



The Many Benefits of Eating Plant-Rich

Written by QFHT Dietitian Allison Little

What is Plant-Rich Eating?

Plant-rich eating includes more plants (vegetables, fruit, nuts, seeds, legumes), healthy fats (vegetable oils, nuts, seeds, avocados), and fewer meats. This doesn't mean you need to become vegetarian or vegan; any shift from meat-based to plant-rich is beneficial!

This eating pattern is suitable for people in any stage of life: infants, children, adolescents, adults, and pregnant and breastfeeding mothers. You may have

heard of the Mediterranean, Portfolio, and DASH eating patterns; these are all plant-rich and have many benefits to your health.

Plant-Rich and Your Health

Plant-rich eating can prevent disease by lowering your risk of heart attacks and stroke, type 2 diabetes, and colon and breast cancers. It can also decrease bad cholesterol (LDL), blood pressure, and average blood sugar (HbA1c); improve gastrointestinal health; and reduce symptoms of depression, anxiety, and post-traumatic stress disorder.

Plant-Rich and Our Planet

Another bonus of eating plant-rich is the benefit on the environment. A World Health Organization report (2021) states that "Plant-based diets have the potential not only to improve human health but also to reduce the environmental impacts associated with high consumption of animal-sourced foods such as meat and dairy products."

Plant-Rich and Your Grocery Budget

Switching from animal proteins to less-expensive plant proteins, such as legumes (beans, lentils, dried peas), tofu, and peanut butter can help to reduce food costs.

Looking for more tips to get started with plant-rich eating?

You can start a plant-rich eating plan by making one meatless meal every week, replacing a meat sandwich with a peanut butter sandwich, adding healthy fats each day such as nuts and seeds, or squeezing in a few more vegetables and fruits on your plate.

Book an appointment with our dietitian for nutrition counselling on how to include a plant-rich eating pattern that fits your preference and lifestyle. You may also be interested in a free, online plant-rich eating webinar led by Hamilton Family Health Team registered dietitians. See [flyer](#) for more details.

For more plant-rich inspiration, check out these websites:

- [Half your plate](#)
- [Pulses](#)
- [Canada's food guide](#)
- [Cookspiration](#)



Fast Facts

EXTENDED AFTER HOURS CLINIC

We've extended our after-hours clinic hours, adding Saturday and Sunday mornings!

Our new hours are:

Monday–Thursday: 4:45 p.m. to 7:30 p.m.

Saturday: 8:45 a.m. to 11:30 a.m. and 12:45 p.m. to 3:30 p.m.

Sunday: 8:45 a.m. to 11:30 a.m.

Patients still need to make an appointment (no walks-ins accepted) by calling 613-533-6563 during after-hours clinic hours ONLY and leaving a message to request an appointment. (Please be patient; we'll return your call first chance we get!)

To learn more about our after-hours clinic, located at 115 Clarence St., visit the [Hours and Location](#) page on our website.

PROGRAMS/EVENTS CALENDAR

Want to see what's happening and when at the QFHT? We now have a programs/ events calendar that brings it all together for you. Our wide variety of offerings range from programs for moms/ babies, sleep therapy, mental health, smoking cessation and substance use disorders, healthy aging, blood pressure management, and so much more! Visit the [Programs and Services](#) page on our website to see a complete list and to view the calendar.

PHYSICIAN CONTACT LIST

Can't find your doctor's contact information? Forgotten the name of your receptionist or nurse? We've got you covered. Visit the [Contact Us](#) page on our website and click on the **QFHT Physician Contact List** to see a complete list of names, extensions, and locations.



Photo: Tim Forbes/Forbes Photographer

The Centre for Studies in Primary Care (our department's "research arm") hosted its annual Primary Care Research Day on February 23 at Four Points by Sheraton Kingston, after two years of virtual conferences. This event presents an opportunity for our resident physicians at all four of our teaching sites (Kingston, Belleville, Peterborough, and Oshawa) to present their outstanding research. We congratulate our residents for their scholarly work, and recognize Drs. Allison Gemmill, Charlene Habibi, Syed Ibrahim, and Aiyden Martindale for having this year's best overall projects. Here, resident physician Dr. Frodo Bark (centre) chats with Dr. Imaan Bayoumi, the centre's research director.

