



NEIGHBOURHOOD TOPICS

- Healthcare reform and the Clinic's particular status
- Registry:
Let's put a stop to extra billing!
- Who can make CN budge?

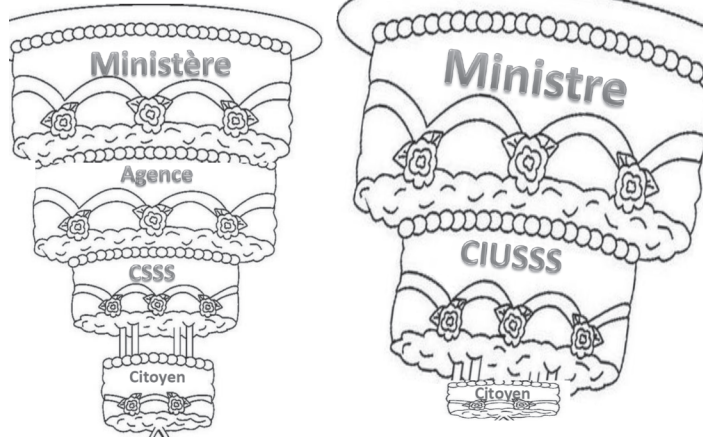
HEALTH TOPICS

- Seasonal flu shot
- Do you have high blood pressure?
- Preventing rabies:
warning, don't touch me!
- Lice and more lice

Healthcare reform and the Clinic's particular status

As you know, at the present time the Liberal government of Québec is implementing a vast reform of the health care network's structures. For example, prior to April 1, 2015, there were 12 health and social service centres (CSSS) on the Island of Montréal. After that date, the 12 CSSSs were merged into a mere 5 integrated university health and social service centres (CIUSSS). Broadly speaking, each of the 5 CIUSSSs is responsible for administering dozens of institutions, for example, hospitals, CLSCs, rehabilitation centres, residential and long-term care centres (CHSLDs) and youth centres, all of them governed by a single board of directors. The Couillard government has chosen therefore to create these hyper-centralized administrative megastructures to manage the social and health care services of Québec's population.

Bill 10



Despite this major difference in orientation, funding for the Clinic has not been called into question. The financial agreements signed with the former Agence de la santé et des services sociaux will remain in effect and will be respected, according to Bill 10. But now that the Agence de la santé et des services sociaux no longer exists, it is the Ministry of Health and Social Services that handles our 2006 financial agreement. What's more, recently the Clinic began discussions with the CIUSSS du Centre-Sud to ensure that the CIUSSS will maintain the existing collaboration that allows for access to services that the Clinic cannot provide (e.g., Verdun Hospital, youth centre, residential and long-term care centre, specialized care, etc.).

This political choice is diametrically opposed to the Clinic's historical orientation of fostering the development of local services, collective action to reduce inequality where health care is concerned, solidarity with local community organizations and citizens' active involvement at all levels.

So, things bode well, but it will be important to continue to pay close attention to the potential impact on the Clinic of the reorganization of the health and social service network. As it has always done in the past, the Clinic will continue to take a stand and defend users' rights to full access to public health care and services.

To preserve access to the healthcare system for all: LET'S PUT A STOP TO EXTRA BILLING!

On February 15 this year, the Pointe-Saint-Charles Community Clinic's Fight for Health Committee launched its registry of fees billed for medical consultations. This is a tool to gather information and personal accounts by anyone who pays for an instance of care, a treatment or a medical service. We denounce the illegal nature of this practice since it directly contravenes the provisions of the Canada Health Act.

Since the registry was put online, close to 600 people have filled out the registry form while making it very clear that they are against the Québec Ministry of Health's attempts to frame and thereby legalize the fees demanded by some doctors when seeing patients in their clinics. The Fight for Health Committee is preparing to deliver the results after compiling the registry data.

It's still possible to fill out the form for the registry of fees billed for medical consultations online at <http://ccpsc.qc.ca/en/registry>. Feel free to do this and help us preserve a public health system—the only kind that guarantees completely free access to quality healthcare for everyone!

Who can make CN budge?

On September 27, 2015, the citizens' committee *Nous et les trains* (NTU) held a meeting attended by 60 people - both members and sympathizers - which mandated the committee to file a complaint with the Canadian Transportation Agency. The aim of the complaint is to force CN to reduce the unreasonable noise of activity on the tracks running through the neighbourhood. The noise level greatly exceeds the established standards and may well be affecting the health of residents exposed to the noise, as shown by two acoustic studies done in 2009 and 2014, and two briefs by Montréal's Public Health Director.

