

Caring for Your Heart in February ... and Throughout the Year

Well, our amazing hospital staff and physicians rose to the challenge, and we've weathered some of the worst parts of the respiratory storm of illnesses hitting our community in quite some time.

As a hospital, we've dropped down to a [Green \(low risk\)](#) rating, from a Yellow (medium). And as of writing this blog, we have no [outbreaks](#) declared. However, this status can change quickly and when it does, we are keeping the outbreak page of our website up to date so hospital visitors know what to expect and how to prepare when they come to TADH. I am continually grateful for our team of staff and the people who live in the communities we serve, for their efforts to stay healthy and well and help to ensure the care of others is a priority.

Take Care of Your Heart

February is heart health month, a good time to think about reducing our risk of cardiovascular disease. I was moved by the story shared by [Dr. Chris Loreto](#), one of our veteran emergency department physicians about his own experience. Like many caregivers, Dr. Loreto minimized and ignored his own symptoms. However, it was a patient, and their story, that helped him face what was going on with his heart. Remarkably he and his patient ended up in the same hospital being treated for cardiovascular disease!

Heart disease is the second leading cause of death in our country. Recently, my family also was touched by this disease that affects 2.6 million Canadians, or 1 in 12 people. It's terrifying to see a loved one go through the symptoms and treatment, and consider the long-term impact. Knowing the facts, and reducing your risk through a healthy lifestyle, early detection and management of medical conditions does make a difference.

Detecting Heart Disease

There is a team at Timmins and District (TADH) devoted to helping people with diagnosis of heart disease. The John P Larche Medical Imaging and Cardiopulmonary Department has approximately 100 staff who are committed to providing exemplary care to Northerners. This team of highly skilled professionals consistently meets and exceeds provincial wait time targets, and includes the following highly skilled professionals:

- Cardiac Sonographers,
- Vascular Sonographer
- Diagnostic Medical Sonographers
- Medical Radiation Technologists
- Respiratory Therapists

- Nurses
- Radiologists
- Cardiologists
- Internal Medicine Specialists
- Administrative Support Staff

Accreditation means the “Echo lab” as we call it, is recognized as meeting high standards set out by Accreditation Canada’s EQI program for quality in performing and interpreting the ultrasounds of the heart, as well as demonstrating a commitment to providing reliable and accurate patient care.

Thank you to Timmins – A Truly Caring Community

And on one final note of reflection ... I’d like to add that I continue to be struck by the level of caring in the communities we serve at TADH. Last month, while the hospital faced some challenging times in terms of respiratory illnesses and patient numbers, we posted on social media to let people know about the wait times and alternatives.

The supportive comments we received back were so encouraging for our staff and physicians. Thank you for your patience, as we collectively weather the ebb and flow of health care delivery, and for continuing to show you care.

Take care,

Kate Fyfe