths as reported by the Canadian Paediatric Society in 2004¹.

ATVs are particularly dangerous when used by children and young adolescents because they lack the knowledge, physical size and strength, and cognitive and motor skills to operate them safely¹.

Between 2005/2006, in the Eastern Ontario region, ATVs were responsible for almost 1,000 emergency department visits and 90 hospitalizations. Twenty-three percent of emergency department visits and 14 percent of hospitalizations were children under the age of 16 years².

In many cases, where children have been injured or killed in an ATV incident, the parents were unaware of the following facts:

ATVs can roll over easily. They have a high centre of gravity making them more likely to roll over and land on the rider. The location of the centre of gravity depends highly on the riding location of the operator. Therefore, a child who does not have knowledge of how to distribute his or her weight correctly can easily experience a rollover under the correct conditions.

ATVs are not meant for passengers. Many children are injured and killed while riding as a passenger or operating an ATV. Most ATVs are designed for one person only and are equipped with large seats to allow the driver to shift their weight to control the vehicle, not to carry passengers. Passengers affect the stability and control of the ATV, causing them to tip more easily.

ATVs can weigh up to 800 lbs. Adult sized machines pose a high risk to children under 16 due to the drastic differences in weight between the child and the machine.

By learning more about the risks that ATVs pose to children, parents are in a better position to help prevent severe injury and death to children who drive or ride them.

ATV Riding Is Not Child's Play!

¹ Canadian Paediatric Society, Injury Prevention Committee. Preventing injuries from all-terrain vehicles. *Paediatrics & Child Health*. 2004;9(5):337-340.

² Discharge Abstract Database and National Ambulatory Care Reporting System. Canadian Institute for Health Information. 2005-2006.

HEALTH UNIT OFFICES

Almonte
79 Spring Street
Unit #3,
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
375 William St. S.
Suite 200
Gananoque, Ontario
K7G 1T2
(613) 382-4231

Health ACTION Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your business added to our mailing list please call the Health ACTION Line and ask for Lynda Earl.

Information from this newsletter may be reproduced and distributed freely provided the source is acknowledged. However, this information cannot be altered in any way, without prior approval from the Leeds, Grenville and Lanark District Health Unit Health Unit.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Fall 2008

Facts on pre-packaged lunches and tips for making a healthy lunch

Written by Amber Wales, Dietetic Intern

Submitted by Carole Chang, Registered Dietitian/Public Health Nutritionist

What can I take for lunch today? This is a common question we ask ourselves every morning as we rush to get ready for work. With the growing choices of pre-packaged, ready-to-eat meals, many of us grab what is easy, and not what is healthy. Logos and brand names can make many foods appear healthy, even when they are not. The key is to understand how to make healthy choices.

What makes a nutritious lunch?

A healthy lunch should consist of three out of the four food groups from Canada's Food Guide. The four food groups are vegetables & fruit, grain products, milk & alternatives and meat & alternatives. It is important to choose a variety of foods from each food group throughout the day.

What should I look for on pre-packaged, ready-to-eat foods?

Many pre-packaged, ready-to-eat foods are high in cost, sodium, and fat. When choosing these foods, it is important to read and compare labels. Check the Nutrition Facts Table and look for products that contain less than 5% Daily Value (DV) of total fat and less than 10% DV of saturated and trans fat or sodium. Be wary of checkmarks or logos, they might not assess the total nutrient content of the food. For example, a product with a checkmark might be low in fat, but might still be high in sodium. Take time to look at the Nutrition Facts Table and compare different brands and varieties to find the healthiest meal at the lowest cost.

How do I pack a lunch in minutes that has variety?

Here are some **tips to make a healthy lunch** fit into your busy schedule:

- **Plan ahead.** Make a grocery list for lunches: choose vegetables, fruit, whole grain bread/crackers, nuts, low fat cheese and yogurt.
- **Store the "lunch stuff" in one spot.** Store thermos, lunch bags and reusable containers together.
- **Make your own "Snack Pack".** Pack some boiled eggs, canned beans, whole grain crackers, cut-up vegetables, fruit cups, lean deli meats and cheese cubes.
- **Prep in bulk.** Cook extra food on the weekend or at dinner and freeze them in single servings for those busy days.
- **Reinvent leftovers.** Use leftovers in stir-fry, sandwiches or casseroles at your next meal
- **Make lunch the night before.** Saves time in the morning.
- **Share ideas!** Share lunch tips and tricks with your friends and family.

