

WFI NEWSLETTER

Nutrition with Dr. Rosenfeld

Scratch vitamins and supplements off your list of things to do to help prevent [heart disease](#) and [cancer](#), at least for now.

A national task force that's been studying the issue for two years says there is not enough evidence to show they help. In most cases, they won't do any harm, either.

But the conclusions suggest that those counting on vitamins and supplements to ward off cancer or heart disease are wasting their money.

The new recommendations are published today in the *Annals of Internal Medicine*. A draft version was released in November 2013.

There's been a steady stream of similar recommendations from other well-known organizations such as the National Institutes of Health, the Academy of Nutrition and Dietetics, the American Cancer Society, the American Heart Association, the American Academy of Family Physicians, and other groups. Continued...



Peer Fitness Trainers

Movement Matters

On February 14, 2014, our Peer Fitness Trainer group received their re-certification while participating in a firefighting 'Movement Matters' program. The facilitator was U of T professor and IAFF WFI Fitness Task Force leader, Dr. David Frost.

This course placed an emphasis on moving correctly to help reduce repetitive straining of muscles, ligaments and joints. The idea of being more aware of what you are doing, making small changes and working smarter, not harder, are emerging as key elements in helping fire fighters reduce injuries at home and on the fireground.

The Peer Fitness Trainer group has taken the course material from Dr. Frost and are developing a training program for MFES to deliver the knowledge and movements to assist you in making improvements to your quality of life on and off the job.

Look for more information on this unique program coming soon.



Dr. Rosenfeld Continued

Today's recommendations come from the U.S. Preventive Services Task Force, which weighs the latest data on how to prevent disease. It released a draft version in November 2013. The research includes 28 studies. Eating a diet rich in fruits, vegetables, whole grains, fat-free and low-fat dairy foods, and seafood has been associated with a decrease in cardiovascular disease and cancer."

The disease-fighting elements in a good diet are:

Fiber, which aids weight control and lowers heart and cancer risks.

Antioxidants, which fight disease-causing cell damage.

Omega-3 fatty acids, which lower blood pressure among other benefits.

Dr. Allan Rosenfeld (Dr. R.) sits on the WFI steering committee and brings a wealth of knowledge and provides guidance in our medical health program.

Behavioural Health

On February 21, 2014, seven of our Peer Support Team members attended the 7th Annual Acute and Post-Traumatic Stress Educational Conference hosted by the Tema Center Foundation in Vaughn, ON (www.tema.ca). The conference guest speakers this year were very powerful, educational and emotional. The key note speaker was Jody Mitic, a retired Canadian Forces sniper. His session titled "Don't Quit", moved many and set the stage as to how the day was going to pan out.

Other sessions that Peers attended were (1) "One call, two perspectives", how police and paramedics both developed PTSD, and how one major incident was the trigger for both in different ways. (2) "The suicide gap analysis", how we continue to lack a true understanding of suicide. (3) "A career of caring", a captain from Barrie Fire, Prevention officer and Pub Ed. spoke on their dealings with PTSD and the effectiveness of their peer teams. (4) "The M.A.N.E.R.S. program", a type of psychological first aid.

Overall, our team was very impressed with the speakers this year. More agencies are getting involved with Tema and it appears to be growing for many peer teams as a resource. We look forward to continuing to be a part of this organization.

Coming Soon: WFI 'Best Practices' Open House!



At the end of May 2014, the Mississauga Fire WFI Committee along with Dr. Frost, Waterloo and Toronto Fire WFI Committee chairs will be hosting a WFI 'Best Practices' Open House at the GWMC. This unique opportunity will be the first of its kind in Southern Ontario. We are very pleased to be championing this day to help improve fire fighter wellness and fitness in other departments. Watch the web, Twitter and Facebook pages for more information!