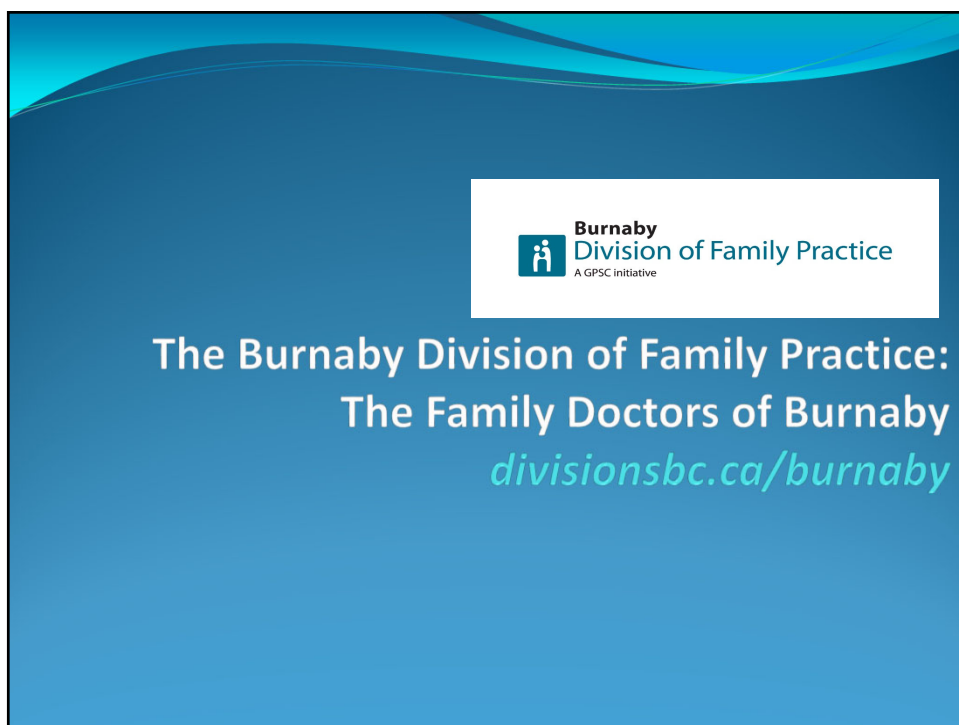
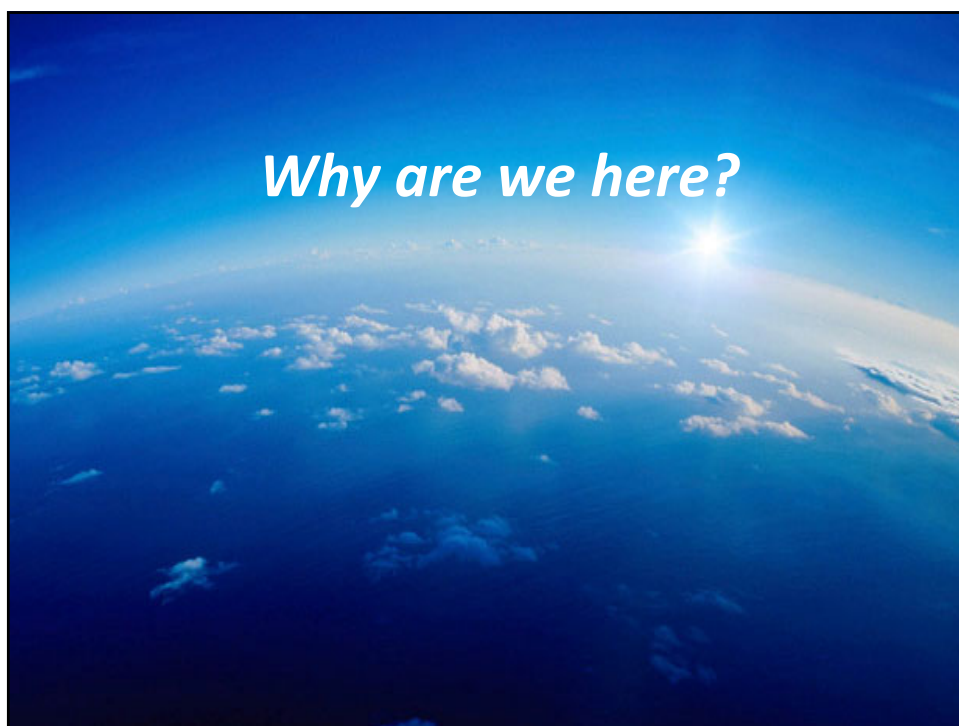