Your lunch can be fun and easy, but most importantly, it can be healthy. Read the Nutrition Facts Table when you buy pre-packaged, ready-to-eat meals, and incorporate a variety of food from Canada's Food Guide to make your lunch a nutritious one.

For more free nutrition information, call EatRight Ontario at 1-877-510-5102 or visit their website at www.eatrightontario.ca. You can also contact the Leeds, Grenville, and Lanark District Health Unit's Health ACTION Line at 1-800-660-5853 or visit our website at www.healthunit.org/nutrition.



HEALTH UNIT OFFICES

Almonte
79 Spring Street
Unit #3,
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
375 William St. S.
Suite 200
Gananoque, Ontario
K7G 1T2
(613) 382-4231

Health ACTION Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your business added to our mailing list please call the Health ACTION Line and ask for Lynda Earl.

Information from this newsletter may be reproduced and distributed freely provided the source is acknowledged. However, this information cannot be altered in any way, without prior approval from the Leeds, Grenville and Lanark District Health Unit Health Unit.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Fall 2008

Triple P *NOW AVAILABLE* in Leeds and Grenville

Submitted by Denise Kall, RN, BN, Public Health Nurse

The three P's in 'Triple P' stand for 'Positive Parenting Program'. Triple P is a system of proven solutions that help solve parenting struggles. It is simple to use and is based on 25 years of clinical research.

Being a parent is rewarding and enjoyable, but as any parent can tell you, it is not always easy. Triple P takes the stress out of parenting and makes it easier by providing practical answers to everyday parenting concerns. Sometimes small changes in parenting style can bring about large changes in children's behaviour. Triple P can help parents cope with the everyday demands of raising children.¹



for every parent

Parenting has its ups and downs. Triple P helps parents to have more of the 'ups'.

Triple P promotes positive parenting. It is based on good communication between parents and children, and on giving children attention for behaving well.

A number of agencies under the umbrella of the Every Kid in Our Communities Coalition have trained staff so that families can access the Triple P

program within the local area. The Triple P information is available in different formats to suit different families - parents can attend seminars, use self-help materials, or work one-on-one with a practitioner.

For more information about Triple P, call the Health ACTION Line at 1-800-660-5853.

¹ Triple P International. Every Family News: The Triple P - Positive Parenting Program is coming to your school! Brisbane: Triple P International; 2003

HEALTH UNIT OFFICES

Almonte
79 Spring Street
Unit #3,
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
375 William St. S.
Suite 200
Gananoque, Ontario
K7G 1T2
(613) 382-4231

Health ACTION Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your business added to our mailing list please call the Health ACTION Line and ask for Lynda Earl.

Information from this newsletter may be reproduced and distributed freely provided the source is acknowledged. However, this information cannot be altered in any way, without prior approval from the Leeds, Grenville and Lanark District Health Unit Health Unit.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Fall 2008

Parenting Your Teen in the 21st Century

Submitted by Lucia Taggart, RN, BNSc, Public Health Nurse

Although you may sometimes feel overwhelmed with the challenges of parenting your teen in the midst of influences not even heard of when you were a teenager, parenting in the 21st century is really no different than before. Parents need to be parents first. It is their responsibility to help their child develop the skills and knowledge needed to keep safe when faced with life choices, such as substance use or sexuality. Even in the teen years, when they are more prone to engage in risky behaviours, your child does want and need your guidance.



Studies have shown that one of the best factors to reduce risky behaviour in teens is the healthy relationship that they have with a caring adult. How can you help your child to make positive decisions without taking over their lives, or using scare tactics that, in the long run, just don't work? Try these tips for building and maintaining a healthy relationship with your teen, from "What parents need to know about teens: myths, facts, and strategies" by D.A. Wolfe¹:

- 1. Be honest and open.** The more open and honest you are with your teen, the more communication there will be about dating, sexuality and other topics.
- 2. Think in terms of harm reduction instead of zero tolerance.** Parents who try to enforce absolutes often are not told about their teens' activities.
- 3. Accentuate the positive.** Actively attempt to build in genuine positive interactions throughout the day or week.
- 4. Encourage your teen to be involved in extracurricular activities.** Studies have shown that greater extracurricular involvement at school or in the community can have a positive influence on pro-social behaviours.
- 5. Be an active participant in your teen's life.** Know your teen's interests, and plan an activity you can do together.

