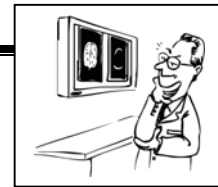




FRIDGE FACTS



Ask the Health Professional



What is Pseudomonas Aeruginosa sepsis?

Pseudomonas aeruginosa (PA) bacteria recently took the life of 20 year old Brazilian model and finalist of the Brazilian stage of the Miss World 2008, Mariana Bridi da Costa. Pseudomonas aeruginosa is widespread in nature being found in soil, water, plants and animals. It is an opportunistic pathogen affecting those with compromised immune systems the most severely. It is a frequent cause of pneumonia and urinary tract infections which is the most likely start of Miss Bridi da Costa's path to sepsis.

Sepsis is a life threatening disease killing more than 1/3 of those that contract it. More than 1400 people per day are estimated to die as a result of sepsis. Sepsis is the body's response to infection that for some reason goes into overdrive. This causes changes in the blood resulting in blood clots that affect not only vital organs but also initially the hands and feet causing the tissue to die. This is why the doctors had to amputate Miss Bridi da Costa's hands and feet just days before her death. Usually antibiotics will effectively treat the infection if caught early enough.

Brain Awareness Week March 16-22, 2009



Brain Awareness week is an international partnership of government agencies, scientific organizations, universities and volunteer groups. Created by the Dana Alliance for Brain Initiatives, its purpose is to make the public more aware of the benefits and promise of brain research.

The brain is an extremely complex organ consisting of 100 billion neurons, trillions of synaptic connections, and weighing only 3 lbs. The brain is 75% water and uses 20-25% of the body's oxygen.

50% of all Canadians will have had a brain disorder affect their lives and their family – about 15 million people. About 1 in 3 Canadians will be affected by a disease, disorder or injury of the brain or nervous system at some point in their lives.

From: www.neurosciencecanada.ca

“Heely” Shoes – Dangerous??

Heely shoes are those shoes with an integral wheel embedded in the heel. There were 250000 pairs sold in the UK in 2006. The manufacture maintains that when worn with the proper safety equipment (helmet, wrist guards, knee and elbow pads), the Heelys are very safe.

A recent study in the Emergency Medicine Journal, 2008, looked at how many Heely related injuries presented to an Emergency Department in the UK over a 4 month period. In those 4 months, 35 Heely related injuries were treated. The mean age of those patients was 9.6 years. Of the 35 injuries, 20 were falls onto the outstretched hand, 10 of which resulted in a fracture. Two head injuries were identified along with two back injuries. Two leg fractures occurred as well as one broken nose. **None of the children was wearing safety equipment.** An average of 4.5 days (0-20 days) was missed at school.

Unfortunately, you rarely see safety equipment worn which clearly increases the risk of injury





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to the children with these shoes.

Clinic News

THANK YOU

To everyone that braved the elements for our 3rd Annual Family Snowshoe Day. We had a fantastic turnout again this year.

2009 Ajax-Pickering MS Walk

The MS Walk is a community-based, family and friends oriented event on Sunday April 19, 2009 from 8:15 a.m. to 12:30 p.m. For more information visit www.mssociety.ca

Multiple Sclerosis Carnation Campaign

The annual MS Carnation Campaign will take place during Mother's Day weekend on May 8 and 9, 2009. Live carnations will be sold at various locations throughout Durham Region: Canadian Tire stores, Beer Stores, LCBO locations and various malls. To volunteer or more more information call the office at 905-668-0388.

Dust Off the Clubs

Duffins Creek Health Centre's annual golf tournament is coming Sunday May 31, 2009. Get your foursome together and come out for our fabulous day on the links at Spring Creek Golf Course.



Potato and Roasted Garlic Soup

From: www.healthcheck.org

Ingredients

- 1 head of garlic
- 1 tbsp of olive oil
- 1 onion diced
- 4 medium potatoes, peeled and chopped
- 4 cups water
- 1 (10 g) vegetable stock cube, crumbled
- ¼ tsp (1 ml) nutmeg
- 2 bay leaves
- 1 cup (250 ml) soy milk



Directions

- slice the top off the head of garlic and cover with aluminum foil
- roast in an oven 400°F for 45 minutes or until the garlic is soft
- at the same time, heat the oil in a large saucepan and saute onion until soft
- add potatoes, water, stock cube, nutmeg and bay leaves
- bring to a boil and reduce heat to moderately low and simmer for 30 minutes or until the potatoes are tender
- add soy milk and squeeze in the softened garlic cloves
- remove from heat and allow to cool slightly
- discard the bay leaves and blend the soup in a food processor until smooth
- serve with crusty whole-grain





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