

Happy Heart Month

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PREVENTIVE HEALTH

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IS A HIGH PROTEIN DIET
REALLY BETTER?

STAYING HEALTHY AND ACTIVE
WHILE ON THE ROAD: A JET
SETTER'S WORKOUT GUIDE

THE NEW SHINGLES VACCINE:
YOUR QUESTIONS ANSWERED

REFINED SUGAR FREE STRAWBERRY CUPCAKES,
THE PERFECT VALENTINE'S DAY TREAT



IS A HIGH PROTEIN DIET REALLY BETTER?

By Kimberley Paré, Registered Dietitian, Medisys Montreal

There is a lot of hype about high-protein in the news, within fitness communities, and online. We're told we need a high protein diet to build mass, to lose weight, or to maintain strong muscles. As a registered dietitian at the Medisys

clinic in Montreal, I'm often asked questions like "how much protein is enough?", "what are the best sources of protein?" and "when do I need to eat protein to get the benefits from a fitness perspective?" Let's look at protein in more detail.

FIRST OFF, WHAT IS PROTEIN ANYWAY?

Protein is a compound made up of strings of amino acids combined to create anything from hormones, to enzymes, to cell components, and even hair and nails. It can be found in many different types of food - both animal and plant based, ranging from meats and dairy to legumes, nuts, and seeds. Proteins are essential building block of muscle fibres that are necessary for sports recovery and performance.

HOW MUCH PROTEIN DO YOU NEED TO EAT?

Everyone needs to eat protein, but individual protein needs vary from person to person depending their body type, activity level, nutrition goals, medical status, and age. An average adult who is sedentary (unfortunately, that's many of us) needs to eat about 1 g of protein per kg of their body weight on a daily basis. You can calculate your weight in kilograms by dividing your weight in lbs by 2.2. Athletes and active people require more protein, anywhere from 1.2-1.8g/kg of protein depending on the type of exercise (endurance vs. power), body type, and their esthetic goals.

ARE HIGH-PROTEIN DIETS GOOD FOR YOUR HEART?

That's a tough question. More than 50% of Canadians are either overweight or obese, about one third of the population is diabetic, and 90% of Canadians have at least one risk factor for heart disease. Excess weight, especially around the belly, substantially increases an individual's risk of numerous health conditions such as diabetes, coronary heart disease, stroke, osteoarthritis, sleep apnea, several cancers, depression, and others. So at the end of the day, a diet that supports someone in maintaining a healthy weight is arguably heart-healthy. That said, many cardiologists are weary of high-protein diets because often these diets are also high in saturated fats (eg. lard, chicken fat, duck fat, goose fat, butter, heavy cream, fatty red meat, cheese etc.). Saturated fat intake is associated with increased risk of heart disease.

The traditionally accepted "healthy balanced diet" among the medical and dietetics community comprises about 50% healthy carbohydrates (eg. vegetables, whole fruit, whole grains, and legumes), 30% protein (eg. lean meats, nuts, seeds, eggs, and dairy products), and up to 20% healthy fats (with a focus on unsaturated and polyunsaturated fats, and limiting saturated fats). High protein diets severely restrict carbohydrates and comprise varying combinations of protein and fat.

Relative to carbohydrates, protein is digested more slowly and thus will make you feel fuller for longer. Therefore, by design, high protein diet may help suppress appetite and

make it easier to consume fewer Calories in a day than you otherwise might on a high-carbohydrate diet. People like diets that don't leave them feeling hungry, hence the popularity of higher protein diets.

Bottom line: there are healthy and unhealthy ways to follow a high-protein diet. Check out our healthy [low-carb living guide](#) for more information.

ARE DAILY PROTEIN REQUIREMENTS DIFFERENT FOR WOMEN VS. MEN?

Generally speaking though, men need about 5-6oz or 150-180g of protein per meal and women need about 3-4oz or 90-120g. Because protein helps you feel fuller for longer, breakfasts should contain about 15g of protein or more in order to help ensure you feel satisfied for several hours. This is especially true if you work out before you eat your lunch.

If you want to calculate your exact protein needs, consult with a Medisys dietitian to see how to incorporate adequate protein in your diet and how to divide it into healthy meals and snacks based on your lifestyle and food preferences or sensitivities.

WHICH ARE THE BEST SOURCES OF PROTEIN?