For more resources on parenting your teen, visit:

www.camh.net www.smithsfallsfocus.org www.parentactionondrugs.org

¹ Wolfe DA. What parents need to know about teens: myths, facts, and strategies. Toronto: Centre for Addiction and Mental Health; 2007.

Almonte
79 Spring Street
Unit #3,
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
375 William St. S.
Suite 200
Gananoque, Ontario
K7G 1T2
(613) 382-4231

Health ACTION Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your business added to our mailing list please call the Health ACTION Line and ask for Lynda Earl.

Information from this newsletter may be reproduced and distributed freely provided the source is acknowledged. However, this information cannot be altered in any way, without prior approval from the Leeds, Grenville and Lanark District Health Unit Health Unit.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Fall 2008

Managing your time well at work and at home!!

Submitted by Ginny Ferguson, RN, BScN, Public Health Nurse

Time management at work and at home will help keep you healthy. You will experience less stress, less tension, and feel more motivated, energized and in control. Here are **some tips to help you manage your time well.**



First, plan your day to make the most of your time.

- **Organize your day.** Handle each message only once i.e. read it, act on it, file it, or throw it away.
- **Prioritize.** Do the most important things first.
- **Set aside certain amounts of time** to check telephone calls, emails, accept visitors.
- **Plan ahead for regular meetings.** Break big tasks into smaller pieces making them more manageable as you move towards achieving your goal.
- **Stay focused.** If possible, ask the office manager to hold all telephone calls and take messages for you when you are working on a task.
- **Prepare for your meeting.** Be on time. Know your topic. Only schedule and attend a meeting if absolutely necessary.
- **Avoid procrastination.**
- **Pace yourself.**
- **Set boundaries.** Remain within your job description; perform duties only prescribed to you. Do not volunteer unless you have the time. When necessary, talk to your fellow employees and supervisor regarding reassignment of your workload when new tasks are assigned to you.
- **Delegate**-assign tasks to others who can handle the work. Choose the right person for the task. Explain exactly what is needed to complete the task and support them. Reward and praise good results.
- **De-clutter** your workspace.
- **Keep your workplace physical space aesthetically pleasing to you.**
- **Use proper ergonomics and posture at your work.** Stretch and reposition your body as needed.
- **Keep prescribed items in their proper place at work and at home.** Keep files and manuals organized at work. It saves time trying to look for things when you need them. At home, put your keys and clothing in the same place.
- **Prepare for work the night before.** Also prepare your and your children's clothes, lunches, and meals the night before.
- **Use "Positive Travel".** This is the time spent to and from work e.g. in your car. This time should be used as a "**break in your day**" between work and home.

In addition to using these time management techniques to maintain your health, **remember, it also helps to get enough sleep, practice relaxation techniques for 20 minutes each day, to take your breaks at work, and schedule time for yourself.** If you need further information on time management techniques, please contact any of the following resources at:

www.cmha.ca www.familiesandwork.org
www.ccohs.ca www.mentalhealthatwork.ca



HEALTH UNIT OFFICES

Almonte
79 Spring Street
Unit #3,
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
375 William St. S.
Suite 200
Gananoque, Ontario
K7G 1T2
(613) 382-4231

Health ACTION Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your business added to our mailing list please call the Health ACTION Line and ask for Lynda Earl.

Information from this newsletter may be reproduced and distributed freely provided the source is acknowledged. However, this information cannot be altered in any way, without prior approval from the Leeds, Grenville and Lanark District Health Unit Health Unit.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Fall 2008

Get a Flu Shot: Free Vaccination for all Ontario Residents

Submitted by the Clinical Services Department

Everyone can benefit from a flu shot. It is particularly important to protect certain people from contracting the flu (also called Influenza).

