

## HALTON REGION PUBLIC HEALTH • Office of the Medical Officer of Health

TEL: 905-825-6000 • TOLL FREE: 1-866-442-5866 • FAX: 905-825-1444

TO: Halton Physicians, Nurse Practitioners, Emergency Departments, other Healthcare Providers

FROM: Dr. Hamidah Meghani, Medical Officer of Health

DATE: March 6, 2023

RE: Register today for Wednesday's webinar re. updated "Canada's Guidance on Alcohol" with co-chair of the 2023 Canadian Guidance on Alcohol and Health

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### QUICK FACTS

- Register now for the upcoming webinar (Wednesday, March 8 from 7-8 p.m.), [Public Health Updates for Halton Physicians: Focus on Alcohol – Understanding the clinical implications of the new alcohol guidance how reducing alcohol intake reduces the risk of disease](#).
- "Canada's Guidance on Alcohol and Health" replaces "Canada's Low-Risk Alcohol Drinking Guidelines" and provides Canadians with information they need to make well-informed and responsible decisions about their alcohol consumption and how it impacts their health.
- Join Dr. Peter R. Butt, the co-chair for the 2023 Canadian Guidance on Alcohol and Health with Canadian Centre on Substance Use and Addiction (CCSA) and Halton Region's Medical Office of Health, Dr. Hamidah Meghani to:
  - Discuss how alcohol use contributes to health risks for various diseases, including cancer and heart disease;
  - Understand the epidemiology of alcohol misuse in Halton and Ontario;
  - Learn about the changes to Canada's Guidance on Alcohol and Health; and
  - Identify the clinical implications of the guidance, including easy opportunities during various patient interactions for discussing alcohol consumption and related health risks.

### KEY MESSAGES FOR HEALTHCARE PROVIDERS

- "[Canada's Guidance on Alcohol and Health](#)" replaces "Canada's Low-Risk Alcohol Drinking Guidelines" and provides Canadians with information they need to make well-informed and responsible decisions about their alcohol consumption and how it impacts their health.
- Research shows even a small amount of alcohol can be damaging to health and that no amount or kind of alcohol is good for people's health.

### ADDITIONAL RESOURCES

- [Public Health Updates for Halton Physicians: Focus on Alcohol](#), Halton Region Public Health
- [Canada's Guidance on Alcohol and Health \(2023\)](#), Canadian Centre on Substance Use and Addiction

Please report all suspected/confirmed cases of [Diseases of Public Health Significance](#) to Public Health immediately by calling 311, 905-825-6000 or toll free at 1-866-442-5866.

PLEASE PROVIDE A COPY TO ALL PHYSICIANS IN YOUR OFFICE AND/OR POST IN EMERGENCY DEPARTMENTS AND PHYSICIAN LOUNGES. IF YOU HAVE ANY ISSUES WITH THIS ATTACHMENT, PLEASE EMAIL [DOCTORS@HALTON.CA](mailto:DOCTORS@HALTON.CA).

## Webinar invitation – Public Health Updates for Halton Physicians: Focus on Alcohol Understanding the clinical implications of the new alcohol guidance and how reducing alcohol intake reduces risk of disease

Research shows that no amount of alcohol is good for people's health. Learn about the new Canada's Guidance on Alcohol, how alcohol impacts risk of disease and how to easily incorporate alcohol discussions into your daily practice.

It's time to pick a new target

What will your weekly drinking target be?



**Date:** Wednesday, March 8, 2023

**Time:** 7-8 p.m.

**Register:** Online ([registration form](#))

### Learning objectives:

#### Overall series learning objective:

By attending the Public Health Updates for Halton Physicians series, participants will be able to identify and discuss relevant and recent information about approaches to the prevention, diagnosis and management of key public health issues impacting their family medicine practice in both rural and urban settings.

#### Learning objectives for this session:

By the end of this session, participants will be able to:

- Discuss how alcohol use contributes to health risks for various diseases, including cancer and heart disease.
- Understand the epidemiology of alcohol misuse in Halton and Ontario
- Describe the changes to Canada's Guidance on Alcohol and Health
- Outline the clinical implications of the guidance, including identifying opportunities during various patient interactions for discussing alcohol consumption and related health risks.

Submit your questions in advance through the registration form.

### Speakers:



Dr. Hamidah Meghani,  
MD, FRCPC

Medical Officer of  
Health, Halton Region  
Public Health



Dr. Peter R. Butt, MD, CCFP(AM),  
FCPC

Co-chair, 2023 Canadian Guidance  
on Alcohol and Health with the  
Canadian Centre on Substance Use  
and Addiction (CCSA)

This one-credit-per-hour group learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for 1 Mainpro+® credit. This program is part of a series that has been certified for up to 3 Mainpro+® credits.