1



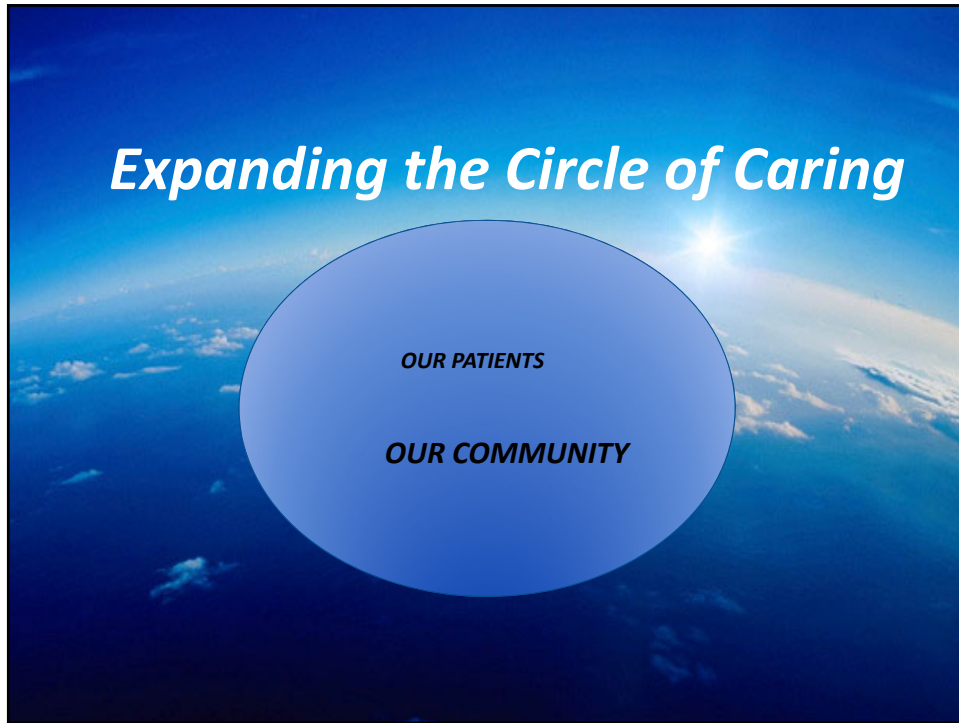
2



3



4



5



6

We care about our patients



7

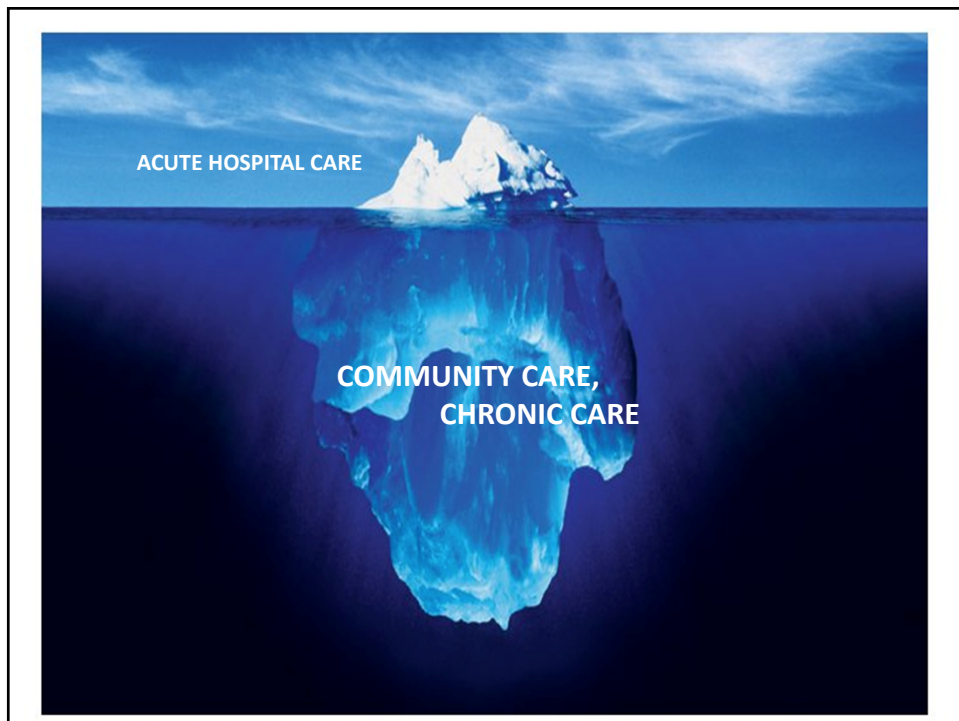
We care about our community



8

What is healthcare?

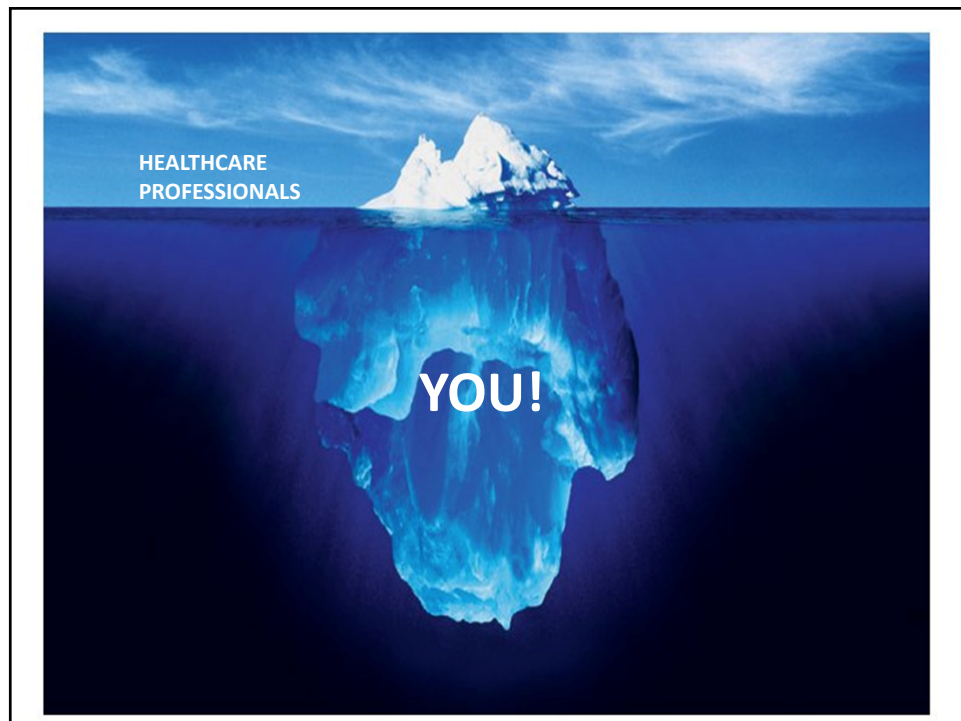
9



10



11



12



*Real Healthcare
is Self-Care*

13



*Real Healthcare
is Self-Care*

*The best predictor of your future health
are the habits you practice today*

14



4 Foundations of Self-Care

15



The 4 Foundations of Self-Care

What you eat

What you do

How you feel

How you relate

16

The Empowered Patient

What do you need for good self-care?

17

What do you need for good self-care?

Unbiased complete health information:

To adopt healthier lifestyles

To manage health conditions

To get the care you need

18



What do you need for good self-care?

