



Public Health Update – October

Gardasil 9 now available under the provincially funded program

- HPV9 or Gardasil®9 vaccine protects against the same HPV types as the HPV4 vaccine, plus five additional HPV types, which can lead to cervical and anogenital cancers, as well as certain cancers of the head and neck.
- Offering the HPV9 vaccine is in line with current scientific and expert recommendations, including Canada's National Advisory Committee on Immunization (NACI).
- **School-Based HPV Immunization Program**
 - Beginning September 2017, the HPV9 vaccine will be offered to all students in Grade 7.
 - Students eligible prior to the 2017/18 school year (including males in Grade 8 and females in Grades 8 to 12) who have not started or completed their HPV vaccine series will continue to receive HPV4 vaccine.
- **High-Risk HPV Immunization Program**
 - HPV9 vaccine will also be offered to MSM individuals who have not received HPV vaccine previously. Those individuals who have not completed their HPV4 series will continue to receive HPV4.
 - For a time limited period until August 31, 2018, HPV4 vaccine is available in our sexual health clinic to individuals 26 years of age and younger who have multiple sex partners.

Drop-in Support Group for Moms experiencing Postpartum Mood Disorders

- A peer-facilitated, support group for women experiencing postpartum anxiety and depression is being offered at the St. Thomas Public Library.
- Allows women to socialize and receive support from other women experiencing similar challenges after the birth of their babies.
- Offered weekly for 10 weeks on Thursdays from 1:00-3:00 p.m. and it is currently running from September 14th to November 16th.
- No registration is required and child minding is provided.
- The group was established by the Elgin PPMD Coalition with representation from community partners such as Canadian Mental Health Association, Elgin St. Thomas Public Health, Merrymount Children's Services, Family & Children's Services of St. Thomas and Elgin, Ontario Early Years Centre, St. Thomas Public Library, and a counsellor with a private practice.
- For more information, dates and times of the group call Elgin St. Thomas Public Health 519-631-9900 ext. 1400 or visit the Elgin Postpartum Support Facebook page
<https://www.facebook.com/ElginPostpartumSupport/>

Live Healthy

Alcohol causes 5% of deaths in Elgin – Consider screening your patients for use

- After tobacco, alcohol is the number one cause of chronic disease and injury in our country. Locally alcohol attributable chronic disease and injury deaths accounted for over 5% of the deaths in Elgin St. Thomas from 2007-2012.¹
- Digestive diseases contributed to 43% of deaths while 1/3 of injury related deaths were due to motor vehicle collision. Men are dying more frequently than women.
- Make a difference when it comes to your patient's alcohol use by using the [Alcohol Screening, Brief Intervention and Referral Clinical Guide](#) produced by the College of Family Physicians of Canada
- The Canadian Centre on Substance Abuse and Addiction provides excellent [resources](#) for physicians to communicate alcohol related health risks, as well as to educate patients on Low- Risk Alcohol Drinking Guidelines.
- Don't forget that patients who combine their alcohol use with tobacco and/or cannabis are at higher risk for chronic disease and injury.
- If you are looking for support for a patient with substance and/or mental health concerns Reach Out provides confidential 24/7 support and crisis services. 1-866-933-2023.

1. Sources: Inpatient Discharge database, IntelliHEALTH ONTARIO, Extracted December, 2016.
Canadian Community Health Survey 2007 to 2012, Statistics Canada, Share File, Ontario MOHLTC, APHEO Core

Consider attending this half-day workshop:

- [Opioids – What's Happening in Your Own Backyard](#)
 - Date: November 15th 1 - 4:30 PM; Location: London; 2.5 Mainpro credits

Live Healthy

elginhealth.on.ca