

NEWSLETTER

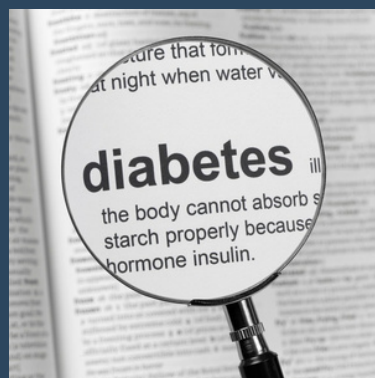
Fall 2026

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EARLY DETECTION STARTS WITH SCREENING

According to Cancer Care Ontario, breast cancer was expected to be the most common cancer diagnosed in Ontarian women in 2018. The goal of breast cancer screening is to detect cancer in its early stages when its most treatable and less likely to have spread to surrounding tissue.

Screening Guidelines

The Ontario Breast Screening Program (OBSP) has developed screening recommendations depending on your age and possession of certain risk factors.

Average risk: Women who are age 40-74 years old should receive a mammogram every 2 years.

High risk: The High Risk Ontario Breast Screening Program screens women ages 30 - 69 who possess a confirmed risk of developing breast cancer. The program mandates that eligible women receive a mammogram and breast magnetic resonance imaging (MRI) or screening breast ultrasound annually. When these tests are applied together, mammography and MRI are more effective at accurately detecting cancers in women with a genetic predisposition to breast cancer. If abnormalities are found in the results, follow up breast assessments and additional tests are coordinated.



Eligible women are women who have received a referral from their family physician, possess a valid OHIP number and possess one of the following risks:

- A gene mutation that increases the risk of breast cancer. Ex: BRCA1, BRCA2, TP53, PTEN, CDH1
- A first degree relative of an individual with possesses a risk-increasing gene mutation, have already had genetic counselling and have chosen not to have genetic testing

- An IBIS or BOADICEA tool assessment that places you at a 25% or greater genetic and personal susceptibility of developing breast cancer
- Have had radiation therapy to the chest in treatment of another cancer or condition before age 30 and at least 8 years prior

Know Your Risk

Cancer Care Ontario offers a five-minute online risk assessment tool to help you educate yourself about certain family and personal factors that may be increasing or decreasing your risk for breast cancer.

At the conclusion of the assessment, you will receive personalized tips on how to lower your risk and become proactive in regards to your health and cancer prevention.

How to Get Screened

- Women ages 40 -74 can call the nearest OBSP location to make an appointment. A doctor's referral is not needed.
- If you think you may be at high risk for breast cancer, talk to your doctor about a referral to the High Risk Ontario Breast Screening Program.
- If you are over 74 years old, you will need a referral for a mammogram from your family physician or nurse practitioner to be covered under OHIP.

While mammography is the best method available at detecting cancer early, it is not infallible. Cancer can develop in the time between screening visits and some cancers can be missed by mammography. High breast density can lower the detection capacity of the mammography.

Ready to book your screening? You can book your mammogram today by calling the OBSP booking line at 1-800-668-9304.



NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH

Throughout November, we're raising awareness about diabetes prevention and management while encouraging healthy habits that support long-term health and well-being. This message is from the Diabetes Education team at CVFHT.

The theme for World Diabetes Day 2026-2027 is "Early Action on Diabetes." Early detection, risk reduction, and timely support can help prevent or delay type 2 diabetes and improve outcomes for those living with diabetes.

The Diabetes Education Team at Credit Valley Family Health Team is dedicated to supporting both diabetes prevention and self-management through education, coaching, and community outreach.



Take Early Action

Small lifestyle changes can make a big difference! These can include but are not limited to:

- Choosing more vegetables, fruits, whole grains, legumes, and lean proteins
- Limiting sugary beverages and highly processed foods
- Being physically active most days of the week
- Prioritizing sleep and stress management
- Knowing your risk and talk to your healthcare provider about diabetes screening

Supporting Prevention and Self-Management

- Our Continuous Glucose Monitoring (CGM) sessions, offered twice yearly, continue to attract strong participation and have helped improve glycemic control and confidence in self-management.
- Nutrition webinars on the DASH and Mediterranean diets have been well received, with upcoming sessions on the Portfolio Diet and Mindfulness and Healthy Eating.
- Patients frequently report implementing positive lifestyle changes learned through these sessions, leading to meaningful health improvements.
- We continue to receive referrals through Central Intake and internal sources, reflecting the growing need for diabetes education services.
- Community outreach programs offered in Hindi and French help make diabetes education more accessible to diverse populations, with plans to expand Spanish-language programming.



