



ACCESSORY FEES: THE QUEBEC GOVERNMENT FORCED TO RETREAT!



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Abolition of medical Accessory Fees: The Quebec government forced to retreat!

In September, Quebec Health Minister Gaétan Barette announced that, starting in January 2017, all accessory fees for insured medical services will be banned. While the war is not over, this is still a huge victory for grassroots and community mobilizations which have, for years, been demanding an end to such billing. It's this mobilization that led the federal to force the Quebec government to respect the Canada Health Act. Through six years of struggle alongside partners and allies in the campaign against accessory fees, the Clinic's via it's Fight for Health Committee has greatly contributed to this victory by, among other projects, setting up a registry of victims of these costs.

However, it is important to realize that this ban only applies to billing for services already covered by Quebec health insurance. Doctors can continue to bill their patients as they see fit for numerous services which are not covered; such as filling in

forms and transporting specimens. This situation could eventually lead medical federations to push to un-insure more health services and care. It remains to be seen how all of this will be regulated on the ground; how sanctions and fines for offending doctors will be implemented in reality, and whether the minister's promise to not compensate doctors will hold. For the moment, however, we can still congratulate ourselves on the retreat of a minister who, scarcely two years earlier, vowed to legalize and provide a framework for these unacceptable fees.

This testifies once again to the relevance of the Clinic's actions and the validity of its historic orientation and commitment to health justice.

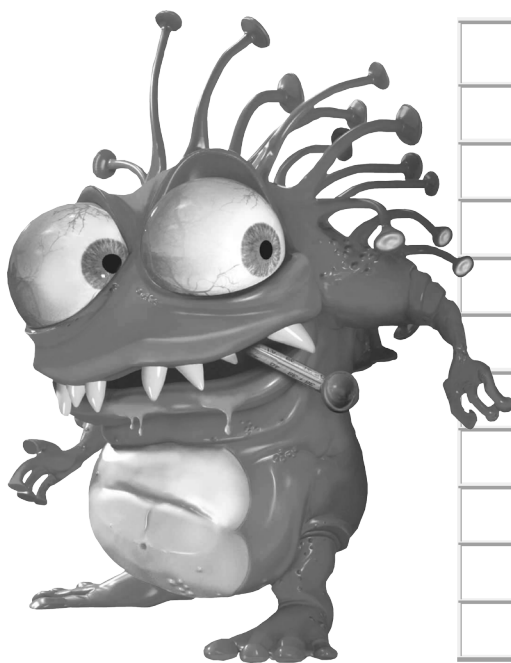
Luc Leblanc, Clinic General Coordinator

For more info: www.ccpqc.ca/en/node/491

SCHEDULE FOR THE SEASONAL FLU SHOT 2016-2017

At **Lorne Centre, 2390 Ryde street.** Accessible to people in wheelchair.

This schedule does not suit you? Make an appointment online: monvaccin.ca



Date	Time
Thursday, November 3	12:30 to 7:30 pm
Monday, November 14	12:30 to 7:30 pm
Thursday, November 17	12:30 to 7:30 pm
Monday, November 21	12:30 to 7:30 pm
Monday, November 28	4:30 to 7:30 pm
Thursday, December 1	4:30 to 7:30 pm
Monday, December 5	4:30 to 7:30 pm
Monday, December 12	4:30 to 7:30 pm
Monday, January 16	4:30 to 6:30 pm
Monday, January 30	4:30 to 6:30 pm

THE CLINIC'S SCHOOL TEAM SOUNDS THE ALARM:

AN EPIDEMIC OF SLEEP DEPRIVATION

According to a recent Canadian study, if we go by the recommended hours of sleep:

- **about 1 in 3 children do not get enough sleep;**
- **20 to 40% of youth have problems sleeping; and**
- **almost 50% of youth between 14 and 18 are seriously sleep deprived.**

When children begin school, sleep deprivation becomes an even greater problem. Every day, we see children who sleep at their classroom desk.

Over the past years, the problem has worsened with the introduction of tablets, electronic games and i-phones. These devices produce a blue light that reduces the production of a sleeping hormone called "melatonin".

Parents take note: it is not unusual for adolescents and even elementary school children to secretly use their tablets, computers or phones when parents are sleeping. According to a hand-ups classroom survey, more than half of 6th grade students had done so in the last year.

THE CONSEQUENCES OF NOT GETTING ENOUGH SLEEP

Besides being tired in class, a student may present signs of hyperactivity, grumpiness, impulsivity, stress and lack of concentration. This can paralyze both academic achievement and professional as an adult. Studies clearly showed that growth hormones and memory are at work during sleep. A child who does not sleep is not growing.

It is very important to realize that lack of sleep affects the health and development of children. What is sad is that, every day, we see children arriving late and feeling sick (headache or stomach ache). They get up late and did not have time for breakfast. This can put them at greater risk of diabetes, osteoporosis, and heart disease. Lack of sleep can affect the hormonal balance and



development of the child. Sleep deprivation has also been shown to be linked to child obesity in Quebec. Note that **it is not normal for a child to snore**; it may be a sign of anemia, sleep apnea, etc., and should be checked into.

HOW MANY HOURS OF SLEEP DO CHILDREN AND ADULTS NEED?

