



May/June 2010

Newsletter



### New Hours

Because of staffing changes we have adjusted our hours of operation downtown. We are now open **8:30 a.m. to 4:30 p.m. Monday to Friday**

### May is Sexual Assault Prevention Month

What we can do to prevent sexual assault: be aware, help each other, and try to change the culture to make it more difficult for someone to choose to commit sexual assault.

#### Learn *and teach* that:

- Kissing and making out are not a "Yes" to anything else.
- Having had sex with someone in the past is not a "Yes"
- Being drunk or otherwise impaired is not a "Yes."
- Provocative clothing or behavior is not a "Yes."
- The absence of a "No" or a *reluctant* "Yes" is not a "Yes".
- At no point can anyone be "owed" a "Yes" – not for paying for a date, not "because you made me hot", not because you're married, *not for any reason*.
- **Only YES is Yes. The more enthusiastic the better.**

#### Be an Active Bystander and a Good Friend:

- If someone is telling sexist jokes, joking about getting someone "drunk enough" for sex, bragging about "tricks" they use to get sex, or pressuring, harassing or assaulting someone – call them on it, intervene.
- Complain about ads, movies, etc. that promote ideas about men, women or sex that support a rape culture.
- If you see someone who is vulnerable to assault (drunk, injured, unconscious, etc.) do what you can to help.
- Watch out for your friends: watch each other's drinks, talk to each other before going somewhere, watch for warning signs in your various relationships etc.
- **Stay Safe.** If you do not feel like you can intervene directly without putting yourself in danger, get help from other bystanders or call the police.
- Help the victim. Ask if they are okay, what they want to do, do they need medical care, do they want the police, if there is someone you can call for them.

**The Sexual Assault / Domestic Violence Response Program** has been part of the Women's Health Care Centre for almost 20 years. Through this program we provide medical care to male and female victims of sexual assault of all ages, as well as counseling or referrals for counseling. We have specially trained nurses who are on call 24 hours a day to respond to recent sexual assaults and incidents of domestic violence.



We believe that sexual violence is a loss of one's power and control. We empower victims to make treatment choices (a medical exam; the collection of evidence; pregnancy prevention; STI prevention; counseling; etc.) that best meet their needs.

If you have recently been sexually assaulted or experienced domestic violence, call us at (705) 743-4132 or 1-800-419-3111, or go to the Emergency Department at the Peterborough Regional Health Centre.

#### Sexual Assault Prevention sources/ resources:

Prevention Innovations - [www.unh.edu/preventioninnovations/](http://www.unh.edu/preventioninnovations/)  
 20 things you can do to transform the rape culture  
[www.metrac.org/programs/info/20.things.you.can.do.pdf](http://www.metrac.org/programs/info/20.things.you.can.do.pdf)

#### Sexual Assault Prevention Month

[www.citizenship.gov.on.ca/owd/english/resources/dates/assault/resources.shtml](http://www.citizenship.gov.on.ca/owd/english/resources/dates/assault/resources.shtml)

Sexual Assault Statistics [www.fsacc.ca/content/45357](http://www.fsacc.ca/content/45357)

### The Breastfeeding Clinic has moved!

The Breastfeeding Clinic has moved to **Room W6609** in the Pediatric Outpatient area on the **6<sup>th</sup> Floor of the hospital.**

The *first* day in the new location was **May 3, 2010**

You will still be able to book appointments with the Lactation Consultant on Monday, Wednesday and Friday afternoons by calling: **(705) 876-5059**



## Preparing for Appointments with Health Professionals



Appointments with health professionals can be stressful: there might not be very much time, you might have to talk about something embarrassing, there might be a lot of things to remember, and you may spend the appointment trying to remember things and ask questions while you are wearing a paper gown sitting on an exam table. It is a good idea to prepare ahead of time for your appointments.

While you are still at home, think about your problem, and any questions you might have. Be ready to describe your problem as clearly as you can.

**Make a written list of all your symptoms, concerns, and questions.** For example, you might write down: "aching joints, crawly skin, hot flashes. I don't like such-n-such effect of so-n-so medication, is there an alternative?" Make sure to include questions about why a problem is happening, how to prevent problems in the future, etc. Think about which things are most important, and try to list them first.

**Think about what medical tests you have had lately.** X-rays and blood tests are common medical tests. These tests may not need to be repeated if they were done recently.

**Make a list of all your medications and supplements, or take the containers with you.** Be sure to include over-the-counter drugs as well as herbal remedies and nutritional supplements.

**You can ask a friend to go with you.** A friend can take notes, ask questions you may not think of, and help you remember what the doctor says. Before the visit, discuss with your friend what you would like them to do.

**Think about what you want from your doctor.** This is very important to think about. You may want to find out if your experiences are normal. You may want advice, or medical help or all of these things. If you know what you want, you have a much better chance of getting it. If you are sick or worried, all of this thinking and planning may be a big chore. However, planning really helps. If you are well prepared, you will get better result.

"The first problem for all of us, men and women, is not to learn, but to unlearn." ~ Gloria Steinem

## Online resources for talking to health professionals:

*Talking With Your Doctor* - MedlinePlus  
[www.nlm.nih.gov/medlineplus/talkingwithyourdoctor.html](http://www.nlm.nih.gov/medlineplus/talkingwithyourdoctor.html)

*Communicating With Your Doctor*  
Canadian Women's Health Network  
[www.cwhn.ca/node/40777](http://www.cwhn.ca/node/40777)

*Making the Most of Your Appointment* - HealthLinkBC  
[www.healthlinkbc.ca/kb/content/special/hw226888.html](http://www.healthlinkbc.ca/kb/content/special/hw226888.html)

*It Helps to Talk: How to get the most from a visit to your doctor* -  
Public Health Agency of Canada  
[www.phac-aspc.gc.ca/publicat/communication/pdf/patient-eng.pdf](http://www.phac-aspc.gc.ca/publicat/communication/pdf/patient-eng.pdf)

## Body Image and Eating Disorders Program



We have individual counseling and group programs that we run for adults who have symptoms of Anorexia and Bulimia, people who are struggling with binge eating, weight preoccupation and body image, and for those who are ready to address the thoughts, feelings and behaviour changes necessary to recover from an Eating Disorder. For more information, please call us at (705) 743-4132 or 1-800-419-3111.



## Women's Health Care Centre History Project

We would like to thank Claire Hanlon, a nursing student from Trent, for her work this past semester researching and writing a preliminary report about the history of the Women's Health Care Centre. She worked her way through an enormous pile of old records and clippings, as well as performing and transcribing eight interviews and writing a report in a few short months. It was great to have her here, and we're excited to read the results of her efforts!

## New Databases

You will now find three databases on the Health Information page of our website: *Health and Wellness Resource Center*, *Health Reference Center Academic*, and *Teen Health and Wellness*.

These databases have been provided free of charge to everyone in Ontario through Knowledge Ontario and the Government of Ontario. Through these databases you can access good, reliable information and resources that you cannot get without paying for a subscription elsewhere. For the passwords please see the [Lending Library Borrowing Policy](#) on the Resource Centre page of our website.

