



May NEWSLETTER

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Currently enrolled:

4065 GIRLS

Our target:

8666 GIRLS

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Do you have a friend that would be interested in joining the QUEST study?

Refer them to our [website](#) and you could have a chance to win a gift card!

[Click here to learn more.](#)

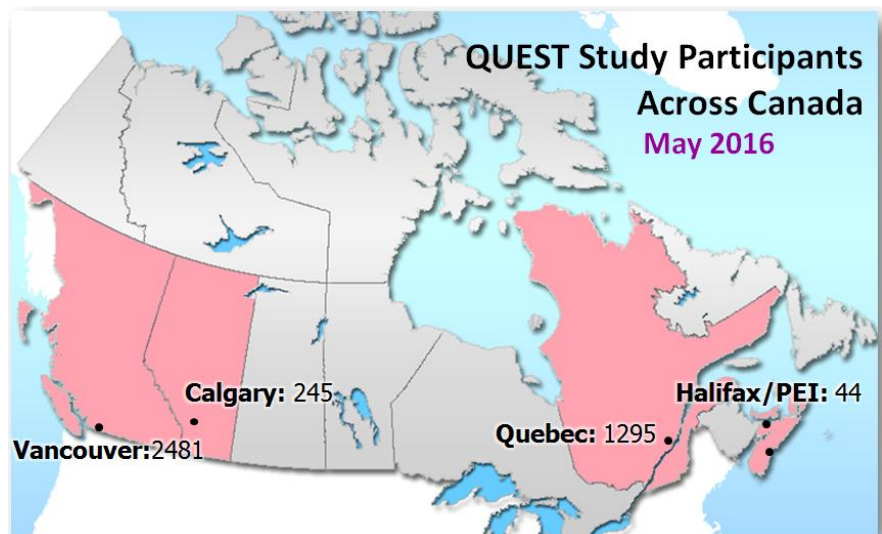
Breaking News!

Ontario Extending Free HPV Vaccines to Boys

April 21, 2016

"Ontario has joined five other

All locations are currently recruiting.



Healthcare Providers

By Claire Pitcher, Registered Nurse

Have you ever had a change in your health and wondered who to talk to about it? Or, are you considering a career in health care but don't know where to start? Because the body is so complex, many different people often work together to keep someone healthy! In this month's newsletter, we're going to give a quick overview of the roles of a few health care providers. It's important to remember that these roles can vary from province to province so we've kept the information quite general. So without further ado... **What does a _____ do??** (in alphabetical order)

Dentist

A Dentist specializes in everything related to the teeth and mouth. Because issues with teeth are often preventable and can sometimes go unnoticed at first, it is generally recommended that people go for a check-up about once every 6 months. The Canadian Dental Association recommends that babies have their first dentist appointment within 6

provinces in extending its publicly-funded HPV vaccination program to boys, which experts say will help reduce the risk of cancer in both males and females.”

Read More: [News Article](#)

Cancer Organizations Clear Up Confusion over Pap Tests

“According to a survey conducted by CCO [Cancer Care Ontario], 75 per cent of respondents didn’t know what a Pap test was for, and 50 per cent didn’t know that cervical cancer was preventable.”

Read More: [News Article](#)

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months of getting their first tooth, or by the time they turn 1 (whichever comes first!). Dentists can also specialize even further; for example, Orthodontists specifically work on repositioning teeth using things like braces. For further info, check out this [website!](#)

Dietitian

Dietitians specialize in all things related to nutrition and healthy eating. Dietitians can work in both community and hospital-based settings. Some dietitians work with specific populations (eg. seniors or people with specific medical conditions) or with people of all ages. For further info, check out this [website!](#)

Doctor

Doctors can hold many different roles related to health. For example, Family Doctors often see patients of all ages in the community. Family Doctors know a lot about overall health and can make referrals to specialists if a person has a concern with a specific body part. For example, if a person is experiencing a complex stomach issue, they may get referred to a specialized type of doctor called a Gastroenterologist. More info at this [website!](#)

Nurse

Nurses can hold many different roles related to health. Some nurses work in acute care/hospital settings, while others work in community-based settings. Some nurses specialize in a specific area such as cardiac (heart) health, renal (kidney) health, sexual/reproductive health or wound care. The role of a nurse can include several aspects such as patient assessment, giving medications, engaging in health teaching, etc. For more info, check out this [website!](#)

Occupational Therapist

An Occupational Therapist works with people to maintain, improve or regain skills related to how people ‘occupy’ themselves. This can include everything from self-care (eg. showering and bathing) to enjoying life (eg. leisure activities). People will often work with an Occupational Therapist if they have experienced an injury or change in their health that affects their ability to engage in these activities of daily living. For more info visit this [website!](#)

Social Worker

Social workers engage with individuals, families and communities to address all of the health care needs that aren’t strictly related to the physical body. This can include things like facilitating access to housing, to safe and affordable food, to employment or job training programs, etc. Social workers can help people of all ages from babies and kids to seniors. For more info visit this [website!](#)

Thanks to the keen eye of one of our participants, we wanted to add to the information from last month’s article about gluten. While both allergies and Celiac Disease involve autoimmune responses, technically Celiac

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Disease is an autoimmune digestive disorder rather than an allergy. If you have more questions about this topic, please visit this great website ([click here!](#)) and/or speak to an adult you trust such as a parents or doctor. Additionally, keep sharing your feedback and knowledge with us – we love hearing from you!

Contest of the Month

QUIZ!

Email us (questhpvstudy@cfri.ca) with your answers to the questions below by June 10th. All entries will be entered into a draw to **win a \$10 gift card!**

- 1) A Dentist specializes in issues related to the feet. **True or False**
- 2) What is the title of a person who specializes in nutrition and healthy eating?
- 3) Occupational therapists only help people with their “occupation” or job. **True or False**

April Newsletter Contest Winner:

Mia won \$10 Starbucks gift cards for being the winner of last month’s contest! Congratulations!

* A random number generator will be used to randomly select the winner. Winners contacted by email.



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