The right amount of sleep varies greatly from person to person. What determines the right amount of sleep for each child, is the fact that he/she wakes up feeling rested.

Bedtime should be adapted to the time they get up for the child to be rested. In the morning, it is very important to eat breakfast, get ready and go to school without rushing.

On the next page you will find a table that helps plan an appropriate bed-time according to the time they get up. For example, a 7-year old child who must be at school at 7:40 am. Eating breakfast, brushing teeth and getting dressed takes an hour. On top of this, it takes time to get to school. So the child should get up between 1^{1/4} and 1^{1/2} hours beforehand. This means he/she must be in bed no later than 7:30pm.

Reference : Douglas Mental Health University Institute

PRACTICAL ADVICE

At Home

- Stop using a computer, television, and tablet at least 30 minutes before bed.
- Do not install or use these devices in the bedroom. Since the release of a scientific study on sleep and the media hype that followed, it is recommended to dim the light in the evening and use one of the “anti-blue light” apps now available.
- Rooms should be dark; night-lights can disturb sleep.
- Make sure that children spend as much time playing outside as they do inside; and that they are exposed to the sun when they wake up in the morning and during the day.
- Exercise during the day, but not right before bed.
- Reduce noise in the house: keep television, computer, and voices down and try to only use the washing machine and dish-washer before bed-time. Animals who are awake at night should not be in children’s rooms.
- Beds should be reserved for sleeping, not for watching TELEVISION or doing homework.

Bed time Routine

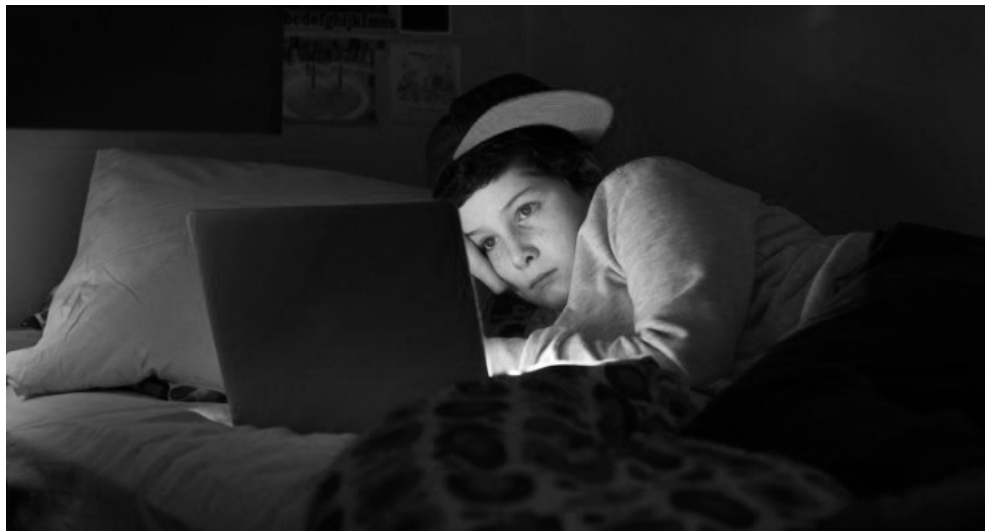
- The routine should begin at a regular time and follow an order of progressively relaxing activities (for example, bath, snack, brushing teeth, putting in pyjamas, talking with parents, reading).
- Getting up late on weekends is not a good idea. It makes waking up on Monday even more difficult.

How Many Hours of Sleep Should We Have?

if Time to get up

	6:00am	6:15am	6:30am	6:45am	7:00am	7:15am	7:30am	
	↓	↓	↓	↓	↓	↓	↓	
Then Bed-time (without nap)								Total duration
5-year old	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	11h15m
6-year old	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	11h
7-year old	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	10h45m
8-year old	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	10h30m
9-year old	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	10h15m
10-year old	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	10h
11-year old	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	9h45m
12-year old	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm	9h30m
13-year old	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm	10:15pm	9h15m
14-year old	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm	10:15pm	10:30pm	9h
15-year old	9:15pm	9:30pm	9:45pm	10:00pm	10:15pm	10:30pm	10:45pm	8h45m
16-year old	9:30pm	9:45pm	10:00pm	10:15pm	10:30pm	10:45pm	11:00pm	8h30m
17-year old	9:45pm	10:00pm	10:15pm	10:30pm	10:45pm	11:00pm	11:15pm	8h15m
18-year old	10:00pm	10:15pm	10:30pm	10:45pm	11:00pm	11:15pm	11:30pm	8h
19-year old	10:00pm	10:15pm	10:30pm	10:45pm	11:00pm	11:15pm	11:30pm	8h
20-year old	10:00pm	10:15pm	10:30pm	10:45pm	11:00pm	11:15pm	11:30pm	8h

Bruno Dobbstein



Eating Habits

- Dinner should be at least one or two hours before bed-time.
- Have a small, healthy snack before bed (for example, milk, cheese).
- Avoid anything with caffeine (chocolate, coca-cola, coffee, tea) or alcohol in it at least three or four hours before bed. Similarly, smoking can worsen sleeping disorders and cause others such as restless legs syndrome and sleep disordered breathing.

Most Sleeping Disorders Have a Solution!

Ask for help at the Clinic or at school if a family member is having difficulty sleeping at night.