WHAT'S HAPPENING AT

Queen's Family Medicine

Department Head **Dr. Michael Green** has been elected president-elect of the College of Family Physicians of Canada (CFPC). Dr. Green will serve as president-elect for one year, president for one year, and past president for one year. Since his appointment to the CFPC board-of-directors in 2021, Dr. Green has held the positions of director-at-large and secretary-treasurer.

We bid a fond farewell to **Dr. Susan MacDonald** and **Dr. Susan Phillips** in January, as they celebrated their retirements. Dr. MacDonald joined us in 1987 as the sole faculty member at the Queen's Family Health Team (QFHT) to include intrapartum obstetrics in their practice. In addition to her role as a family physician, she was a researcher whose most recent research focused on postgraduate curriculum and MAID (medical assistance in dying). Dr. Phillips, who joined us in 1990, had a clinical practice at the QFHT for many years before focusing strictly on research, with expertise in research methodology, epidemiology, gender, equity and health, and women's health. Most recently, she served as our director of research as well as the director for our Centre for Studies in Primary Care. We thank Drs. MacDonald and Phillips for their many years of dedicated service and wish them all the best.

Dr. Ammar Rashid, who oversees our Division of Hospital Medicine, has received a College of Family Physicians of Canada Award of Excellence "for creating an integrated, more robust hospitalist team" at Queen's Family Medicine. Dr. Rashid has led our hospital medicine program at Providence Care since the program's launch in 2019.

SPOTLIGHT

NEW QFHT PROGRAMS!

At the Queen's Family Health Team, we are proud to offer our patients a wide variety of programs and services to support their physical and mental health-care needs. Here are four recent additions, all available to QFHT patients only. For more information, please visit the [Programs and Services](#) page on our website.

Diabetic Foot Exam Clinic

Are you living with diabetes? If so, this clinic is for you! The first annual QFHT Diabetic Foot Exam Clinic will be held Tuesday, May 16 from 1-4 p.m. at 115 Clarence St. (Haynes Hall). Each 15-minute appointment (must book ahead) will include a foot exam and recommendations for keeping your feet healthy and happy. Call 613-533-9303 and speak to your receptionist to book an appointment.

Managing your Blood Pressure

Facilitated by QFHT registered nurses Karen and Dominique, our four-week Managing your Blood Pressure program covers: 1) an overview of blood pressure and hypertension (high blood pressure), risk factors and adverse health outcomes, measuring blood pressure, and home monitoring; 2) exercise and diet; 3) stress management; and 4) medications and other related health conditions. The first session is scheduled for Thursday afternoons, starting April 20. Speak to your health-care provider about registering.

Sexually Transmitted Infections Clinic

Anticipated to begin in April, this clinic will provide judgment-free, confidential testing for sexually transmitted infections (STIs) such as chlamydia, gonorrhea, syphilis, HIV, and Hepatitis B and C by appointment or by drop-in during the clinic's hours. It will run Wednesday afternoons and Friday mornings at 220 Bagot St. The clinic will be facilitated by QFHT registered nurse Rhonda, who will answer your questions and provide immediate treatment for chlamydia and gonorrhea. STIs are very common and, if untreated, can lead to complications. To book an appointment, call 613-533-9303, Ext. 73900.

Substance Use Disorders (SUD) Clinic

Hosted by QFHT physician Dr. Sean Haffey, this clinic is intended to assess and treat patients struggling with alcohol and substance use. Substance use disorders (SUDs) are very common, and many patients are suffering from new or worsening substance use since the start of the COVID-19 pandemic. This clinic offers personalized treatment plans for SUDs, which are often characterized by "the 4Cs": 1) difficulty Cutting back use; 2) use despite negative Consequences; 3) Cravings to use; and 4) Compulsive use (inability to control). The clinic is available (by appointment only) Wednesday afternoons at 220 Bagot St. Speak to your health-care provider for more information.