South-West Borough Mayor Benoit Dorais was at the meeting to reiterate his support for the citizens' action. He reminded those present that collaboration between the borough and the citizens goes back to when the borough was created in 2002. He actively participated in all the meetings, discussions and proposed solutions. When in 2013 he saw that constructive discussions and productive negotiations with CN seemed impossible, his commitment went further and he financed the 2014 noise levels study.

The inevitable outcome of 15 years of citizen action

The neighbourhood of Pointe-Saint-Charles wasn't built after the railway industry but at the same time, and a long cohabitation followed. What changed?

The neighbourhood's citizenry began to mobilize a short time after CN was privatized in 1995. Deregulation of transportation ensued in 1996, which coincided with major change in CN's work methods. The citizens never had anything against railways, but they did object to practices that began in the late 1990s, including triage manoeuvres in residential areas night or day, producing noise nuisance that worsened as trains increased in number, length and weight. And the nuisance has continued to worsen. As *La Presse* stated on January 6, 2015, "The volume of crude

oil transported by CN is expected to rise to 200,000 complete carloads per year by the end of 2015, as compared to some 130 000 complete carloads at present, and may reach 300 000 complete carloads in the next two years."

All municipal administrations and three MPs from different parties have championed the citizens' as yet unsuccessful attempts to get CN to develop better practices and more neighbourliness.



CN doesn't admit to the deterioration of the sonic environment produced by its activities, it isn't proactive when looking for solutions, it refuses any proposal that involves financial cost, and it doesn't call into question its practices or its organization of work. Its sole argument is that it has a legal obligation to serve its clients.

Now the *Nous et les trains* citizens' committee is availing itself of the only opening provided by the Canada Transportation Act to get CN to change its practices and take into account the health of citizens exposed to the noise. Increasingly, communities and officials are realizing that old laws must be amended and that the railway industry must come to consider the health and safety of communities affected by excessive noise levels.

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Don't let the 'flu catch you by surprise! Come get vaccinated at the Clinic!



Seasonal 'flu is an infection of the airways that is extremely contagious. It is transmitted via droplets from the sick person's nose or throat through coughing, sneezing or kissing, or via objects contaminated by these secretions.

Having a 'flu shot is the best way to protect yourself and others. It is important to prevent the 'flu in people who are more vulnerable or at risk of developing complications: the elderly, babies aged 6 to 23 months, individuals who have a chronic illness and pregnant women. People who are in contact with persons at risk are also advised to get vaccinated to avoid giving the 'flu to them.

Here are some simple things you can do to prevent infection by one of the 'flu viruses:

- * Keep your hands clean by washing them regularly;
- * Cough and sneeze into the crook of your elbow;
- * Avoid touching your nose, eyes and mouth. These are points of entry for viruses and bacteria;
- * Since the viruses can survive on hard surfaces for at least 48 hours, clean surfaces touched by a person with the 'flu, for example, doorknobs, light switches, keyboards, computer mice, telephones and remote-control devices;
- * Avoid contact with people at risk if you have the 'flu.

So, don't let the 'flu catch you by surprise! Come see the vaccination team at the Pointe-Saint-Charles Community Clinic. **Several dates for walk-in clinics have been set for you to receive a free 'flu shot: November 9, 11 and 16, from 8:30 to 11:30 a.m. and from 4:00 to 7:30 p.m.; November 18, from 8:30 to 11:30 a.m.; and November 23, 27 and 30, as well as December 2 and 14, as well as January 6 and 20, from 4:00 to 7:30 p.m., in the basement of the Clinic (500 Ash Avenue).**

These times aren't good for you? You can now make an appointment online at www.monvaccin.ca or by calling this number: 514 766-0546, extension 54000, from Tuesday to Thursday, 7:00 a.m. to 4:00 p.m.

For more information, feel free to visit the Clinic's website: ccpsc.qc.ca/en/vaccination or phone us at 514937-9251!

DO YOU HAVE **HIGH BLOOD PRESSURE** ?

What is blood pressure?

Blood pressure (sometimes called arterial tension) is the pressure of blood in the arteries. Pressure usually varies from one day to the next and from moment to moment during the day. For example, blood pressure (BP) generally decreases at night and increases in early morning. Emotions may also cause BP to vary. Blood pressure is expressed by two numbers, for example, 140/90 millimetres of mercury. In a normal person, BP is lower than this example. In people with diabetes the measure should be even lower, for example, 130/80 mm Hg.