Improved patient-doctor communication

More support to achieve your personal goals

19

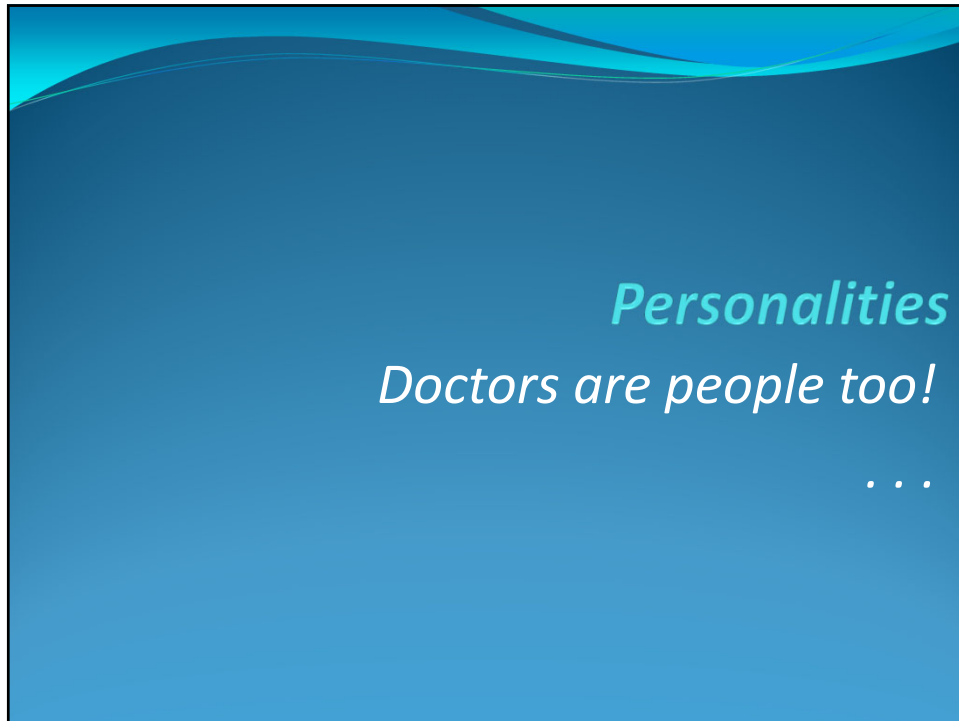


Patient-Doctor Relationships

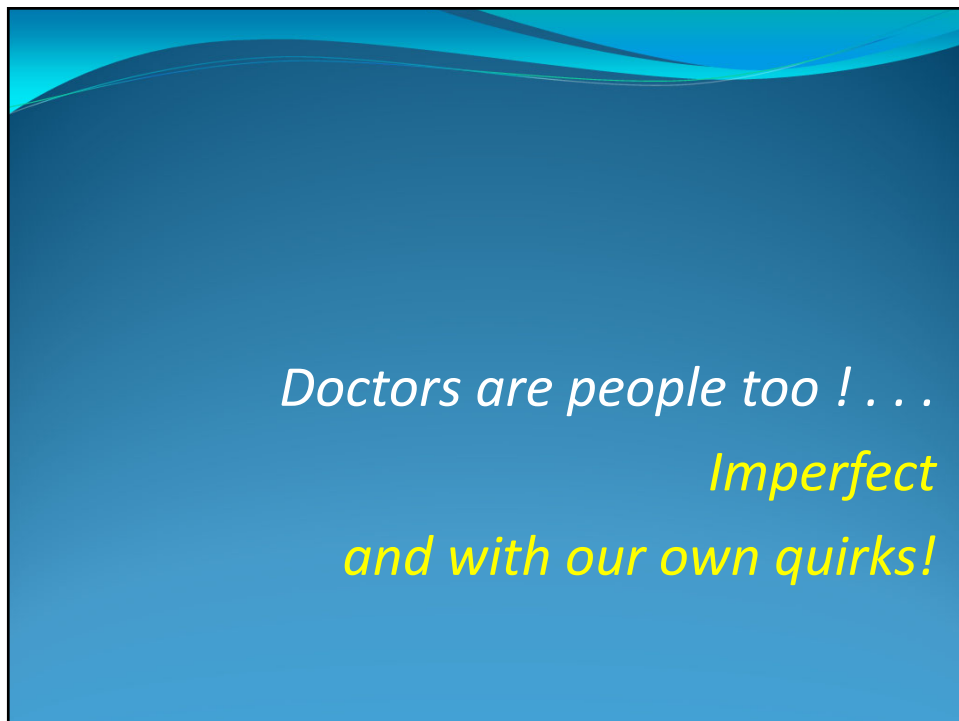
Infinite Varieties, All Are Unique

But With A Common Calling

20



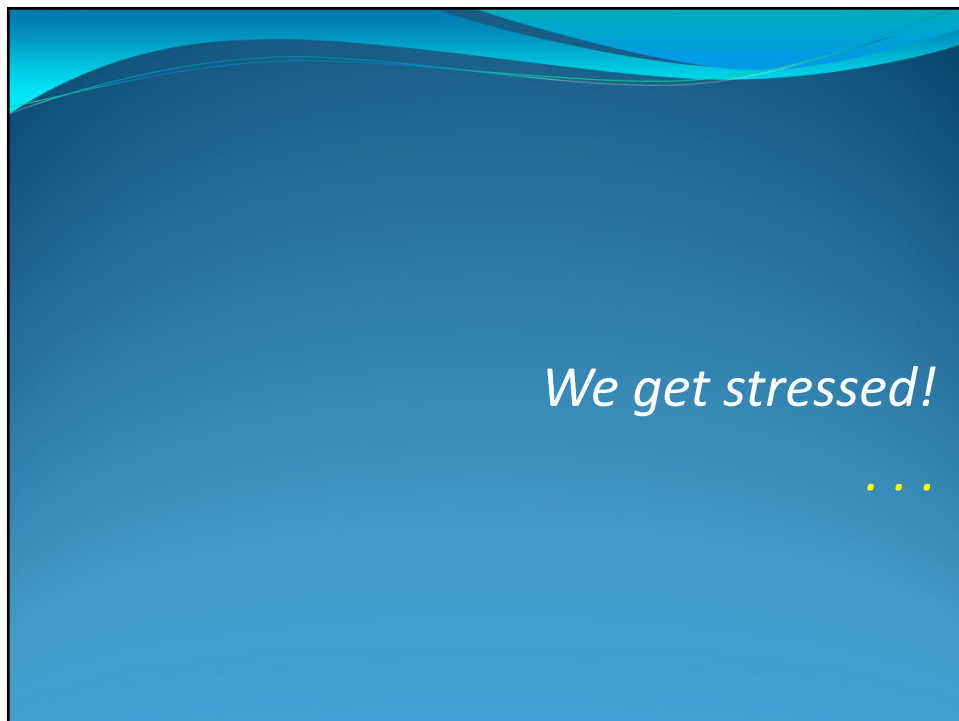