Patient Profile

I recently completed the QFHT's six-week Mindful Eating program, co-facilitated by Allison Little, registered dietitian, and Jessica Waller, social worker. This program was not so much about



what we eat but, rather, encouraged us to bring our attention to HOW we eat and to do so in a non-judgmental manner — something that can be challenging for those of us with "food issues."

Since retiring a few years ago, I've been making a concerted effort to examine my relationship with food, establish healthy eating habits, and prepare and enjoy healthy, balanced meals. This group came along at just the right time for me.

Each week, Allison and Jessica created a welcoming, comfortable space for us to learn about mindfulness and the role it plays in supporting "normal" eating; complete specific exercises and practise new skills; and share our struggles and experiences with one another.

They ensured each session was filled with useful, interesting information about a wide variety of topics such as mindfulness, types of hunger, understanding emotions, managing cravings, promoting sustainable behaviour change, and the importance of self-compassion. Their relaxed facilitation styles encouraged lots of great discussion among participants, which went a long way to helping us all feel less alone in dealing with our individual challenges.

During our time in the group, we also completed specific mindfulness practices, including breathing exercises and body scans.

I really appreciated the information packages we received each week. These included copies of the educational slides used during the session, detailed scripts for mindfulness exercises, and other helpful handouts, such as a Feelings Wheel to help us recognize and name our feelings.

I strongly recommend this group for anyone interested in examining their relationship with food and learning how to establish or maintain "normal" eating habits.

Judith Moses



Resident Physicians and You

Welcome to Kingston, they say, a small town on the edge of Lake Ontario. Well, I come from the biggest city in my home province, New Brunswick, and it is less than half the size of Kingston.



Moving to Ontario has been quite an experience for me. All the challenges that patients navigate, understanding government programs, deciphering various acronyms that people throw about in conversation, I'm learning right along with you. The patients and the staff members I have met here, as well as my co-residents, have been sources of great inspiration, education, and joy.

It has been a privilege to learn to practise family medicine within the QFHT. The structure of family health teams was unfamiliar to me, but I'm blown away by the diversity of health-care practitioners our patients have access to. Our training incorporates time to work with our team's other health professionals, learning what they do and how they help our patients. This is such an amazing opportunity.

Though homesick at times, I have no regrets about choosing Queen's for my residency training. The education has been unparalleled, and the patients I have encountered have made me feel so welcome.

From all of us residents, we thank you, QFHT patients, for being our teachers.

Dr. Margaret Stephenson
Resident Co-Lead
Kingston & the 1000 Islands



Nurse Keanna, medical office assistant Jenny, nurse Jess, and receptionist Cecilia recognize "Dress in Blue Day" on Friday, March 3 as part of National Colorectal Cancer Awareness Month. [Learn more about colorectal cancer.](#)

Clinic Conversation

It is an honour to join the Queen's Family Health Team (QFHT) as clinic manager.

First, I would like to recognize my predecessor, Diane Cross, for her devotion to the team. Diane's support and leadership was unwavering, especially through some of the most challenging times during the pandemic. I am grateful for her guidance, and for helping get me up to speed. Kudos, Diane!



A little about me...

My career in nursing began in 2003, and I have had many opportunities in acute care and education. When I moved to Kingston in 2009, I fell in love with the city. It has been a privilege to contribute to great work in specialty areas such as surgery, medicine, and critical care, and helping patients and their families through their most challenging illnesses. This work has highlighted the vital role primary care plays in keeping our community members healthy.

Kingston is now my hometown, and I am proud to serve this community.

My first weeks at the QFHT have been a wonderful introduction to this dedicated team. Our frontline care providers, support staff, and leaders are extraordinary and very knowledgeable, which has been an important benefit to overcoming the learning curve as I transition my years of experience in acute care to primary care.

I am excited to be part of the Queen's Family Health Team, and the wonderful work we do to advance and maintain the health of our families.

Julia Fournier
Clinic Manager

We are **Family Medicine**. For **Learners**. For **Patients**. For **Communities**.

Do we have your current email address? If not, please send it to dfm-qfhtinfo@queensu.ca so we can keep you and your family well informed.

220 Bagot St. • 115 Clarence St. • Kingston, ON • 613-533-9303 • qfht.ca