When readings are consistently elevated, this is referred to as high blood pressure or arterial hypertension. Hypertension cannot be cured, but it can be controlled through changes in lifestyle (diet, exercise, etc.) and medication. If it is left untreated, high BP can lead to serious consequences: cerebrovascular accident (CVA or stroke), myocardial infarction (heart attack), heart failure, end-stage renal (kidney) disease, atrial fibrillation, left ventricular hypertrophy and premature death. A healthy lifestyle lowers the risk of these diseases and helps prevent complications.

Changing one's lifestyle to lower blood pressure and the risk of cardiovascular disease:

- ✓ Reach and maintain a healthy weight
- ✓ Exercise regularly
- ✓ Stop smoking
- ✓ Eat fewer salty foods, maximum of 2000 mg of salt per day

- ✓ Eat foods rich in potassium: cantaloupe; baked potato, with the peel; winter squash; bananas; and cooked spinach
- ✓ Eat more fatty fish such as herring, mackerel, salmon, sardines and trout (2 to 3 times a week)
- ✓ Consume fewer than 14 alcohol drinks a week if you are a man and fewer than 10 if you are a woman
- ✓ Watch for signs of stress. When stress becomes chronic, it damages the arteries and the heart in the long run. It is important to understand the root cause of the stress to control it better.

Medication

Medication is often necessary to treat high blood pressure. Since this is a chronic illness, medication is usually prescribed for life. It must be taken as instructed and the patient mustn't forget to have the prescription renewed once it has run out.

Measuring your blood pressure

Ask your doctor, nurse or pharmacist to measure your BP. If you want to take your BP at home, these professionals will advise you about the quality of different monitors on the market. You should measure your BP in a calm setting, in the morning, before taking any medication, and a second time at the end of the day. Each time you should take two readings.

How to take a good reading of your BP

Measure your BP after being seated for five minutes, with your back supported, feet on the floor, legs not crossed. Use a cuff that is the right size; if it is too small, it may lead to an overinflated BP reading. Take your monitor to your health professional once a year for him/her to evaluate how you measure your BP.

Information source: The Société québécoise d'hypertension artérielle
<http://sqha.hypertension.qc.ca/info-patients/>



PREVENTING RABIES: WARNING, DON'T TOUCH ME!

Are there bats in Montréal? For sure! They don't just live in the country, and fall is a time of year when we may see more of them because they will look for shelter before winter sets in. This little animal, which often sparks children's curiosity, is dangerous because it is at high risk for contracting rabies throughout Québec. Rabies is lethal in humans.

It's not apparent that a bat has rabies. A weakened bat may look inoffensive but it isn't as it might be carrying rabies. What's more, rabies doesn't have to be transmitted through a serious bite—a tiny scratch or contact with the animal's saliva can be enough.

That's why it's important never to touch a bat—but if it happens:

- As quickly as possible, wash the part of the body that touched the animal with soap and water for 10 to 15 minutes
- Call INFO-SANTÉ at 8-1-1

**It is important to give children this message:
WATCH OUT! You must NEVER touch a bat!**



Lice and more lice—how to detect them?

Parents should be the ones to examine their child's scalp, ideally once a week, especially during the critical periods of fall and winter, and in summer if the child goes to camp. If someone close to the child has lice, a daily exam may be needed. Generally speaking, fewer than 10 or 20 lice are found on an infested head, so it is important to do a thorough inspection.

It is advisable to examine the scalp with the bare hands and to apply conditioner on the hair before using a fine comb. Nits are the lice eggs. They are greyish white and are shaped like tear drops; they are shiny and translucent and are often found less than 6 mm from the scalp. They're hard to remove; dandruff or lint that falls from the hair easily is not a nit.

The effectiveness of fine combs used to remove lice (both adults and nymphs) and nits depends on the design and material used to make them. Some experts recommend combs made of ABS (acrylonitrile butadiene styrene) plastic because the teeth are strong and flexible. A comb of a lower quality plastic that is too flexible won't catch the lice. It is better to use a light-coloured comb that will contrast with the lice's slightly dark colour. However, the most important feature is the distance between teeth: it should be between 0.2 and 0.3 mm, preferably closer to 0.2 mm than 0.3 mm.

For more information about lice, visit:

<http://www.agencesss04.qc.ca/images/images/accessibiliteLinguistique/Lice.pdf>