There are many great sources of protein including fish and seafood, plant-based sources, dairy products and meat. As a dietitian, I typically recommend eating a wide variety of protein sources whether you are an omnivore or vegan. Changing up your protein sources is the best way to help ensure you meet your daily nutritional needs.

If you eat meat, I recommend eating fish at least twice a week and chicken or poultry more often than red meat. I recommend limiting red meat to no more than 300g per week. Eggs are another great source of protein. Most adults without high cholesterol can eat up to 8 eggs per week (2-3/week for those with high cholesterol). Egg whites don't contain cholesterol making egg white omelets with veggies a great option for breakfast.

Everyone should also try to include a variety of plant-based proteins in their diet. I recommend that my clients try to include at least 1-2 vegetarian meals per week and/or to split recipes half meat/half vegetarian protein. For more recipe ideas, visit our blog at [blog.medisys.ca](#). Vegetarian protein sources include beans (eg. black, white, kidney, pinto, navy, etc.) as well as lentils, chickpeas, tofu, tempeh, edamame, seeds, nuts etc.

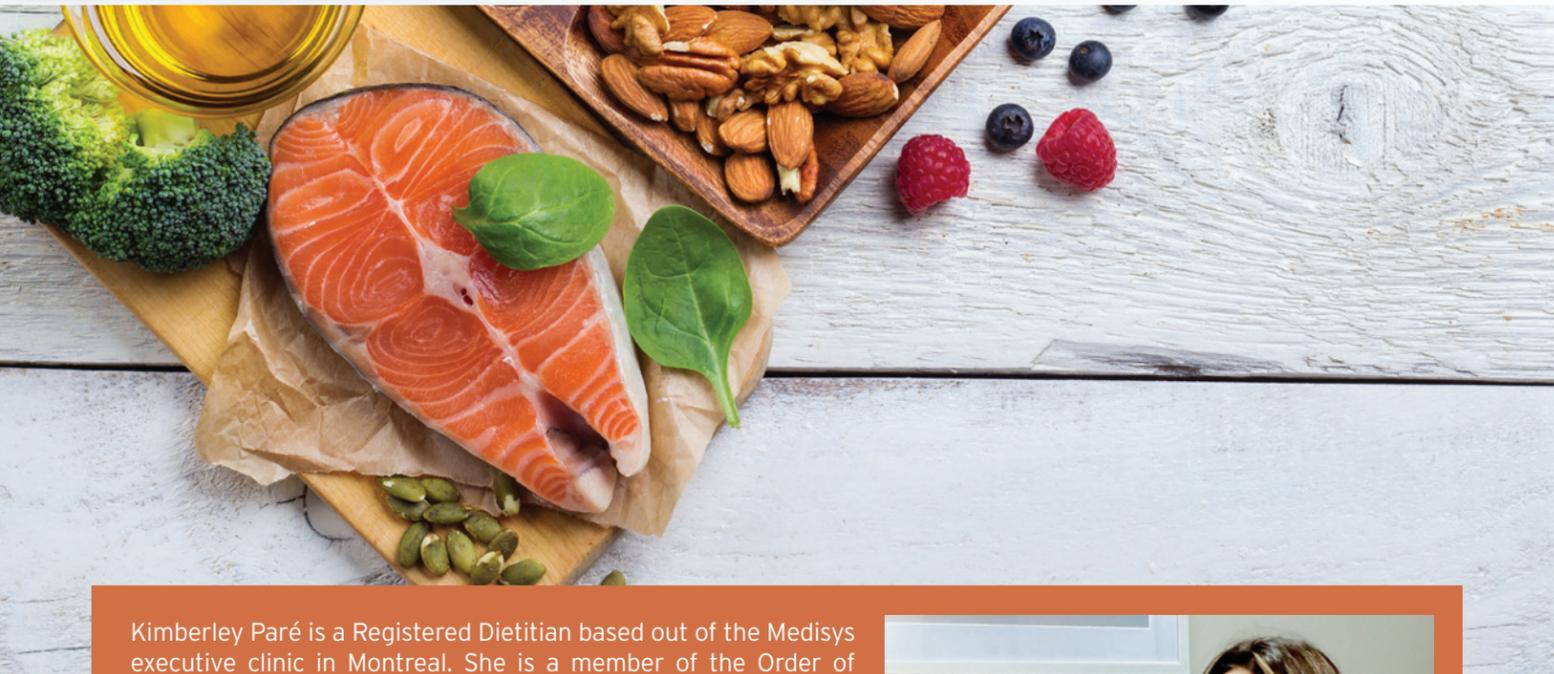
Many dairy products are also rich in protein such as plain Greek yogurt and cottage cheese. Dairy-based protein sources that are low in saturated fats (and low in added sugars) make great bases for breakfasts and snacks.