HIGH RISK GROUPS

- Person aged 65 or older
- Adults and children with chronic heart or lung disease
- Anyone who lives, works or volunteers in a long term care home
- Anyone who works or volunteers in health care including emergency service workers (fire, police, ambulance)
- Anyone who lives in the same household as, or is in close contact with, a person who is at increased risk of complications from Influenza
- Adults and children with diabetes or other metabolic disease, cancer, kidney disease, a blood disorder or anyone whose immune system is weakened
- Pregnant women and members of a household expecting a newborn during the flu season
- Babies and children (aged six months to 18 years) who have been treated with ASA (acetylsalicylic acid) for long periods

The flu vaccine changes every year according to the strain of flu virus that is circulating. It can be given to anyone 6 months of age and older. If the flu shot is being given to a child under age 9 for the first time it is recommended that they receive a booster shot a month later.

Tentative 2008 Community Flu Clinic Dates

Location	Date (Not all Dates are Confirmed)	Time
Pakenham P.S. (Pakenham)	November 5, 2008	3:00 - 6:00
1000 Islands Mall (Brockville)	November 6, 2008	12:00 - 7:00
County Fair Mall (Smiths Falls)	November 10, 2008	12:00 - 7:00
Rideau District H.S. (Elgin)	November 12, 2008	2:00 - 6:00
Rideau Vista P.S. (Westport)	November 13, 2008	3:00 - 6:30
St. Michael H.S. (Kemptville)	November 17, 2008	2:30 - 9:00
Carambeck P.S. (Carleton Place)	November 19, 2008	1:30 - 7:30
Naismith P.S. (Almonte)	November 24, 2008	3:00 - 7:00
Cardinal Lions Club (Cardinal)	November 25, 2008	12:00 - 2:00
Centennial P.S. (Spencerville)	November 25, 2008	4:00 - 7:00
Lanark & District Civitan Club	November 27, 2008	3:00 - 7:00
Athens High School (Athens)	December 4, 2008	2:00 - 7:00
Merrickville P.S. (Merrickville)	December 8, 2008	3:00 - 6:30
South Grenville H.S. (Prescott)	December 10, 2008	1:00 - 7:00
Gananoque S.S. (Gananoque)	December 11, 2008	3:00 - 6:00
St. John Catholic H.S. (Perth)	December 15, 2008	1:00 - 7:00
County Fair Mall (Smiths Falls)	December 18, 2008	12:00 - 6:00
1000 Islands Mall (Brockville)	December 22, 2008	12:00 - 7:00

* Please call the Health Unit to confirm dates.



HEALTH UNIT OFFICES

Almonte
79 Spring Street
Unit #3,
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
375 William St. S.
Suite 200
Gananoque, Ontario
K7G 1T2
(613) 382-4231

Health ACTION Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your business added to our mailing list please call the Health ACTION Line and ask for Lynda Earl.

Information from this newsletter may be reproduced and distributed freely provided the source is acknowledged. However, this information cannot be altered in any way, without prior approval from the Leeds, Grenville and Lanark District Health Unit Health Unit.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Fall 2008

Age of Consent for Sexual Activity

Submitted by Martina Flanagan, RN, BScN, Public Health Nurse

On May 1st, 2008 the age of consent for sexual activity changed in Canada. The new law has raised the legal age of consent from 14 years of age to 16 years of age ¹.

The reason for the increase in age is to broaden protection laws for young teens that are at risk of being exploited by adults.

The criminal code does contain a “close-in-age” exemption which was added so that teens who do engage in sexual activity are not breaking the law. For instance, a 19-year-old could have relations with a 15-year-old without being criminally charged, provided the older partner is not in a position of trust or authority over the younger teen and the relationship is not exploitative.

Age of Consent for Sexual Activity

Under 12 years	Consent is illegal.
12 and 13 years	Consent is illegal (only legal if partner is less than two years older and not in a position of trust or authority over the younger teen and the relationship is not exploitative) ² .
14 and 15 years	Consent is illegal (only legal if partner is less than five years older and not in a position of trust or authority over the younger teen and the relationship is not exploitative. Married couples are also exempt) ³ .
16 – 18 years	Consent is legal unless they are involved in exploitative sexual activity.
Under 18 years: Anal Sex	Consent is illegal, unless in heterosexual marriage ⁴ .

Frequently Asked Questions

What is meant by the term “age of consent”?

The age of consent is the age at which one is legally allowed to engage in sexual activity. In countries across the globe the term “age of consent” is referred to as the age of sexual consent, the age of protection. It is also a key age in the charge of statutory rape.

What does exploitative sexual activity mean?

