

Supporting Research @ CIARE

CIARE is the link at the Vic that bridges policy, education and service delivery for the best possible clinical practice. We are an experienced multi-disciplinary team committed to providing the highest quality of evidence-based research, using ample initiatives to advance healthcare into new domains. Our philosophy, is one, that seeks continually to improve and invigorate the lives of our population.

Please contact Susy Santos at (204) 477-3372 or ssantos3@vgh.mb.ca if you are interested in becoming a donor or volunteer for the Clinical Institute of Applied Research and Education (CIARE). Visit <http://www.ciare.ca> for more information!

BIOIDENTICAL HORMONES
Truth, Trends, and Trust
Caboto Center
Mauro Hall
1055 Wilkes Avenue
Wednesday, November 18, 09
6:30 PM



Please check out our show times on "Backstage with Tracy Koga (VIP)" on Shaw TV channel on Nov. 1st during the following times:

1000, 1200, 1400,
1600, 2000, 2200

Interested in Research? We can help.

CIARE provides assistance to people who are interested in Research. We offer an accommodating and accessible environment to internal and external researchers alike. We conduct all three types of research; academic, quality improvement, and industry-sponsored. Feel free to contact us regarding your research needs. Janice Wong - jwong5@vgh.mb.ca

CIARE is pleased to accommodate industry-sponsored clinical trials.

For more information, please feel free to contact us.

Thank you to our donors!

What many may not know is that research cannot be conducted on any hospital operational dollars. Therefore, we carry out our functions because of your generous donations.

Thank you for providing us with the opportunity to find answers... thank you for making it possible for us to do research... thank you for facilitating us to CIARE.

From CIARE Staff

BIOIDENTICAL HORMONES Truth, Trends, and Trust

Moderator: Tracy Koga, Shaw TV

Invited Speakers:

Dr. Thomas Brown
Associate Professor,
Director, Pharmacy Program,
Faculty of Pharmacy, University of Toronto

Dr. Richard Boroditsky
Medical Director, Mature Women's Centre
Professor, Obstetrics and Gynecology
University of Manitoba

Also featuring a special guest who will share her own personal experience

Refreshments provided



VICTORIA
GENERAL
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CIARE

CLINICAL INSTITUTE OF APPLIED
RESEARCH & EDUCATION

RESEARCH LINK

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Bridging the Gap Between the Researcher and the Bedside

Clinical research is a critical component of our health care system. The knowledge gained and lessons learned help us implement new and improved techniques, technologies, and processes that improve the treatment and care of our patients.

The Victoria General Hospital Clinical Institute of Applied Research and Education (CIARE) is bridging the gap between the researcher and the bedside, providing front line health care workers with information and patient

Become a volunteer!

Get Involved

Research! We are often looking for volunteers to participate in our ground-breaking research projects. Learn how you can get involved.

More >>

Donate now!
And make a contribution to the cause dear to your heart.

More >>

Contact us if you have any funding opportunities for CIARE!

Add Me To Your Email List

Communicate! Stay informed. Sign up today for email bulletins and news from CIARE.

More >>

Emergency

Assess your situation

DANGER SIGNS:

If you or your child has:

- shortness of breath at rest or when doing very little
- rapid or difficult breathing
- extreme pain or pressure in the chest or stomach
- vomiting that is severe or does not stop
- confusion or seizure

Where should you go for care

EMERGENCY DEPARTMENT

RIGHT AWAY

TIP: for more severe symptoms, or if you have no way to get to the hospital quickly, call 911.

Medical Care

WORRY SIGNS:

If you or your child:

- was feeling better but then started feeling worse
- is not getting better after several days
- seems dehydrated - dark urine, or few wet diapers
- is feeling very weak or dizzy

DOCTOR'S OFFICE OR CLINIC

TODAY

Call your care provider or Health Links-info Sante (204-788-8200) for advice or if you are not sure where to go

Medical Care

PEOPLE AT RISK FOR SERIOUS ILLNESS:

If you or your child has typical H1N1 symptoms, and one or more of the following risk factors for getting seriously ill:

- age younger than 5 years
- chronic heart, lung, kidney or liver disease needing regular medical care
- an illness like diabetes or cancer or an illness or medication that lowers the immune system
- asthma
- pregnancy
- aboriginal ancestry
- obesity
- smoking or alcohol/substance use
- age 65 years or older

DOCTOR'S OFFICE OR CLINIC

WITHIN A DAY

Call your care provider or Health Links-info Sante (204-788-8200) for advice or if you are not sure where to go

TIP: antiviral medications such as Oseltamivir (Tamiflu) work best if given early within 24-48 hours from when symptoms start. You or your child should be seen as soon as possible if you have risk factors in case antiviral medication is needed.

Self-Care

BE WATCHFUL:

If you or your child has typical H1N1 symptoms, but none of the above risk factors for getting seriously ill (i.e, children 5 years or older adults younger than 65 with no chronic conditions or risk factors) and none of the danger or worry signs of more serious illness.

OKAY TO STAY

Take care of yourself at home. If you have questions, call Health Links-Info Sante at 204-788-8200.

TIP: watch for signs of more serious illness starting, or not getting better after a few days.

CIARE is directly involved with the WRHA in conducting research on the H1N1 Influenza.

Please stay tuned for further updates and dissemination of research findings.

INFLUENZA

Information for staff and health care professionals working in the Winnipeg health region

Typical H1N1 FLU symptoms

ALMOST ALWAYS
FEVER - COUGH

COMMONLY
SORE THROAT - MUSCLE ACHES
JOINT PAIN - HEADACHES - FATIGUE

SOMETIMES
NAUSEA - VOMITING - DIARRHEA

For more information please visit...
[Http://www.wrha.mb.ca](http://www.wrha.mb.ca)



Winnipeg Regional Health Authority
Caring for Health

Office régional de la santé de Winnipeg
À l'écoute de notre santé