



## Healthy Debate – Unbiased Facts – Informed Opinions

By Ingrid Larson, Member and Public Relations Director

I am excited to tell you about [healthydebate.ca](http://healthydebate.ca), an excellent Canadian health care website. This resource has easy to read (and listen to) stories, perspectives and evidence-based knowledge for patients and health care providers. Written and produced by staff journalists and edited by physicians and health sciences students, the website has six sections:

### Articles

Covering a range of topical health care concerns, the articles are intended to get us thinking about our health and how the system and environments in which we live affect us. Postings include:

- In healthcare, do the people in power reflect the people they serve?
- Why Canada needs more Genetic Counsellors.
- What are the Health Impacts of Forest Fires?

### Opinions

Citizens from across Canada - journalists, health care providers, managers, policy makers and politicians - post their points of view about the health care system. In addition to learning the views of others, anyone can submit an opinion or respond to others' posts. Some recent contributions include:

- Is research on Alzheimer's disease and dementia being oversold?
- There is nothing funny about leaving Indigenous voices out of the pharmacare discussion.
- How could I witness the death of a patient and feel nothing?
- Cancer advocates, it's time for us to get mad as hell.

### Faces of Health Care

This section profiles patient and health care providers' experiences with the health care system. As the webmasters note, "People who use our health care system, and those who provide the care, have profound

and powerful stories to tell. Faces of Health Care helps to tell these stories."

Through these profiles you will learn how people of all ages and stages experience the health care system, both as users of the system and as providers of health care.

### Health Navigator

Any Canadian can submit a question which will be answered by Paul Taylor, a well-known Ontario health journalist. He recently answered the following questions:

- Is it true there are five types of diabetes, not two?
- Are doctors cutting back on opioids too much and too quickly?
- Provide health advice to older adults? The words you use matter.

### Round Table

Get out your podcasting app! The Round Table is a free weekly podcast hosted by Healthy Debate. The podcast offers an informative and irreverent discussion of new research from major medical journals.

- If the Diet Fits! A SPACE for Opioids in Chronic Pain & Low-Fat vs Low-Carb Diets for WeightLoss
- King of the CASTLE: Catheter Ablation for Afib with Heart Failure and Myocardial Infarction in Influenza
- More or Less: Sepsis, Shock, Stroke, and Staying Dry in Heart Failure
- Need a Lyft? VTE Prophylaxis After Arthroplasty & Ridesharing to Decrease Missed Appointments

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Source: Saskatoon Community Clinic Focus newsletter, Summer 2018.