21



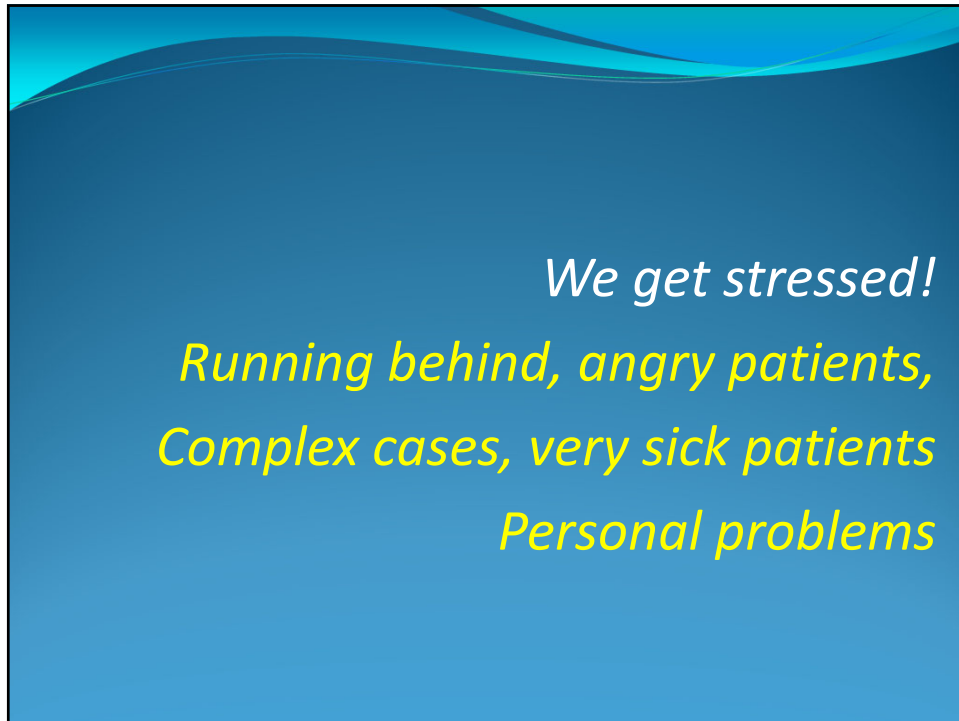
22



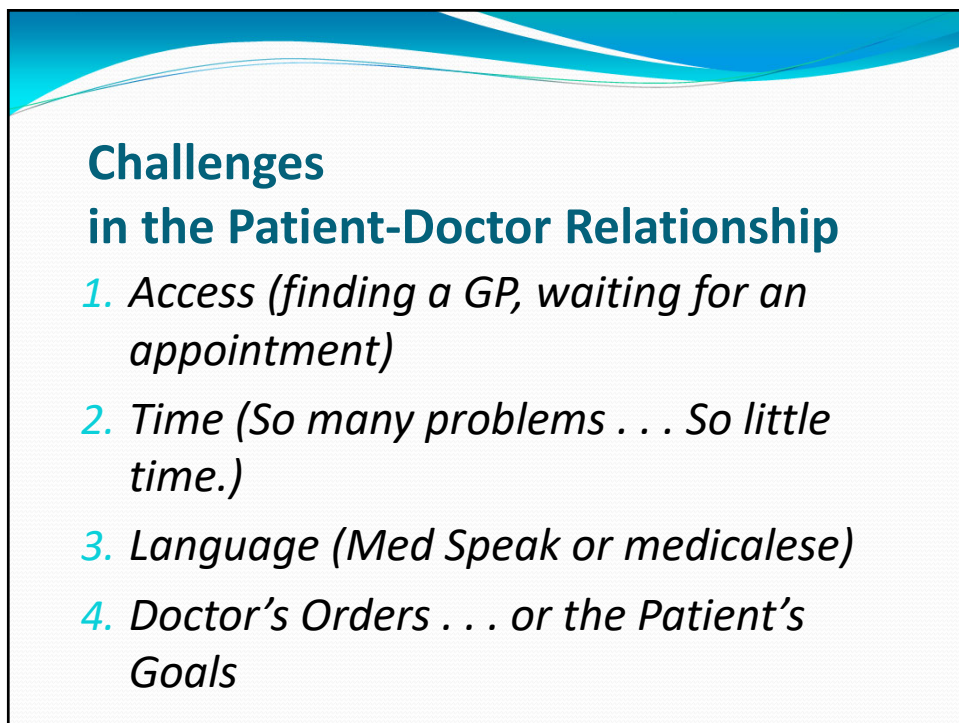
23



24



25



26

Challenges in the Patient-Doctor Relationship

1. **Access** (*finding a GP, waiting for an appointment*)
2. **Time** (*So many problems . . . So little time.*)
3. **Language** (*Med Speak or medicalese*)
4. **Doctor's Orders . . . or the Patient's Goals**

27

Finding a Family Doctor

Contact your local Division of Family Practice (divisionsbc.ca)
e.g. The Burnaby Division of Family (divisionsbc.ca/burnaby)

28

Why the wait?

29

Why the wait?

