



TAKE CARE FOR FUTUR GROWTH

WALK-IN MEDICAL CLINIC
NOW ALSO ON MONDAY PM

CONSUMER PRODUCTS:
GOOD REASON TO BE CONCERNED

ANNUAL GENERAL ASSEMBLY:
COME EXPRESS YOURSELF!

CARING FOR FUTUR GROWTH!

Dear community members,

Since its creation 49 years ago, the Clinic has stuck to the heart of its mission: offering quality local services to people in the neighbourhood; encouraging community involvement; and struggling against injustices related to health. Taking care of the neighbourhood and its population is part of the Clinic's DNA!

This year, we have also "taken care" of many important issues to make sure that our services and community mission continue: midwife accompaniment services should be set up this year; the financial situation of the organization has been rectified; negotiations with the Ministry of Health and Social Services for recognition of our funding continue; and our 50th anniversary

celebrations

are under preparation.

Come share your thoughts about our 2017-2018 priorities by participating in our Annual General Assembly, on Wednesday, 21 June 2017 at 6:30pm (dinner at 6pm), at 1130 de la Sucrerie (Cité des Bâisseurs).

During this assembly, new community board members will be elected. Four posts are up for election this year. Please consider standing for election! See you there!

The Clinic's Community Board



Annual general assembly

Wednesday, June 21

1130 de la Sucrerie (Cité des Bâisseurs)

6pm Supper

6:30pm Beginning of the assembly

Daycare, whispered English translation, wheelchair accessibility, transportation available on request:

514-937-9251 #7202



Draft agenda

1. Opening of the assembly
2. Naming of the assembly chair and secretary
3. Reading and adoption of the agenda
4. Adoption of the minutes of June 22, 2016
5. Board of Directors activity report and questions from the floor
6. Presentation of financial statements, appointment of an auditor and questions from the floor
7. Presentation and adoption of annual priorities for 2017-2018 and questions/proposals from the floor
8. Elections for the Board of Directors
9. Other business
10. Election results
11. Adjournment

Priorities for 2017-2018

- 1 Finalize organization of the 50th anniversary events and ensure that the Clinic's specific social and political project is highlighted through these activities.
- 2 While upholding the mission and social and political orientations of the Clinic, conduct a review of the organization and provision of services according to the evolving needs of people in the neighbourhood, the context of the reorganization of the healthcare system, and available resources.
- 3 Set up and publicly mark the inauguration of midwife services at the clinic as the first step to establishing the birthing centre.
- 4 Ensure that the Clinic's special status in the healthcare system is maintained by signing a funding and cooperation agreement with the Ministry of Health and Social Services and the CIUSSS Centre-Sud.
- 5 Undertake negotiation of collective agreements and contracts of Clinic employees.

CONSUMER PRODUCTS: GOOD REASON TO BE CONCERNED

by Gabrielle Caron, trainee in social work at Breast Cancer Action Quebec

Globally, we produce 500 million tons of chemical products, including 260 million tons of plastic. This production necessarily contaminates our environment and affects our health. Among these chemical products is a category of substances which concerns us, called endocrine disrupters.

WHAT'S THAT?

Endocrine disrupters are a category of toxic chemical substances which interfere with the production and activity of natural hormones in our body. Even tiny doses have an impact. Currently, we have very little information about the effect of each of these substances and the effect of their inclusion in products we consume every day. Yes, you read correctly: these substances are present in things we buy, eat, and apply to our skin, etc. We are referring especially to parabens, phthalates, triclosan, flame retardants, and bisphenol A.

WHERE ARE THEY FOUND?

Endocrine disrupters are found in plastic containers, cosmetics, pesticides, food, clothing, etc. We are exposed to these substances on a daily basis. They are harmful to our health and to the health of future generations, and harmful to the environment. They can lead to the development of diverse illnesses. These include breast and prostate cancer, immune system modifications, early puberty, increased infertility, diabetes, and motor neuron diseases, to name just a few.

BUT THESE THINGS MUST SURELY BE CAREFULLY REGULATED?

