



New radiation consultation service now available at NHH!

Cancer patients often face numerous visits to specialists and services in other regions. Not all of these visits involve treatment; many are consultations with oncologists regarding the treatment itself, and related follow-up appointments.

Local cancer patients now have the option to meet with a radiation oncologist for consultation and follow-up purposes at Northumberland Hills Hospital.

The latest in a series of local patient benefits related to NHH's partnership with the Central East Regional Cancer Program through the Durham Region Cancer Centre at Lakeridge Health, the new Radiation Consultation Clinic is offered each Monday in NHH's Lions and Lioness Chemotherapy Clinic at 1000 DePalma Drive. A radiation oncologist from the Durham Region Cancer Centre comes to NHH to meet with patients on-site, helping them prepare for radiation treatment, and monitoring patients' health during and after treatments.

As a result of this new service enhancement, many patients will only need to travel to the Durham Region Cancer Centre in Oshawa for their radiation treatments.

"We now offer radiation consultation and follow-up appointments for many Northumberland residents right here in their own community. This is an important step in creating a regional health system where people get the care they need close to home," said Tom McHugh, Regional Vice President of the Central East Regional Cancer Program.

"Our patients have told us that anything we can do to minimize their travel time is a good thing," said Linda Davis, NHH President and CEO. "Chemotherapy patient visits increased at NHH between 2009/2010 and 2012/2013 from 2,929 to 5,005 (77%), due in large part to our partnership with the Durham Region Cancer Centre. These are patients who would have previously had to travel to other centres for their treatments. Radiation consultation is a natural extension to our Satellite Clinic's service offering. We are very pleased to be able to introduce this new service, again, thanks to this partnership with DRCC."

Be prepared for winter with some proactive measures!

Flu vaccination! Have you had yours?

As dependable as shortened days, seasonal flu bugs arrive in our community each winter and hang around for months. Don't let the joy be taken out of your holiday by seasonal influenza! Protect yourself, your family and everyone you love with a flu vaccination. It's available now from most family physician offices, community health centres, walk-in clinics or pharmacies, and it's your best line of defence against a potentially dangerous virus.

Dig out your winter footwear

Take precautions to avoid your feet going out from under you by wearing proper winter footwear and avoiding poorly lit and icy walkways. All efforts are made to sand and clear parking lots and pathways leading into and around Northumberland Hills Hospital, but on slippery mornings, give yourself some extra time!

Road safety

Most of us remember to throw the scraper in our back-seat and top up the winter windshield washer fluid, but road safety also extends to pedestrian traffic, too. Slippery roads are especially challenging for pedestrians. Stay safe and take the time to cross the road at designated cross-walks in and around NHH.

Make note of your doctor's holiday hours, in advance

Many local physician offices will be closed during the holiday season, placing a strain on already busy Emergency Departments (EDs) and walk-in services. Now is the time to check to make sure your family's prescriptions are up-to-date so you can minimize non-urgent trips to your family doctor or ED.

Alternate options to the NHH ED

If your family physician is not available, and your situation is non-urgent, there are several other options for care beyond the NHH ED.

- Check out the Ministry of Health and Long-Term Care **Your Health Care Options** website - <http://www.ontario.ca/healthcareoptions>.
- Get free access to a Registered Nurse 24 hours a day, 7 days a week through the Telehealth Ontario service. Contact Telehealth Ontario at: **1-866-797-0000** or (TTY): **1-866-797-0007**.
- Port Hope Walk-In Clinic, 249 Ontario Street, Port Hope, 905-885-0611 (hours vary through the holiday season – contact them directly for details).



Want to be the first to get updates on hospital news?
Sign up for our e-newsletter at nhh.ca - it's free, and it's delivered straight to your email in-box on the day of release!

Message from Linda Davis, President and CEO

This is my third week here at NHH and I want to open my first *In Touch* message with a heartfelt thank you for the warm welcome I've received.

As you might expect, I've been focusing these first weeks on learning as much as I can about our hospital, the community and the broad network of partners who help us achieve our mission: *Exceptional patient care. Every time.* There is so much happening here at NHH! Its reputation for both quality and innovation is exactly what attracted me to this hospital in the first place. The more I learn the more I see just how well deserved that reputation really is.

On a personal level, I look forward to opportunities to meet with staff, physicians, volunteers, patients, caregivers and community members in the coming months.

Please never hesitate to drop by my office, send me an email or pick up the phone to ask me a question or share your feedback. My email address is ldavis@nhh.ca and my phone number is **905-372-6811, ext. 4005**.

My very best wishes for a very happy and healthy holiday season to you and yours.

Sincerely,
Linda Davis, President and CEO



NHH's Ontario Telemedicine Network Coordinator Patti Ley with the hospital's 2013 United Way Campaign Chair Kevin Burn at NHH's 2nd Annual King of the Hills Cheesecake Competition. In answer to a challenge by Northumberland County, NHH staff and physicians are working to reach a 2013 target of \$12,000 for Northumberland United Way! For details on the NUW's campaign, see northumberland.unitedway.ca

Upcoming NHH Foundation Events Saturday, December 7th – Reindeer Fun Run

Wednesday, December 11th – *Light up a Life Ceremony at NHH!* 20th Annual Light up A Life Campaign on now. Visit the Foundation tab at www.nhh.ca for details or contact the office at 905-372-6811, ext. 3068.

Upcoming NHH Auxiliary events
Friday, December 6th – *Petticoat Lane's 45th birthday party!* Join patrons and volunteers for a special sale and celebration at their successful retail shop (25 Munroe Street, Cobourg) from 10:00 AM.