



## Fit and Healthy at Any Age!



Health is one of our most valuable assets, one we often take for granted when we are young. As we age, we become more and more aware of its value. There's a wealth of scientific evidence showing that your choices as you celebrate your 40s, 50s, 60s, 70s and 80s can help you feel younger and live better for longer. **CSVM's Wellness Centre** is your go-to partner – **Centre de santé staff** can be with you every step of the way.

The secret to aging well is not rocket science. Every reliable source of information, from the Cleveland and Mayo Clinics to health and fitness websites and magazines all highlight the same formula: a balanced diet for a healthy weight, staying active physically, vanquishing stress by mastering relaxation and setting aside time for fun, keeping your mind active by taking on new challenges. **Watch for the posters and visit the CSVM website often: the Wellness Centre will be offering you programs that correspond with each of these activities, starting next month.**

## 3D for Your Knees

**A new technology developed in Quebec called knee kinesiography is changing the way doctors treat osteoarthritis of the knee.**

Knee kinesiography is to the knee what the electrocardiogram is to the heart. It is performed using a harness attached to specific areas of the leg to analyze the knee **while it is in motion**. It measures 3-dimensional movement of the knee in real time... This enables health professionals to offer personalized treatment for the source of the problem, such as neuromuscular exercises that can be done at home or under the supervision of a physiotherapist or kinesiologist. **88% of patients** who received knee kinesiography and an individualized care plan in a clinical study were able to correct several measured biomechanical dysfunctions. Knee kinesiography is available in private clinics in Québec. Studies are underway to evaluate the impact of this tool on private costs and public health services, with a view to offering it in the public system (hospitals and clinics).



## Quebec is pushing doctors to report patients who are unfit to drive



The province's Highway Code currently says doctors "may" report patients' health issues to the Société de l'assurance automobile du Québec (SAAQ). But a review committee doesn't think that's good enough. They want the "may" to be changed to "must" when a doctor believes a patient's health puts themselves and/or the public at risk.

**Thank you for choosing Centre de santé and for your continued support.**