WHAT IS THE BEST WAY TO GET A PROTEIN BOOST AFTER A WORKOUT?

In the context of sports nutrition, protein is essential not only for building muscle mass but also for muscle recovery and injury prevention. Depending on the type of exercise you are doing and your personal fitness goals, when you eat your protein can make a big difference. There is a “magic window” for protein absorption and assimilation in the body that has been proven to help you build lean body mass and repair muscle the fastest. This window is within 30 minutes after a workout.

HOW MUCH POST WORKOUT PROTEIN SHOULD YOU BE GETTING?

Aim for 10-15g of protein, within 30 minutes after a workout. Those training for muscle gain should get more. Consult with a Medisys dietitian to see how much protein you need to meet your goals.



Kimberley Paré is a Registered Dietitian based out of the Medisys executive clinic in Montreal. She is a member of the Order of Professional Dietitians of Québec (OPDQ) and holds a Bachelor's of Science in Dietetics and Human Nutrition from McGill University. Over her career, Kimberley has worked both in clinical settings and in private practice, specializing in such fields as internal medicine, oncology, cardiac recovery, pulmonary rehabilitation, obesity, preventative health and most notably, sports nutrition.

As a competitive athlete and advocate for health, Kimberley is the consulting dietitian for the Lethbridge Ride to Conquer Cancer. She has also coached several athletes out of the Medisys executive clinic, helping all clients to achieve nutrition and performance goals no matter how large or small, long or short term. Most recently, she has delved into the psychology of eating behaviour to understand the emotional and social habits that guide our dietary choices.

Kimberley believes in a balanced approach to eating, focusing on enjoying our food, being mindful of how we eat and using science and the latest research to help guide how we balance the foods that we eat for optimal health, athletic performance and weight management. To book a consultation with Kimberley Paré at the Medisys Montreal clinic or by phone, please email requests to kimberley.pare@medisys.ca.



TRY A NEW YEAR'S RESOLUTION THE WHOLE FAMILY CAN ENJOY!