Nope. There is still no clear definition of endocrine disrupters in Canada. And as long as the definition is not legally established, an official list of these toxic substances can't be created. The addition of endocrine disrupters to consumer products is not regulated at all.



ENOUGH BAD NEWS! WHAT CAN WE DO?

There are many simple actions we can take to reduce our exposure to endocrine disrupters. It has been shown that each small change can make a big difference to the quantity of toxic chemical substances that we absorb, breathe, ingest and accumulate in our bodies.

WHERE TO START?

FOOD:

Food is the main source of exposure to the following endocrine disrupters: phthalates and bisphenol A. We can try to reduce consumption of food packaged in plastic containers. Since this could be a long process, it is useful to know that plastics are identified by a 7-digit code usually found on the bottom of the product. Plastics number 2, 4, and 5 are preferable. We can also choose fresh, dried, or frozen foods, or those in glass containers. We can heat our meals on a plate instead of in a plastic container. Finally, it is a good idea to recycle

plastic containers when they become degraded, AND YOUR CHILDREN: because worn plastic releases more plasticizers.

LIMIT YOUR BODY CARE PRODUCTS:

You can consume less or make home-made products (easy and simple recipes can be found at www.davidsuzuki.org). You can read labels and try to choose products with the shortest list of ingredients, most of which you recognize. You can ask your neighbourhood pharmacist questions: which products are free of parabens and phthalates? Endocrine disruptors are found in most cosmetics and are recognized as toxic.

AVOID AIR PURIFIERS:

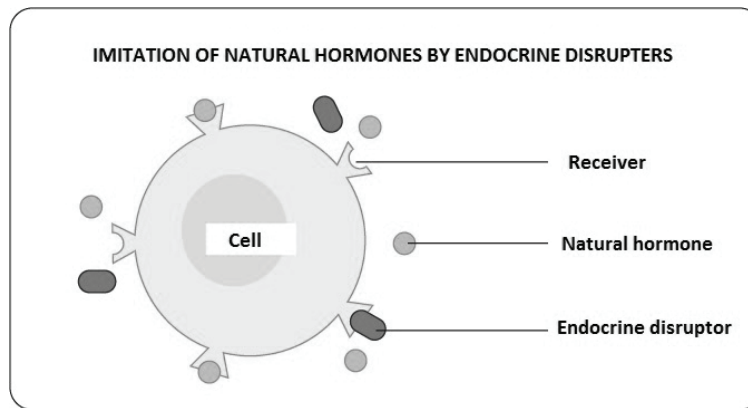
The "fragrance" indicated in the list of ingredients is composed of a myriad of chemical substances including phthalates (fragrances are everywhere: in cleaning products and cosmetics). It is not compulsory to reveal these ingredients. Legally, it is a commercial "secret". We can try to eliminate the source of bad smells, and use baking soda, vinegar, and small doses of essential oils.

There are critical periods of life when we are more vulnerable to endocrine disruptors (pregnancy, puberty, prenatal period, etc.). Children are particularly exposed to endocrine disruptors in their toys. We can choose toys in unfinished wood without varnish or buy toys made out of harder plastic. Hard plastics contain less phthalates than flexible plastics. However,

Health Canada limits the concentration of phthalates in toys and baby products such as bibs, nursing cushions, and mobiles for cribs. Since 2010, manufacturing baby bottles using bisphenol A is prohibited in Canada.

For more information:

www.acsqc.ca
www.sabotage-hormonal.org
<http://environmentaldefence.ca>



Walk-in medical clinic

**You live or work in
Pointe-Saint-Charles and
want to consult a doctor
without making an appointment ?**

- > Limited number of places
- > No prior registration is required
- > Priority is established based on health condition, not on a first-come basis

**You are patients of a family doctor at the
Clinic?**

If you don't have an urgent problem, call 514 937-9251 (option 2) every day of the week from noon to 8pm to take an appointment with your doctor instead of going to the walk-in medical clinic.

SCHEDULE:
Monday PM
(from 12pm),
Tuesdays and
Thursdays AM
(from 8am)

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