



HAMILTON & DISTRICT PHARMACISTS' ASSOCIATION

ANCASTER | BINBROOK | BURLINGTON | DUNDAS | FLAMBOROUGH | GRIMSBY | HAMILTON | STONEY CREEK | WATERDOWN

January 31, 2010

Dear Members,

It is with great excitement that I inform you of the first citywide campaign to improve the health of Hamilton's citizens. "*Halt the Salt*" is the first program of "**It's Hamilton's Time to Get Healthy**" campaign sponsored by the following organizations, the Hamilton Academy of Medicine, Hamilton and District Pharmacists' Association, Hamilton Family Health Team, and Hamilton Public Health.

Hamilton is the first Canadian city to embrace International Salt Awareness Week, and collaborate between our associations to give consistent messages to our patients on ways they can improve their health.

The attached posters and patient information pads will be mailed to your pharmacies on Monday. We would request that you put the posters up in prominent place for the first week of February, and provide a patient counselling sheet to every individual who receives prescriptions for hypertension or renal disease, and anyone who would benefit from the message.

We have also included some key counselling tips, to assist you in your preparation. Below is the link to a website with excellent practical tips of salt reduction.

<http://lowersodium.ca>

If you have any questions please do not hesitate to contact me at lesliec@marchseshealthcare.ca.

Sincerely,

Leslie Chappell

Leslie Chappell, BScPhm, RPh, CDE
President, Hamilton and District Pharmacists Association