

THE OPEN GATE



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Welcome Message from the President

Challenges in the delivery of rural healthcare are not anything new but Gateway Rural Health Research Institute is!

Incorporated in August of 2008, Gateway in three short years has already developed key partnerships and we are making a difference in rural health in this region.

An innovative hardworking Board of Directors has led Gateway in recruitment of a Scientific Director—Dr. Claudio Munoz, acquiring funding for operational

startup and securing land to build a world-class research and educational “Centre of Excellence in Rural Health”, the first in Canada!

Our defined priorities remain in all areas of rural health with concentration on diabetes, heart disease, mental wellness and cancer. There are higher incidences of these diseases in Huron, Perth, Grey and Bruce counties then the provincial average and we are working to improve these statistics.

We welcome you as a “Friend of Gateway” to participate in launching this very important initiative.

“Research for the community, By the community, In the community”

Gwen Devereaux, President



Seaforth Country Classic Donates to Gateway for 3rd Year

The Seaforth Country Classic was able to raise \$6,000 for its charity, Gateway Rural Health Research Institute, this year.

Gateway representatives handed out pedometers again this year, encouraging players, volunteers and spectators to walk the course and gain the health benefits from walking 10,000 steps a day.

Juliet Veens, of Gateway, said that while the Country Classic

participants walked a recorded 458,000 steps at the 2010 tournament, they recorded 700,000 steps in 2011.

"Next year, we're shooting for one million steps," she said, adding that more and more people were asking for pedometers at the tournament.

"Do you know how many healthy people there would be if everyone took 10,000 steps a day?" said Lin Steffler, past president of Gate-

way.

Dr. Claudio Munoz, research director at Gateway, thanked the Country Classic for continuing to support the research institute.

"Last year's funding helped getting the devices some of you wore today. At Gateway, we are working very hard to promote healthy living," he said.

Organizers Carolanne Doig & Maureen Agar along with 2 time winner Brian Unk present a cheque to Gwen Devereaux & Dr. Claudio Munoz of Gateway Rural Health Research Institute.



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Gateway aims to improve the health and quality of life of rural residents through research, education and communication

Summer Activities—Local Medical Students

“We’re thrilled to have the opportunity to work with international medical students because we could do some great research back and forth”

LOCAL MEDICAL STUDENTS TRAINING IN IRELAND COME HOME TO SEAFORTH TO WORK WITH GATEWAY

While they’re both going to medical school in Ireland, two women from Dublin and St. Columban have returned home to work with Gateway Rural Health Research Institute and the Huron Community Family Health Team this summer.

“The reason we can go to medical school in Ireland is the training is the same. It’s a very high standard,” says Megan Nolan, who is going into her fourth year at the University of Limerick.

Barbara Murray is going into her second year at the University College of Dublin.

While she’s enjoying the Irish culture, Murray says she’s struck by the fact that smoking is so prevalent in Ireland.

Nolan is working with Dr. Jason Datema at the Huron FHT and doing a literature review for Gateway before returning to Ireland on Aug. 1 to start her final year of medical school.

Murray is working for Gateway on a project studying mild cognitive impairment for seven weeks.

Gateway president Gwen Devereaux says the two women are the first international medical students to work for Gateway.

“We’re thrilled to have the opportunity to work with international medical students because we could

do some great research back and forth. There are similar rural health issues in Canada and Ireland,” says Devereaux.

Nolan agrees that there is a high level of cardiovascular disease in rural Ireland, as there is in rural Canada.

“There are a lot of farmers in Ireland who only come into the hospital if they’re dying. And, there’s a lot of tough men here in Canada who are descended from Ireland. They all have similar diets,” she says.

“The people in Ireland are really similar to the people around here,” adds Murray, of her Dublin community.



Left—Dr. Claudio Munoz, Scientific Director of Gateway welcomes Megan Nolan and Barbara Murray. Above—Susan Hundertmark interviews the medical students

Gateway Receives \$49,514 for Growing Healthy Huron Families

Over the next year Gateway will help coach 30 low-income Huron East families how to lead healthy, active lifestyles for less.

The program recently received a \$49,514 boost from the Ministry of Health Promotion and Sport's Healthy Communities Fund.

Gateway is partnering with Rural Response for Healthy Children, a non-profit organization based in Clinton, to recruit program participants and the Vanastra Recreation Centre, where families will receive ideas on free or low-cost physical activities within the community that don't require expensive equipment such as games they can play in the park or in their own backyards. Those involved in the project will also have free access to the recreation centre's swimming pool and fitness rooms for one year.

A clinical kinesiologist will be employed to monitor

participants' blood pressure and weight throughout the program. A dietician will be on hand to teach healthy cooking skills and provide nutritious recipes.

Researchers from Gateway will record the year-long data and use the study as a barometer for healthy living among the province's rural low-income families.

"We want to determine what works and what doesn't," Dr. Munoz said. "We hope that someday this will lead to a larger program across the province or region to help our low-income families, especially the young ones."

Targeting families with younger children is an essential step to reducing the burden on the future healthcare system. Physical activity, coupled with a nutritious diet, has been found to reduce the risks of childhood obesity and future heart disease and stroke. If children and young adults appreci-

ate the connection, they will be more inclined to pass those habits onto their children in the future.

Huron-Bruce MPP Carol Mitchell is excited about the way Gateway is conducting the year-long research by taking families and then giving them a hands-on approach about how to cook, recreation facilities that are available to them and encompassing so much, because over the years, a lot of skills needed for healthy lifestyle has been lost.

The project's focus on education that will prevent future health risks is deliberate. "We need to make sure people are trying to take care of their own health as much as possible to ensure that as they age, they are living healthier lives and not relying on or dependent on the services in the healthcare system," says project manager and health coach Laura Overholt.



Giving families a hands-on approach to cooking, recreation & facilities and skill sets needed for a healthy lifestyle.



SAVE THE DATE!!

Goderich Laketown Band—Directed by Hugh McGregor

&

Thatotherchoir—Directed by Louise Dockstader

Please join us at 2pm on Sunday November 13, 2011 at the Bridges Recreation Centre in Seaforth for refreshments and great music

TICKETS \$15.00

Please call 519-522-0442 for information

Proceeds to Gateway Rural Health Research Institute



Goderich Laketown Band

Located in Seaforth Ontario, Gateway is the only community-driven rural health research institute in Canada.

Gateway Mission

Gateway aims to improve the health and quality of life of rural residents through research, education and communication.

Gateway Vision

Gateway's vision is to build a centre of excellence dedicated to advancing rural health teaching and community-based research across the Huron-Perth-Bruce-Grey region in order to:

- Improve patient health, productivity and wellness
- Reduce rates of chronic diseases in rural communities
- Reduce strain on emergency rooms and hospital beds
- Reduce impact of disease on rural families and communities
- Improve education, recruitment and retention in rural communities
- Improve patient adherence to prescribed medication

Would you like to receive the electronic version of the Open Gate and reduce paper use?

We will gladly add you to our database.

Please contact us at:

info@gatewayresearch.ca

DID YOU KNOW?? The window to start treating a Stroke is 3 hours BUT a person needs to be at the hospital within 60 minutes to significantly improve survival and recovery.

Stroke—The 5 Warning Signs



Weakness - Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.



Trouble speaking - Sudden difficulty speaking or understanding or sudden confusion, even if temporary.



Vision problems - Sudden trouble with vision, even if temporary.



Headache - Sudden severe and unusual headache.



Dizziness - Sudden loss of balance, especially with any of the above signs.

If you experience any of these symptoms, CALL 9-1-1 or your local emergency number immediately.



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