According to the Department of Justice Canada, exploitative sexual activity refers to “sexual activity involving prostitution, pornography or where there is a relationship of trust, authority, dependency or any other situation that is otherwise exploitative of a young person”. The age of protection for exploitative sexual activity remains 18 years.

Does Canada have a different age of consent for homosexual sex?

In Canada, the age of consent for same sex activity is the same as for heterosexual activity. However, the age of consent for anal sex, regardless of sexual orientation, is 18 unless it occurs in a heterosexual marriage.

Is the age of consent the same regardless of the province or territory?

In Canada, yes. But in countries such as the United States, the age of sexual consent varies from state to state. In other countries, the age of consent varies from 12 years (in Tonga) to 20 years (in Tunisia).

For more information, here is a link to the criminal code outlining the new law:

<http://laws.justice.gc.ca/en/C-46>

¹ Department of Justice Canada. Criminal Code (R.S., 1985, c. C-46). Subsection 150.1. http://laws.justice.gc.ca/en/showdoc/cs/C-46/bo-ga:l_V-gb:s_150_1/en#anchorbo-ga:l_V-gb:s_150_1

² Department of Justice Canada. Criminal Code (R.S., 1985, c. C-46). Subsection 150.1 (2). http://laws.justice.gc.ca/en/showdoc/cs/C-46/bo-ga:l_V-gb:s_150_1/en#anchorbo-ga:l_V-gb:s_150_1

³ Department of Justice Canada. Criminal Code (R.S., 1985, c. C-46). Subsection 150.1 (2.1) http://laws.justice.gc.ca/en/showdoc/cs/C-46/bo-ga:l_V-gb:s_150_1/en#anchorbo-ga:l_V-gb:s_150_1

⁴ Department of Justice Canada. Criminal Code (R.S., 1985, c. C-46). Subsection 159 (2). http://laws.justice.gc.ca/en/showdoc/cs/C-46/bo-ga:l_V-gb:s_150_1/en#anchorbo-ga:l_V-gb:s_150_1



HEALTH UNIT OFFICES

Almonte
79 Spring Street
Unit #3,
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
375 William St. S.
Suite 200
Gananoque, Ontario
K7G 1T2
(613) 382-4231

Health ACTION Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your business added to our mailing list please call the Health ACTION Line and ask for Lynda Earl.

Information from this newsletter may be reproduced and distributed freely provided the source is acknowledged. However, this information cannot be altered in any way, without prior approval from the Leeds, Grenville and Lanark District Health Unit Health Unit.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Fall 2008

Human Papillomavirus (HPV) and Cervical Cancer

Submitted by Bonnie Schnittker, RN, PHN, Public Health Nurse

Human Papillomavirus or HPV is a very common virus. HPV is found in both men and women. Approximately 80% of men and women will acquire HPV in their lifetime.

There are over 100 different “types” or “strains” of the virus. Some HPV types can cause ordinary and genital warts, but rarely cause cancer. These viruses are called “low risk”. Other HPV types can lead to cancer of the cervix if they are not found and treated. There are about 15 types of viruses that are “high risk”.

An HPV infection usually goes away on its own without causing any kind of abnormality. If an HPV infection does persist and results in pre-cancerous lesions, it usually takes a long time (about 10 years or more) for lesions to result in cancer of the cervix.

A Pap test detects abnormal cells of the cervix. Women require a Pap test every year. Once she has had three (3) Pap tests that are normal, the time between screenings can be increased to every 2 – 3 years. Pap screening goes on until 70 years of age provided there were 3 normal Pap tests in the previous 10 years.

No Doctor or Nurse Practitioner? Call to book a **free** Pap test with a female Nurse Practitioner at 613-283-2740 or 1-800-660-5853.

Clinics will be held at the Leeds, Grenville & Lanark District Health Unit, Smiths Falls office on Monday, October 20, 2008 and at the CPHC Brockville Community Family Health Team on Wednesday, October 22, 2008. Both clinics are 3 pm to 7 pm.

This announcement is available in electronic format as a pay cheque stuffer. Please contact Bonnie.Schnittker@healthunit.org

A poster has been included in this mailing of Health Briefs. (See page 11) Please post in a prominent place for staff to view. Please make additional copies as needed.

