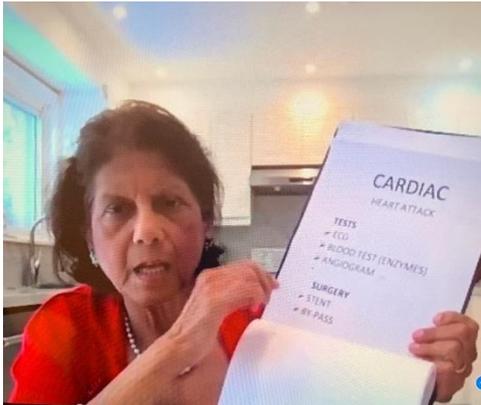


August 31st - Rosary & Our Thanks for a very informative talk by Dr. Irene D'Souza

On August 31, 2022 the Canorient Seniors Committee organized the Rosary on Zoom. Each decade was recited by participants. Rosary brings peace in your family, in your homes, and in your country. We thank the Committee for providing this opportunity so we can continue saying the Rosary as a united family.

Following the Rosary, we were honoured with a very informative, inspiring and meaningful talk by Dr Irene D'Souza.



Dr Irene D'Souza is a retired Family Physician having practiced for many years in Canada. She graduated in Medicine in East Africa summa cum laude with a gold medal. She has also worked in patient rehabilitation medicine and emergency medicine and palliative care. She also volunteers with the Missionaries of the Poor.

Dr D'Souza spoke on the following illnesses that are common in the South Asian population, that even occur in youth --- diseases like diabetes, cardiac and kidney, treatments and preventive care.

Diabetes: Type 1 and Type 2. Diabetes is a metabolic disease that causes high blood sugar. Diabetes affects many organs including heart, eye, brain, kidney, *and nerves*.

Cardiac disease (CVD): Conditions affecting the heart and blood vessels. It is usually associated with a build-up of plaque inside the arteries resulting in an increased risk of blood clots, lack of flow of oxygen-rich blood to the heart muscles, resulting in heart attacks, *strokes* and TIAs (transient ischemic attack) "mini stroke" caused by temporary disruption in the blood supply to *parts* of the brain. *She explained* angiogram, stent, bypass.

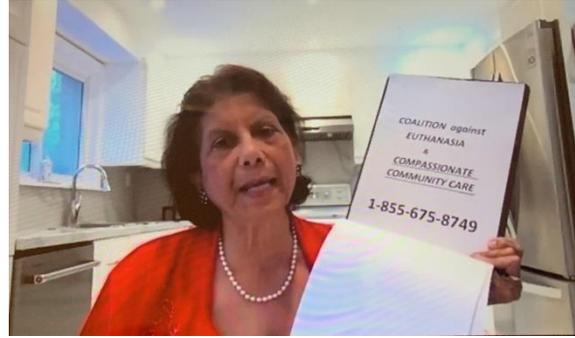
Kidney disease: Chronic kidney disease can progress to kidney failure *requiring* dialysis or a kidney transplant.

Dementia: Symptoms that affects thinking, memory and disrupts daily life.

DNR (Do not resuscitate) / Euthanasia: As Christians we should protect those *of us who respect the sanctity of human life from conception to the time of natural death*. *The alternative is* palliative care and health care that focuses on relieving and preventing suffering. Her advice on Euthanasia was to always have faith and *trust in God's providence and mercy*.

