



Your WACHC Team: Creating Wellness for All

The Woodstock and Area Community Health Center is a not-for-profit, charitable organization that opened this past February in Oxford County offering health care services. We provide two types of service. One is primary care for people without a doctor or nurse practitioner and who face difficulty getting health care. The other is health education program for anyone in Oxford County. Our health education services may be held in our building at 400 Dundas Street or at the building of another group we are working with. Our team includes physicians, nurse practitioners, registered nurses, dietitian, counselor, community outreach workers, health promoters, and administrators who all work together to bring care to Oxford County residents.



WACHC Grand Opening and Community Health Day April 30th 2010



Dr. Joel Hamilton will be starting at WACHC in September.

New Physician Starting in September!

As you may be aware, the Woodstock and Area Community Health Centre (WACHC) has already started serving people in Oxford County who are presently without a family doctor and have had difficulty getting health care.

Dr. Joel Hamilton will be joining the WACHC this fall. He will be working as a family doctor.

Dr. Hamilton was born and raised in London, Ontario. After going to the University of Western Ontario for his Honours Bachelor and Masters' degrees in Physiology, he went to

medical school at the University of Toronto. He has since returned to Southwestern Ontario and recently finished his Family Medicine residency at the University of Western Ontario in London, Ontario.

Dr. Hamilton is looking forward to working as a family physician at the WACHC.

He, his wife Julie, and 1-year old son Xander are happy to be begin this new part of their lives and are really looking forward to joining the Woodstock community.

September Events

Sept. 2

VON free Blood Pressure Clinic
9:30am—1:00pm at WACHC,
all are welcome. Clinic will be
held on the first Thursday of
every month.

Sept. 14

Smoking Cessation Education
and Support Group Tuesdays
from 10:30am—11:30am (8
sessions).

Sept. 17

HIV anonymous testing by the
AIDS committee of London at
WACHC 2:00pm—4:00pm.

Sept. 21

Smoking Cessation Session 2,
10:30am—11:30am.

Angie our Dietitian visits the
Beginnings pregnancy center
3:00pm—5:00pm.

Sept. 28

Smoking Cessation Session 3,
10:30am—11:30pm.

Stretching Your Food Dollar
3:00pm at WACHC.

Sept. 30

Just Tell Me What to Cook!
How meal planning can help
your dinner-time scramble.
Held at Dundas St. United
Church 6:00pm-7:30pm (4
sessions).

You're Invited to Attend the

Third Annual General Meeting
Oxford County Administration Building
Main Lobby

Monday September 27th at 5:00 pm

Guest Speaker: Gary Machan
Recipient of the **AOHC award** for his work with the
Canadian Index of Wellbeing



Ovarian Cancer Canada
Cancer de l'ovaire Canada

Yearly about 2,500 women are diagnosed with ovarian cancer. It is the *most serious gynaecological cancer* -1,700 Canadian women die each year because of this disease. If ovarian cancer is found early and treated, the *survival rate is as high as 90%*

A Pap smear does NOT detect ovarian cancer- it detects problems with the cervix. The HPV vaccine helps prevent cervical cancer, NOT ovarian cancer.

Its important to know what to look for:

See your Primary Care Provider if you have one of more of these symptoms AND they last longer than three weeks:

- Swelling or bloating of the abdomen
- Pelvic discomfort or heaviness
- Back or abdominal pain
- Fatigue
- Gas, nausea, indigestion
- Change in bowel habits
- Emptying bladder frequently
- Menstrual irregularities
- Weight loss or weight gain

Its important to know what you can do:

- Have a pelvic exam every year
- Let your Primary Care Provider know if you have had any of the symptoms listed above.