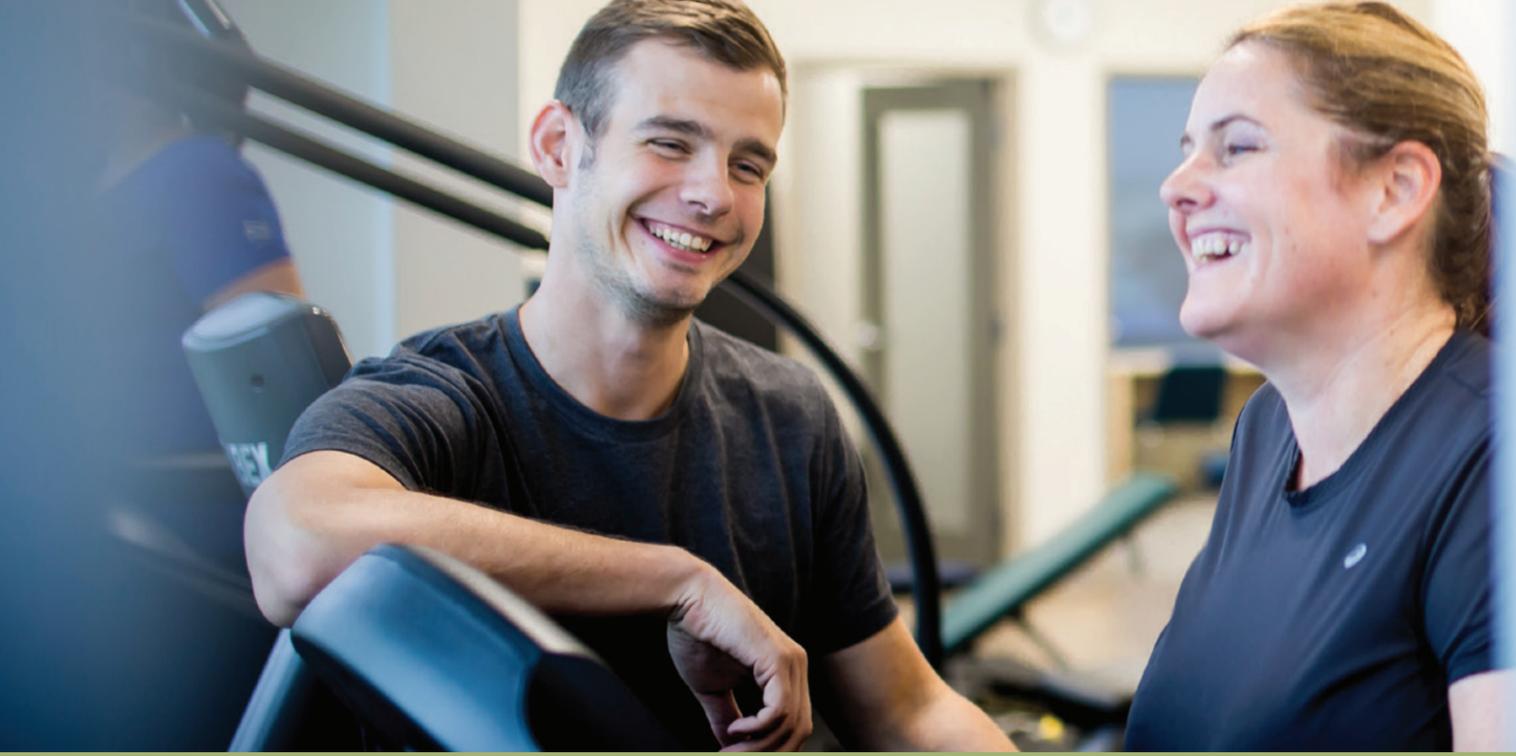


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Staying Healthy on the Road: A JET SETTER'S GUIDE TO STAYING FIT

Maria Prairie, Vice President of Horizon Occupational Health Solutions, the occupational health division of Medisys Health Group, spoke with us about the highs and lows of her experience as a busy traveling executive. In this interview we get a glimpse of Maria's passions, challenges, and more.



In many Canadian companies, a huge amount of stress and responsibility rests on the shoulders of the top executive talent. For that reason, senior leaders are becoming increasingly busy in their day to day lives and often displaced from their routine. So, despite best efforts, the hectic existence of a corporate executive can lead to personal sacrifices in diet and fitness. The good news is - it's possible to have it all!

Q: WHAT ARE THE PROS AND CONS WHEN IT COMES TO TRAVELLING FOR WORK?

A: I spend a lot of my time travelling across the country for work. It gives me the opportunity to connect with the broader team, understand their daily realities, and work with them to find ways to better serve our clients in-clinic and on client sites. This helps drive home why I do what I do every day - to make a positive, personal and enduring impact on the health and quality of life of our clients. It's also a great opportunity to visit beautiful places around Canada, spend social time with our teams and clients, and of course indulge in the delicacies of each city!

Now, for the downside of travel. For me, the real difficulty is staying consistent with my health regimen. Sometimes it feels almost impossible because travelling interrupts my sleep and overall daily routine. And on top of that, my days on the road typically start early and end late, making it easier to over indulge.

Q: WHAT ARE YOUR FAVOURITE WAYS TO KEEP FIT WHEN AT HOME?

A: I was once an avid runner but got sidelined by a chronic ankle injury. After a few years off, I started cycling which has

turned into something I love. It's a social activity that I enjoy with my friends and family. Unfortunately, I haven't been as active as I once was. When I rode my bike after taking the winter off I realized the significant change that had happened by not maintaining a healthy lifestyle. I understood my obstacles and what needed to change but was unsure of how that change could come about. While I love to cycle it does have a downside; you need a good bike, lots of time to get in a good workout and it's tough to maintain the same level of activity in the winter. This meant I needed to find a routine that I could maintain all year and while travelling for work.

Q: HOW HAVE YOU TRIED TO RECOMMIT TO YOUR HEALTHY HABITS?

A: I knew I needed to recommit myself to healthy habits and realized I needed some help. The most difficult part for me was prioritizing myself and any fitness routine when managing a national team across different time zones. The main obstacle I was facing was how to accomplish a fitness regimen with the sometimes limited food options and in some cases the lack of time or equipment while travelling. I have now committed to blocking space in my schedule and asking for support. With all the amazing health and fitness professionals we have within the organization I knew I could reach out for some help. I know in the long run this will be better for my mental and physical health, in hopes of making me a more productive team member!

