

WFI NEWSLETTER

Medical | Behavioural | Fitness



Peer Team Visits

Mississauga's Peer Team are continuing station and workplace visits throughout December. Watch for feedback forms on Target Safety!

Peer Fitness Trainers

Your Peer Fitness Trainers (PFTs) will be out visiting MFES workplaces early in the new year. We look forward to seeing you to discuss your health and fitness goals for 2016. We'll be reserving your time for a fitness assessment because...

...Fitness Assessments are back this April!

We have blocked off two weeks in April for Fitness Assessments. We hope that you will sign up with your PFT!



Hypertension

By Dr. Allan Rosenfeld

Hypertension is defined as high pressure in the arteries. 90% of the time there is no obvious cause, and it tends to increase with age. It may be present in greater than 40% of the population over age 65.

Normal blood pressure is below 120/80; blood pressure between 120/80 and 139/89 is called "pre-hypertension," and a blood pressure of 140/90 or above is considered high. If there are co-morbid medical conditions such as diabetes or hyperlipidemia, treatment ensues at even lower blood pressure levels such as 130/80.

Complications of hypertension are based on end organ damage sustained over a significant duration of time such as decades. The most sensitive end organs to poorly controlled hypertension are





Holiday stress-busting tips
(health.com)

The shopping and crowds. The back-to-back diet busting parties. Here's your cheat sheet to holiday cheer.

Exercise. It may be the last thing you feel like doing, but going for a run or hitting the gym can actually make you feel better. Walking - The rhythm and repetition of walking calms the brain, decreases anxiety and improves sleep.

Do less, enjoy more. You can't go to every get together, take care of yourself by saying no at least once.

Stick with your daily routine. Make priorities. Don't squeeze in more holiday than you can handle.

Forget perfection. Focus your energy on enjoying the people in your life. Don't sweat the small stuff.

Go tech free. Turn off you gadgets and watch what happens!

Think positive! Don't think of the bad, remember, its time to celebrate with family and friends!

the brain, kidneys, eyes, heart and peripheral arterial vasculature. Thus stroke, renal failure, blindness, heart disease and intermittent claudication are common clinical presentations of poorly controlled blood pressure.

Common investigations for end organ damage can be done by the family doctor and include bloodwork and urine for kidney damage, and electrocardiogram and chest x-ray to see if there is cardiac enlargement as a result of prolonged hypertension. Because hypertension is often asymptomatic, annual medical assessment by the family physician is recommended, even more so, given the significant physicality of a fire fighter's job. Please see the tip sheet I developed that outlines the frequency and need of medical assessment and investigations. (Tip sheet is attached and available online on the City and Association websites).

Treatment of sustained hypertension is imperative from a medical perspective, as end organ damage can be minimized. There is often patient resistance to treatment as the clinical presentation is usually asymptomatic. Treatment can include diet, exercise, and pharmacologic. There are many once a day drugs used to treat hypertension with very minimal side effect profiles.

Dr. Rosenfeld

Dr. Allan Rosenfeld has provided occupational medicine consultation to the City of Mississauga since 1994 and continues to practice family medicine. Dr. Rosenfeld sits on the MFES WFI committee and has an active interest in preventive and nutritional medicine. Dr. Rosenfeld is one of the few physicians in Canada with full credentials on Occupational Medicine. He is an author and has had numerous articles appear in medical journals and has been published in The Globe and Mail. Dr. Rosenfeld also consulted to a CBC medical drama television series, "Side Effects."

Your WFI Committee wishes you and your families a safe, and happy holiday!