HEALTH UNIT OFFICES

Almonte
79 Spring Street
Unit #3,
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
375 William St. S.
Suite 200
Gananoque, Ontario
K7G 1T2
(613) 382-4231

Health ACTION Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your business added to our mailing list please call the Health ACTION Line and ask for Lynda Earl.

Information from this newsletter may be reproduced and distributed freely provided the source is acknowledged. However, this information cannot be altered in any way, without prior approval from the Leeds, Grenville and Lanark District Health Unit Health Unit.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Fall 2008

2008 Pap Test Clinics



All women who are, or have ever been, sexually active should be screened for cervical cancer.

Cancer of the cervix can be prevented with regular Pap tests.

Call your doctor or nurse practitioner to book your Pap test — it could save your life!

No Doctor or Nurse Practitioner?

Call to book a FREE Pap test with a female nurse practitioner:

To book your appointment or for more information

613-283-2740 or 1-800-660-5853

—CLINICS—

SMITHS FALLS: MONDAY, OCTOBER 20, 2008

Leeds, Grenville & Lanark District Health Unit

or

BROCKVILLE: WEDNESDAY, OCTOBER 22, 2008

CPHC Brockville Community Family Health Team

Both Clinics are 3pm to 7pm

For more information about HPV, the Pap test and cervical cancer:

- ▶ Call the Leeds, Grenville & Lanark District Health Unit's Health ACTION Line at 1-800-660-5853 or (613) 345-5685 or visit www.healthunit.org
- ▶ Call the Canadian Cancer Society at 1-888-939-3333 or visit www.cancer.ca

Partners providing this service are:

- ◆ North Lanark County Community Health Centre
- ◆ Country Roads Community Health Centre (Portland)
- ◆ Merrickville Community Health Centre
- ◆ CPHC Brockville Community Family Health Team



Canadian Cancer Society

Société canadienne du cancer

The Regional Cancer Program of Southeastern Ontario



HEALTH UNIT OFFICES

Almonte
79 Spring Street
Unit #3,
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
375 William St. S.
Suite 200
Gananoque, Ontario
K7G 1T2
(613) 382-4231

Health ACTION Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your business added to our mailing list please call the Health ACTION Line and ask for Lynda Earl.

Information from this newsletter may be reproduced and distributed freely provided the source is acknowledged. However, this information cannot be altered in any way, without prior approval from the Leeds, Grenville and Lanark District Health Unit Health Unit.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Fall 2008

"Are You Dreaming About A Sun Destination?"



Submitted by Bonnie Schnittker, RN, PHN, Public Health Nurse

The summer is barely over and we start dreaming of how to get away again - maybe to a sun destination? After you book your travel and accommodations don't forget to book an immunization appointment with the Health Unit. **Scheduling your appointment at least six weeks before your departure** can ensure that you will have ample time to complete your vaccination series.

A nurse will be able to review what travel immunization you may require or are recommended for your destination and they will review practises to keep you healthy while away. Being ill can spoil any one's vacation.

While at your appointment, pick up new luggage tags. They are bright orange and will identify your luggage easily from a distance. The luggage tags are part of an information package on protecting yourself from ultraviolet (UV) rays.

We would appreciate hearing where you plan to take your new luggage tags. Tell us your plans by submitting the entry ballot enclosed in the travel package. A gift prize will be awarded on May 15, 2009.

Look for information on tanning in the Winter 2008 Health Briefs.

For clinic times and locations, please call the Health ACTION Line at 1-800-660-5853.

Canada's Healthy Workplace Month! Take the Healthy Workplace Challenge!

Submitted by Ginny Ferguson, RN, BScN, Public Health Nurse

Canada's Healthy Workplace Month is now a four- week celebration and promotion of healthy workplaces from September 29 to October 26, 2008. The theme for 2008 is **Take the Healthy Workplace Challenge** and will feature weekly challenges for your workplace:

Week 1: Healthy Habits Challenge – Track Your Steps

- Challenge your employees to increase their physical activity level.

Week 2: Healthy Culture at Work-Assess Your Culture

- Discover your organization's culture score.

Week 3: Your Physical Environment- The Green Planet Wellness Challenge

- Live healthy, live green - at work and at home.

Week 4: Keep it Going All Year Round – Get Recognized for your Success

- Share your story and receive participation certificates!

For more information, and/or to register your organization online to participate the activities, please visit: <http://www.healthyworkplacemonth.ca>

