



## North Shore Family Health Team

### **Terrace Bay/Schreiber Doctor Shortage:**

Dear Community Members,

We hope this message finds you well. We want to address an issue that has been a source of frustration for many: the ongoing shortage of physicians in our area. We understand how this shortage impacts your access to healthcare and the stress it can cause.

The demand for medical care has increased, and our local healthcare system is facing significant challenges in meeting this demand. We are aware of the long wait times and the difficulties in securing timely appointments. Your concerns and experiences are valid, and we deeply empathize with the inconvenience and stress this situation may cause.

Please know that we are actively working on solutions to improve the situation. Our efforts include initiatives that aim to increase the number of healthcare professionals in our area, advocating for more resources, and working on enhancing virtual services to provide more accessible options for care.

Your patience and understanding during this time are greatly appreciated. We are committed to finding ways to address these challenges and improve access to quality healthcare for everyone in our community. We will continue to keep you updated on our progress and any new developments.

Thank you for your ongoing support and for being an integral part of our community.

The Ontario Government has also initiated two services across the province to alleviate the strain on primary care. Please feel free to utilize the options listed below as a first step to address the issues listed.

### **Pharmacy:**

The Ontario Government has added services that a pharmacist can provide treatment for. If you have any of these concerns – please visit your pharmacy as they can help.

- acid reflux (gastroesophageal reflux disease (GERD))
- acne
- canker sores
- cold sores (herpes labialis)
- dermatitis (atopic, eczema, allergic and contact)
- diaper rash
- hay fever (allergic rhinitis)
- hemorrhoids
- impetigo



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- insect bites and hives
- menstrual cramps (dysmenorrhea)
- nausea and vomiting in pregnancy
- oral thrush (candidal stomatitis)
- parasitic worms (pinworms and threadworms)
- pink eye (conjunctivitis; bacterial, allergic and viral)
- sprains and strains (musculoskeletal)
- tick bites (post-exposure prophylaxis to prevent Lyme disease)
- urinary tract infections (UTIs)
- yeast infections

**North West Region Virtual Care Clinic - another avenue to try so you do not have as long to wait for service.**

- Patients with new or persistent cough, fever, rash or other similar symptoms
- Patients with imminent concerns but are not life or limb threatening.

Website: [www.nwvirtualcare.ca](http://www.nwvirtualcare.ca)

Phone Number: 1-888-684-1999