Take a look at a DASH Diet presentation for our community members from this past summer!

IPCT UPCOMING EVENTS

To register for any upcoming IPCT event or workshop, please call 905-813-1100 ext. 81-4777

For an updated list of all events and more information, click here: [Detailed Event Schedule](#)

4 SEP	DASH Diet With PCHS	This presentation introduces the DASH (Dietary Approaches to Stop Hypertension) eating pattern, designed to support blood pressure management and heart health.
8 SEP	Heart Health Made Simple: Nutritional Lifestyle & Everyday Choices for a Healthy Heart	Explores how nutritional lifestyle choices can support a healthier heart and reduce cardiovascular risk. Learn daily routine strategies to build lasting heart-healthy habits.
24 SEP	Heart Health Made Simple: Nutritional Lifestyle & Everyday Choices for a Healthy Heart	Explores how nutritional lifestyle choices can support a healthier heart and reduce cardiovascular risk. Learn daily routine strategies to build lasting heart-healthy habits.
5 OCT	Brain Health or Coping with Winter Blues With DNBC	Learn ways to maintain emotional well-being during the winter months through simple strategies to boost mood, stay mentally active, and support overall wellness.
19 OCT	Nutrition Label Reading With PCHS	Learn how to read and understand nutrition labels to make informed food choices and better compare products, including serving sizes, nutrients, % Daily Value, and ingredient lists.
20 OCT	Cholesterol Prevention With PCHS	Learn simple nutrition and lifestyle strategies to help prevent high cholesterol and support long-term heart health.
21 OCT	Mindful Eating With DNBC	Learn how mindful eating can help build a more positive relationship with food. Discuss strategies to eat with greater awareness and make intentional food choices that support well-being.
22 OCT	Cholesterol prevention With PCHS	Learn simple nutrition and lifestyle strategies to help prevent high cholesterol and support long-term heart health.
10 NOV	Brain Health or Coping with Winter Blues With DNBC	Learn ways to maintain emotional well-being during the winter months through simple strategies to boost mood, stay mentally active, and support overall wellness.
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WORLD ALZHEIMER'S DAY: LET'S TALK ABOUT MEMORY

September 21 is World Alzheimer's Day, a good time to talk about something many people quietly worry about but don't always bring up.

Our Memory Clinic is here if you've noticed changes in memory or thinking. To be clear, getting checked out doesn't mean you have Alzheimer's. Memory changes can have many causes and an assessment is just the first step to understanding yours.

Worth mentioning to your doctor: memory issues that are getting worse, new confusion, or everyday tasks (like managing bills, following recipes, or keeping track of appointments) that are becoming harder than they used to be. The earlier we look into these changes, the more options there are to understand what may be causing them and to help you find the right support.

For your overall brain health: stay active, get enough sleep, stay socially connected, eat well, and keep conditions like high blood pressure and diabetes under control. These may seem like simple habits, but over time, they can truly make a meaningful difference.



CVFHT WELCOMES A NEW NURSE PRACTITIONER

We are excited to welcome Yuliya Iouchkova, a new Nurse Practitioner who joined our team on September 14, 2026!

Yuliya brings six years of primary care experience, along with an extensive RN background in the Neonatal Intensive Care Unit at Trillium Health Partners.

She shares a strong commitment to compassionate, patient-centred care and empowering patients through health education.

We look forward to the knowledge, experience, and energy Yuliya will bring to our team and the patients we serve. Please join us in giving a warm welcome!



The City of Mississauga is located on lands which were occupied by numerous Indigenous nations since time long past. We acknowledge that the land on which we gather at Credit Valley Family Health Team is part of the Treaty and Traditional Territory of the Mississaugas of the Credit First Nation. We recognize the importance of this land and pay our respects to the Anishinaabe and other First Nations, Metis and Inuit past, present and future.

CVFHT HOURS

MONDAY TO FRIDAY – 9AM TO 5PM
SATURDAY & SUNDAY – 9AM TO 12PM

EVENING CLINIC HOURS:
MONDAY TO THURSDAY – 5PM TO 8PM



OUTSIDE OF CLINIC HOURS, PLEASE USE OUR TELEHEALTH TRIAGE SERVICES: 1-866-553-7205