

Dear [NAME],

Summer is here at last. Since July includes Injury Prevention Day as well as International Self-Care Day, we asked some of our health experts to tell us what they're doing to take care of themselves and avoid preventable injuries.

I wish you all a happy Canada Day, and a Happy Birthday shout out to St. Michael's. This month we mark 129 years of our remarkable hospital. As we look ahead to our ambitious plan to reinvent Canada's patient care experience, let's celebrate St. Michael's wonderful legacy of providing compassionate care, particularly to those experiencing disadvantage.

Sincerely,



Lili Litwin,  
President, St. Michael's Hospital Foundation

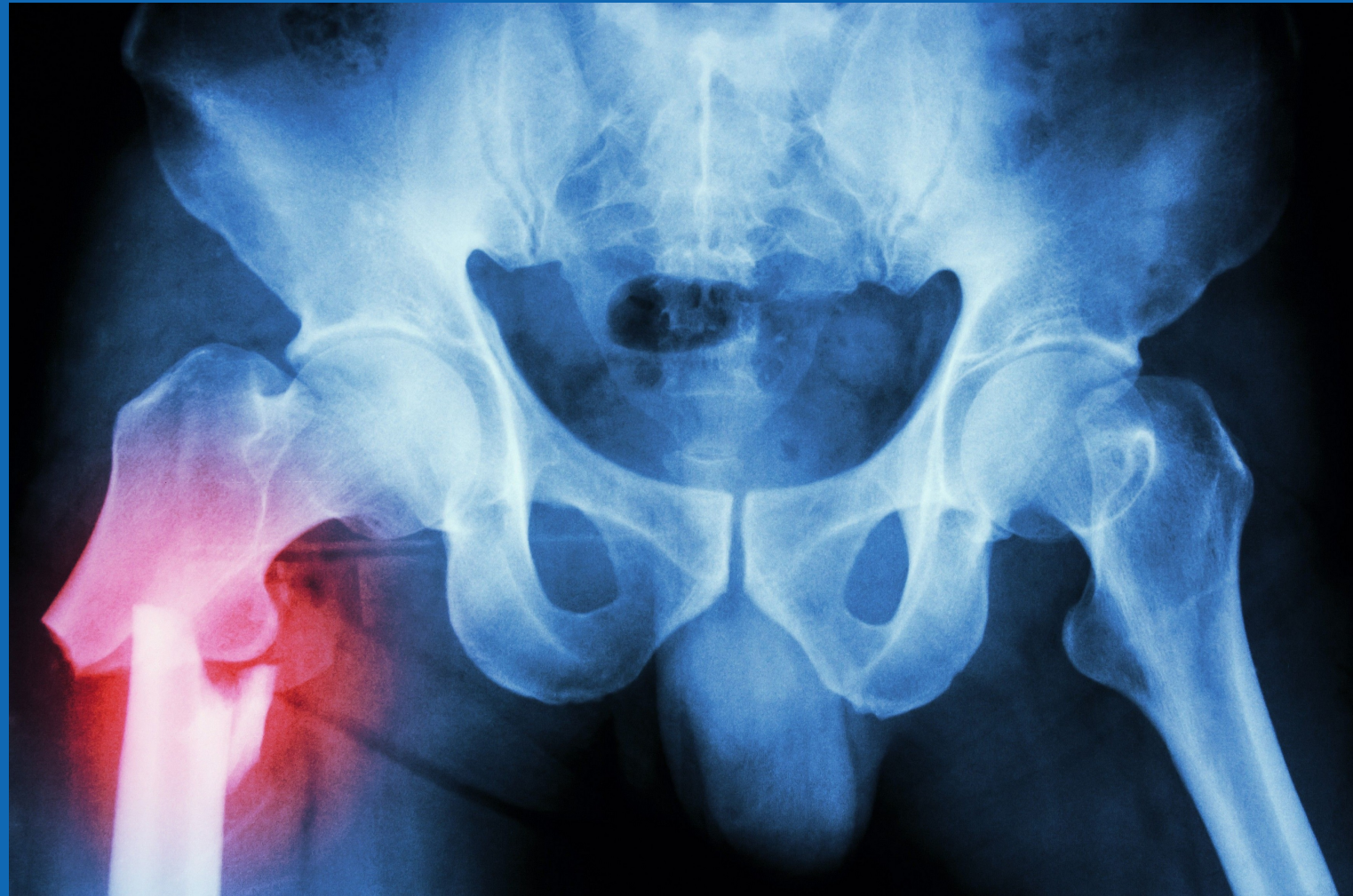
## SELF-CARE TIPS FROM A DOCTOR

What do physicians do to ease their own stress? St. Michael's respirologist **Dr. Anju Anand** shares her tips in honour of International Self-Care Day on July 24.

- To maintain your resilience, find something positive every day. Think about what you're grateful for, and try to look forward to the next day.
- Carve out some time each day to do something for yourself, whether it's alone or with family or friends — and put your phone on silent.



## BUSTING MYTHS AND SAVING BONES



Every year, Dr. Earl Bogoch and his team at St. Michael's Fracture Clinic treat hundreds of fragility fractures of the wrist, shoulder, spine, pelvis and hip — and the patients are not all elderly. Here's how to prevent them.

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## FIVE THINGS TO KNOW ABOUT YOUR BONES

- #1** Your peak bone mass is in your teens.
- #2** After age 50, up to 30 percent of women and 20 percent of men experience fragility fractures.
- #3** If you have one fragility fracture, you're four times more likely to have another.
- #4** Women are at higher risk of a fragility fracture than they are of any cardiovascular event.
- #5** One in four people dies within five years of a hip fracture; half never regain their mobility and many end up in extended care facilities and nursing homes.

## 4 SUMMER ACTIVITIES THAT CAN SEND YOU TO THE TRAUMA BAY

Liz Butorac, clinical leader manager of St. Michael's Neurosurgery ICU, and Amanda McFarlan, manager of the Trauma Program Registry, are tired of seeing preventable tragedies in St. Mike's Trauma Bay. Here are the top summer activities behind the injuries, and how you can enjoy them safely.

### Cycling

Injuries can include loss of limbs, spinal cord injuries and fatal traumatic brain injuries because of collisions with cars or trucks.

Drivers: Focus. Put your phone away. Give cyclists 1m when passing. When opening your car door, do the [Dutch reach](#), using the hand farthest from the door so you turn around and see approaching bikes.  
Cyclists: Wear a helmet and follow the rules of the road.

### Riding ATVs

Injuries and death can happen from inexperience, alcohol, speeding, distracted driving and riding without a helmet.

Learn how to ride your ATV safely. Don't drink and drive. Wear a helmet and eye protection. Know the routes and maintain safe speeds.

### Boating and jet skiing

Similar to ATVs, plus failing to wear a personal flotation device (PFD).

Learn how to operate your boat safely. Wear an approved PFD. And, as Liz says, "Beer on the pier and water on the water."

### Riding skateboards, e-scooters, etc.

Serious injuries from inexperience, riding in traffic, not wearing helmets and pads for knees, wrists and elbows.

Learn how to operate your device. Know the rules of the road. Wear protective gear.

## SAVE THE DATE

**August 23:** [Ken and Nancy Shaw Providence Golf Classic](#)

**September 21:** Urban Angel Golf Classic

**October 2:** Angel Ball

**November 18:** [Angels Den](#)

## STAY CONNECTED

Visit our [COVID-19 information page](#) for regular updates on how St. Michael's is responding to COVID-19, and follow our social channels below.



Inspired by the work at St. Michael's Hospital? [Please donate](#) and help us take on the toughest challenges of our times.



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