Toronto Western
Family Health Team
Garrison Creek
Bathurst

# TW FHT Newsletter

## June 2026

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## Clinic Updates & Reminders

### Dynacare Lab Results in myUHN Patient Portal



We are aware of an issue affecting some lab results completed at Dynacare at both the Bathurst & Garrison Creek sites.

### What's happening?

Some patients may not be able to see their lab results in myUHN Patient Portal, even though their doctor has received them.

### Why is this happening?

There appears to be a connection issue between Dynacare and the Ontario Lab Information System (OLIS). The issue is currently being investigated.

### What should you do?

If you are unable to see your lab results in myUHN portal under ***Ontario Lab Information System (OLIS)***, please contact the myUHN Patient Portal Support Team so they can look into your case. They are tracking these reports and working with Dynacare and OLIS to resolve the issue as quickly as possible.

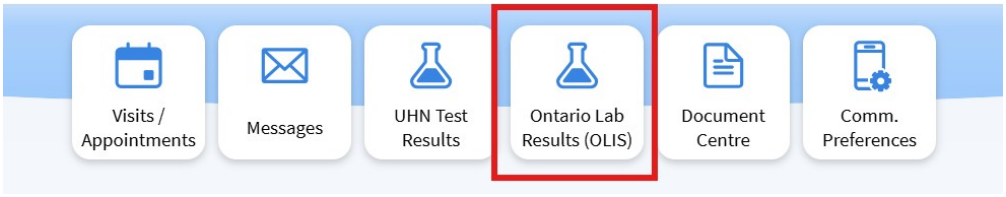
### myUHN Patient Portal Support

- **Phone:** 416-340-3777
- **Email:** myUHN@uhn.ca

Please note their hours of operation are Monday to Friday from 9:00 am to 5:00 pm.

### Online Resources

- myUHN Patient Portal
- About myUHN Patient Portal - UHN




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# Health Promotion: Health Topics

## Protect Your Health: Get Screened for Chlamydia and Gonorrhea

Chlamydia and gonorrhea are common sexually transmitted infections, and many people do not experience symptoms. When signs are mild or absent, infections can be passed on without a person knowing.

Some people may experience pain or a burning sensation with peeing, increased vaginal discharge or bleeding between periods. People born with a penis may experience a burning sensation when peeing and or itchiness or discharge from the penis.

Regular screening is the best way to know and protect your health. Testing depends on the body part being tested, this may include a swab or a urine test; and treatment involves antibiotics.

If you think you may need testing or are not sure how often to be screened, you can:

- Schedule an appointment with your primary care provider or
- Visit a local Sexual Health Clinic.

**Online Resources**

- Protect Your Health: Get Screened for Chlamydia and Gonorrhea
- Chlamydia and Gonorrhea: What You Need to Know
- Sexual Health Ontario | your source for sexual health information

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## Teens and Screens



(Adpated from "Psychology Works" Fact Sheet: Teens and Screens - Canadian Psychological Association)

Screens and social media are a big part of teens' everyday lives. They can help young people stay connected, learn new things, and have fun. But too much use, or not enough limits, can harm their mental health and development. As you read this information, think about pre-teens and younger children as well and start planning ahead.

### Potential Benefits

- Social media can **build connection and community**, especially for marginalized youth.
- Video games may **support social interaction** and some **cognitive skills**.

### Risks of Excessive Screen Use

Too much or passive screen use (e.g. scrolling) is associated with:

- Depression and anxiety symptoms
- Lower self-esteem

- Reduced physical activity & possible weight gain
- Academic distraction
- Sleep disruption and addictive patterns
- It can also replace important activities like in-person socializing, exercise, and school engagement.

### Signs of Problematic Use

Warning signs of too much screen time:

- Difficulty putting devices away
- Social withdrawal or isolation
- Declining grades
- Less physical activity
- Sleep problems
- Lying about usage

### Key Recommendations

- **Set limits (not total bans):** Maintain access but regulate time and content.
- **Avoid multitasking:** Keep phones away during studying.
- **Monitor social media:** Protect from harmful interactions while encouraging positive use.
- **Treat screen use as a skill:** Teens need guidance and practice to learn healthy habits.

### Parenting Strategies

- Model healthy screen habits yourself
- Create screen-free family time
- Set structured rules (e.g., screen time after responsibilities)

- Talk about social media: start regular, open-minded conversations
- Teach digital literacy and safe online behaviour
- Use gradual independence as teens show responsibility
- Avoid giving in to protests, stay consistent with limits

**Safety Practices**

- No screens overnight (or keep devices in a central charging area)
- Monitor for cyberbullying or mental health changes
- Keep communication open so teens feel safe asking for help
- Establish a plan for handling unsafe online situations

**Bottom Line**
Screen time isn't all bad. What matters is having a good balance, setting clear limits, and guiding teens along the way. The goal is to help them learn healthy habits so they can use technology responsibly and still enjoy its benefits.

**Online Resources**

- MediaPlan_EN.pdf
- "Psychology Works" Fact Sheet: Teens and Screens - Canadian Psychological Association
- Smartphone readiness
- Healthy Screen Use | Resource Library
- Healthy Screen Use | HomeSmartphone readiness

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# Upcoming Health Education Workshops June 2026

**TW FHT Monthly Program Calendar**

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## Balanced Eating Basics (Online)



Are you unsure of what to eat for good health and to meet your nutritional needs? Find out what balanced meals and snacks are. Learn how healthy eating can reduce the risk of disease.

**Sign up for this workshop**

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## Learning About Mental Health Care in Ontario (In-person at Bathurst site)




Are you struggling with your mental health or living with someone who has mental health problems and don't know where to find help? The mental health care system in Ontario is complex and can be challenging to find what you need.

**Sign up for this workshop**

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## Happiness 101 (Online)



This workshop is for anyone interested in learning about scientifically-based interventions to increase levels of happiness and overall well-being.

**Sign up for this workshop**

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## Preventing Falls: Staying Strong and Steady (In-person at Bathurst site)



Have you had a fall or are you afraid of falling? Are you curious to learn what you can do to prevent a fall?

Join us for this in-person interactive information session to learn about falls, what contributes to falls and ways you can prevent falls.

This workshop is NOT an exercise class.

**Sign up for this workshop**

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## Sleep Therapy 101 (Online)



Struggling with sleep? Whether falling asleep or staying asleep?

Join our virtual Sleep Therapy 101 workshop designed for patients and caregivers who want to learn practical, non-medication strategies to improve sleep.

**Sign up for this workshop**

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## Mindful Eating
## (In-person at Garrison Creek site)




Do you struggle with emotional eating? Are you wanting to have a healthier relationship with food?

**Sign up for this workshop**

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## Recognizing and Managing Stress (Online)



Are you feeling stressed? Do you want to learn how to recognize and manage your stress?

Join us for our stress management workshop to learn more about stress, how it affects you and how you can better manage the stress in your life.

**Sign up for this workshop**

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## Mothercraft EarlyON Child and Family Centres

Mothercraft
Shaping Children's Lives Through Learning

**Mothercraft EarlyON Child and Family Centres** offer the following free services:

- Early learning and literacy programs for parents and children
- Programs to help parents and caregivers in all aspects of early child development
- Programs on pregnancy and parenting
- Links to other early years programs in the community

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**Mothercraft Monthly Program Calendar**

**www.twfht.ca**

Visit our website for clinic updates &

up-to-date health information

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Do you have feedback about our newsletter?
Do you have ideas about other health topics?

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