

# Best of Health



**HEALTHIEST PEOPLE  
HEALTHIEST COMMUNITIES  
EXCEPTIONAL SERVICE**



**Construction on the Irene and Leslie Dubé Centre for Mental Health continues through the winter months.**

## Region lays foundation for improved access and increased capacity

**S**askatoon's riverbank view has a new addition this winter, as the Irene and Leslie Dubé Centre for Mental Health rises steadily from the ground at Royal University Hospital. The building is only one example of several health care construction and transformation projects currently underway.

"Saskatoon Health Region is undertaking a \$140-million redevelopment of infrastructure, major building additions and renovations with support from the Ministry of Health, Foundations and others," says Andrew Wagner, the Region's director of capital construction and project management. "The projects will expand current care levels and improve access to services," he adds.

The new mental health facility - which will accommodate 54 adult and 10 adolescent beds - is approximately 37 per cent complete and is expected to open in spring 2010. Also on the horizon is the Humboldt District Health Complex, a long anticipated 80,000 square foot facility that will meet acute and community health care needs of rural residents in the Region. Structural steel is 50 per cent complete, and the facility is slated to open in fall 2010.

"Many of our other rural facilities will also receive infrastructure money to repair and replace roofs, generators, nurse calls, sprinklers and fire protection systems," adds Wagner.

A new MRI suite at RUH - currently 72 per cent complete - is also expected to open in 2009. St. Paul's Hospital celebrated a similar milestone this year, launching a new MRI service in November. Other upcoming projects include an 89-bed addition at Oliver Lodge and expansion of Calder Centre's drug and addictions services, both of which will go to tender in 2009.

Craig Ayers, Saskatoon Health Region's director of capital planning, says the Region is also developing a comprehensive master facility plan for its three acute care sites.

"The master plan for RUH will be finalized prior to March, and will include further planning for a maternal and children's hospital within a hospital concept," says Ayers. The plan also includes improvements to ground floor areas including emergency, surgical suite and critical care units, all of which will support increased capacity and surgical volumes in the Region.

Saskatoon Health Region's construction projects and facility master plans are designed to address a number of challenges for health care in the city and province, including changing demographics, increased long term care needs, and related human resources and infrastructure needs to 2021 and beyond.

## Safe and healthy holidays

Throughout the holiday season, Saskatoon Health Region reminds residents to use the emergency departments for life-threatening emergencies only. Examples of an emergency medical condition include chest pain, difficulty breathing, sudden and severe headache, frequent vomiting and diarrhea, a large cut or wound, broken limbs, and severe abdominal pain.

For non-critical medical concerns, please visit a walk-in medical clinic in the city. You may also call the provincial HealthLine at 1-877-800-0002 or the Saskatchewan Poison Centre at 1-866-454-1212.

## Healthy Living



Proper installation and use of infant and child vehicle restraints saves many lives each year.

Read the manufacturer's instructions for your child's car seat, and install it preferably in the middle of the back seat. Never place a rear-facing infant seat in a front passenger seat equipped with an air bag. Depending on the seat, secure it with a seat belt, a locking clip, a tether strap or a universal attachment system.

For more information, attend a car seat inspection clinic in your community.

Watch Global News Thursday and Friday for more health tips.

F O R M O R E I N F O R M A T I O N

[www.saskatoonhealthregion.ca](http://www.saskatoonhealthregion.ca)