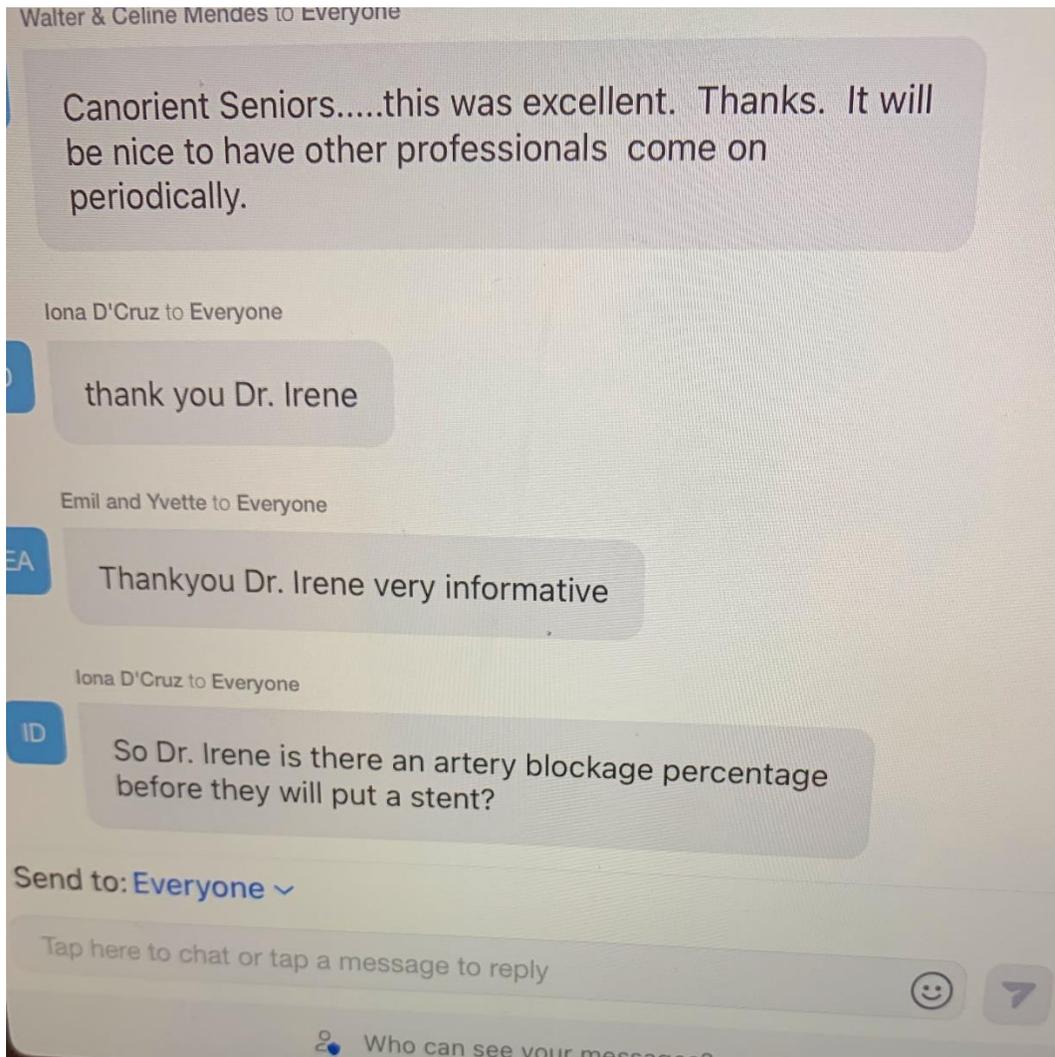
Dr Irene very graciously answered all our queries and concerns. Her advice was to eat healthy, take a walk daily and keep hydrated. Dr D'Souza's advice and knowledge is very much appreciated.

Dr Irene D'Souza, we thank you for all the meaningful and helpful advice you shared with us and *encouraging us* - The Canorient Seniors -- *to continue extending social support to bring back joy* as we help each other to walk our paths.



Thank you very much to our committee for providing this support to our seniors to lead a safe and healthy lifestyle.

Linda D'Souza





Thankyou Dr. Irene very informative

Iona D'Cruz to Everyone

ID

So Dr. Irene is there an artery blockage percentage before they will put a stent?

Linda D'Souza to Everyone

LD

Your simplicity and faith and eagerness to help all Irene is so wonderful to see in a doctor - Linda D'Souza

dentist, physiotherapist, exercise class on Zoom, chef, other culinary skills people have, even Jokes, as laughter is the best medicine - Linda D'Souza

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Denise Moniz to Everyone

DM

thank you so much Dr. DeSouza. God Bless You

Judy for Laura L to Everyone

JF

that was great dr. Irene

Walter & Celine Mendes to Everyone

W&

Canorient Seniors.....this was excellent. Thanks. It will be nice to have other professionals come on periodically.

Iona D'Cruz to Everyone

ID

thank you Dr. Irene

Emil and Yvette to Everyone

EA

Thankyou Dr. Irene very informative

Send to: **Everyone** ▾

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