- 1. Patients with multiple complex problems*
- 2. Interruptions (emergency, hospice, nursing home and pharmacy calls)*
- 3. Unexplained counselling (e.g. grief)*

30

Challenges in the Patient-Doctor Relationship

1. *Access (finding a GP, waiting for an appointment)*
2. **Time** *(So many problems . . . So little time.)*
3. *Language (Med Speak or medicalese)*
4. *Doctor's Orders . . . or the Patient's Goals*

31

The nature of our work

*Human beings, health and disease
are infinitely complex,
dynamic and unpredictable*

32

The List

33

Prepare for your medical visit by:

- 1. Making *a list of your concerns***
- 2. *Sharing it with staff* when you make an appointment**
- 3. *Reviewing that list at the beginning* of your visit, and**
- 4. *Bringing a pen and paper***

34

Challenges in the Patient-Doctor Relationship

1. Access (*finding a GP, waiting for an appointment*)
2. Time (*So many problems . . . So little time.*)
3. **Language** (*Med Speak or medicalese*)
4. Doctor's Orders . . . or the Patient's Goals

35

Plain English

1. Ask for a translation in plain English
2. Ask your doctor to write it down

36

What you should know about every treatment/prescription/investigation

1. Indication (**What is it for?**)
2. What are the **common risks** (or side effects)?
3. What are the **major risks** (or side effects)?
4. What are the **alternatives**?

37

The Key Details of Every Drug

1. Indication (**What is it for?**)
2. Potential **Interactions** (with food or other drugs)
3. **Brand name & generic name**
4. **Dose** (e.g. mg) and **frequency** (e.g. twice daily)

38

Challenges in the Patient-Doctor Relationship

1. Access (*finding a GP, waiting for an appointment*)
2. Time (*So many problems . . . So little time.*)
3. Language (*Med Speak or medicalese*)
4. **Doctor's Orders . . . or the Patient's Goals**

39

Keys to achieving your goals

1. Choose wisely
A goal that matters to you



40

2. Visualize yourself having achieved your goal

*The Power of Attraction
Reprogramming your subconscious
Priming the pump for success*

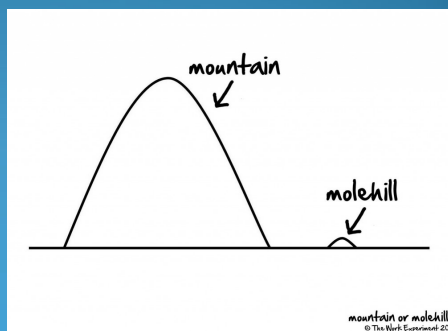


41

3. Break it down

From supersized into manageable morsels

You'll gain confidence with early successes.



42

4. Write down the details



43

SMARTTEST goals

Specific-What will you do? Where?

Measurable-How much? How long?

Achievable-realistic and do-able

Relevant-important to you and your health

Time-When will you start?

When will you finish?

Evaluate- How did you do? What should you tweak?

Stepping Forward-What will you do next?

Team-Who can you work with?

44

*5. Anticipate and prepare
for roadblocks*



45

*6. Enlist support
Choose a coach
or a teammate
Your partner, a friend
or a neighbour
Consult your family doctor*



46

Your Medical History at Your Fingertips

1. Allergies
2. Family History
3. Hospitalizations, Major Illnesses, Operations
4. Chronic Medical Conditions
5. Medications

47

Screening Tests: *What tests when?*

*For the early detection of medical conditions in individuals of **average risks** with **no symptoms***

If you have symptoms or family history for certain conditions, you may require specific, earlier or more frequent testing.

48

Screening for High Blood Pressure

*Blood pressure measurement
in all adults (over 18) at every
appropriate medical visit (e.g. annually)*

49

Screening for Cervical Cancer

The PAP SMEAR

*in women 25 to 69 years every 3 years;
women 70 years or older may stop
screening after 3 successive normal paps in
the previous 10 years*

*BCCA pap reports advise when the next
pap is due (i.e. 6, 12 or 24 months)*

50

Screening for Diabetes

The Hb a1c blood test

(alternatives: fasting glucose, glucose tolerance test)

*for those at HIGH RISK (on the FINDRISC
or CANRISK calculators) every 3 to 5 years;
every year for those at VERY HIGH RISK*

51

Screening for Breast Cancer

The SCREENING MAMMOGRAM

*Women 50 to 70 years of age
every 2 years*

52

Screening for COLON CANCER

STOOL for OCCULT BLOOD (FOBT or FIT test)

Adults over 50 years every 2 to 3 years

(Alternative: COLONOSCOPY every 10 years)

53

Screening for PROSTATE CANCER

The DIGITAL (gloved finger) RECTAL EXAM (DRE)

*Men over 50 years
every year*

*(The PSA blood test is not recommended as a
routine screening test. It should be interpreted
in conjunction with the DRE.)*

54

What is HEALTH?

The absence of disease?

The treatment or cure of disease?

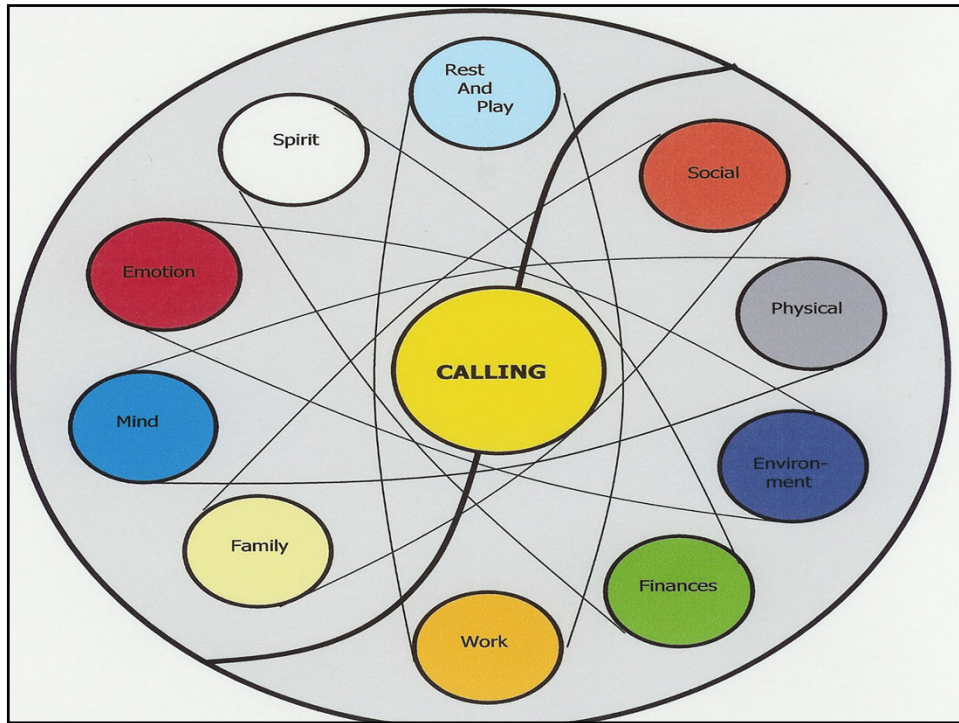
55

How I define health

*The optimal balance of the important areas of
your life, based on what you value and where
you find meaning*

*and the achievement of your
Positive Potential in Life.*

56



57



58

SHARE

Let's create a healthier community

59



WALK WITH YOUR DOC

All Ages Welcome!

MAY 9, 2019

Confederation Senior Centre
Bring the family and join Dr. Davidicus Wong for an inspirational 30-45 minute talk on the benefits of exercise and the importance of an active, healthy lifestyle. Afterwards, enjoy an invigorating community walk with some local physicians at the Confederation track. To be part of this fun annual event, visit walkwithyourdoc.ca, click on the "Walks across BC" tab and scroll down to sign up for the Burnaby walk. Registration required.

Register now!
To register, visit walkwithyourdoc.ca

Schedule

- 6pm Healthy Activity Talk with Dr. Davidicus Wong
- 6:40pm Walk Check-in (at track)
- 6:45pm Welcome (Mayor Mike Hurley & Burnaby Division Chair, Dr. Charlene Lui)
- 6:50pm Warm Up (courtesy of Expert Physio)
- 7pm Walk Begins

Confederation Seniors Centre
4585 Albert Street | 604-294-1936

WalkwithDoc.ca | Burnaby Division of Family Practice | City of Burnaby

60



Healthcare is Self-Care

POSITIVE POTENTIAL MEDICINE

davidicuswong.wordpress.com

divisionsbc.ca/burnaby

 **Burnaby**
Division of Family Practice
A GPSC initiative

61