Fortunately, Robert Cahill and Andrea Stokes at Definitions (wholly owned by Horizon OHS) in St. Johns, have really helped guide me in getting back on track of my health goals!



DIET AND FITNESS PROS, ANDREA STOKES AND ROBERT CAHILL, PROVIDE HELPFUL EATING AND FITNESS TIPS FOR THOSE OF US WORKING ON THE ROAD.

Easy to follow in a hotel room with a limited amount of time, these tips and tricks will suit any schedule!

EATING HEALTHY ON THE ROAD

Without a doubt, the biggest challenge for many of us when on the road is eating healthy. Maintaining a healthy diet can be challenging at any time, particularly when you don't have access to your own kitchen! Everyone loves to indulge in delicious cuisine but remember - moderation is key.

Often, you look to grab something quick and easy during your busy work day or when your day finally winds down. In these situations the best snacks to nibble on and suppress your hunger are fruits and raw veggies, mixed nuts, or granola bars.

If you need to rely on fast options, simple substitutions can help you maintain a healthy diet.

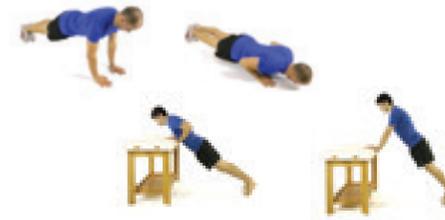
- Choose grilled vs crispy/fried
- Choose mustard, salsa, low-fat mayo, and vinaigrette dressings over creamy sauces and condiments
- Skip the extra salt and avoid processed foods
- Pile on veggies whenever you can, including choosing a salad over fries
- Always choose water as your beverage and avoid sugary drinks, alcohol and excessive caffeine (water helps combat fatigue and reduces effects of jet lag)

When travelling aim to consume 8 ounces of water for every hour of travel, and casually drink water throughout the day to ensure you are properly hydrated. Don't forget to pack that water bottle, wherever you go!

FLEXIBLE FITNESS ROUTINES

We all know travelling can be hectic, but daily life at home can be just as hectic - if you can find time at home, you can do it on the road! Most hotels have a fitness facility, and if not, you can perform quality exercise right in your hotel room! These exercises will only take you 10 to 30 minutes.

PRO TIP:
TO STAY COMMITTED TO YOUR FITNESS REGIMEN – PACK YOUR GYM GEAR AND LEAVE IT ON THE TOP OF YOUR CLOTHES IN YOUR SUITCASE.



EXERCISE 1: PUSH-UPS (SETS: 3-5, REPS: 12-15)

Put your feet together and hands shoulder width apart. Lower yourself all the way down so your chest almost makes contact with the ground and push back up. Make sure to brace the abdominals and move yourself in one block so your pelvis is in line with the rest of your body at all times. If this exercise is too difficult from the floor, try it with your hands resting on the edge of your hotel bed.



EXERCISE 2: BULGARIAN SPLIT SQUAT (SETS: 3-5, REPS: 12-15)

Start in a split squat position with your rear foot elevated on a hotel bed or chair. Bend the knees to lower your body. Keep your weight centered as you lower, avoid arching your back, and keep your forward knee in line with your ankle or toes.



EXERCISE 3: PLANK (SETS: 3-5, HOLD FOR 30-45S)

Start on all fours, then prop yourself up on your forearms and toes, with your chin tucked in. Lift up your hips, creating a straight line with your body. Maintain the position without arching the lower back. Be sure to breathe steadily as you hold.



EXERCISE 4: WALL SIT (SETS: 3-5, HOLD FOR 30S)

Lean your body against the wall and look forward. Bend your knees and move your body downwards while keeping your back against the wall until your knees reach 90 degrees. Be sure to breathe steadily as you hold.



EXERCISE 5: HAND WALK (SETS: 3-5, REPS: 8-10)

Start with the thighs on the end of a hotel bed or chair and hands on the ground under the shoulders. Walk hands from left to right, keeping the abdominals engaged and not letting the lower back arch.



EXERCISE 6: HIP RAISES (SETS: 3-5, REPS 12-15)

Begin lying on your back, feet flat on a chair, a low bed, or even your closed suitcase, knees and hips bent at about 90 degrees. Push yourself up using your glutes so that your thighs and torso are aligned. Lower and repeat.

SAMPLE BODY WEIGHT CIRCUIT

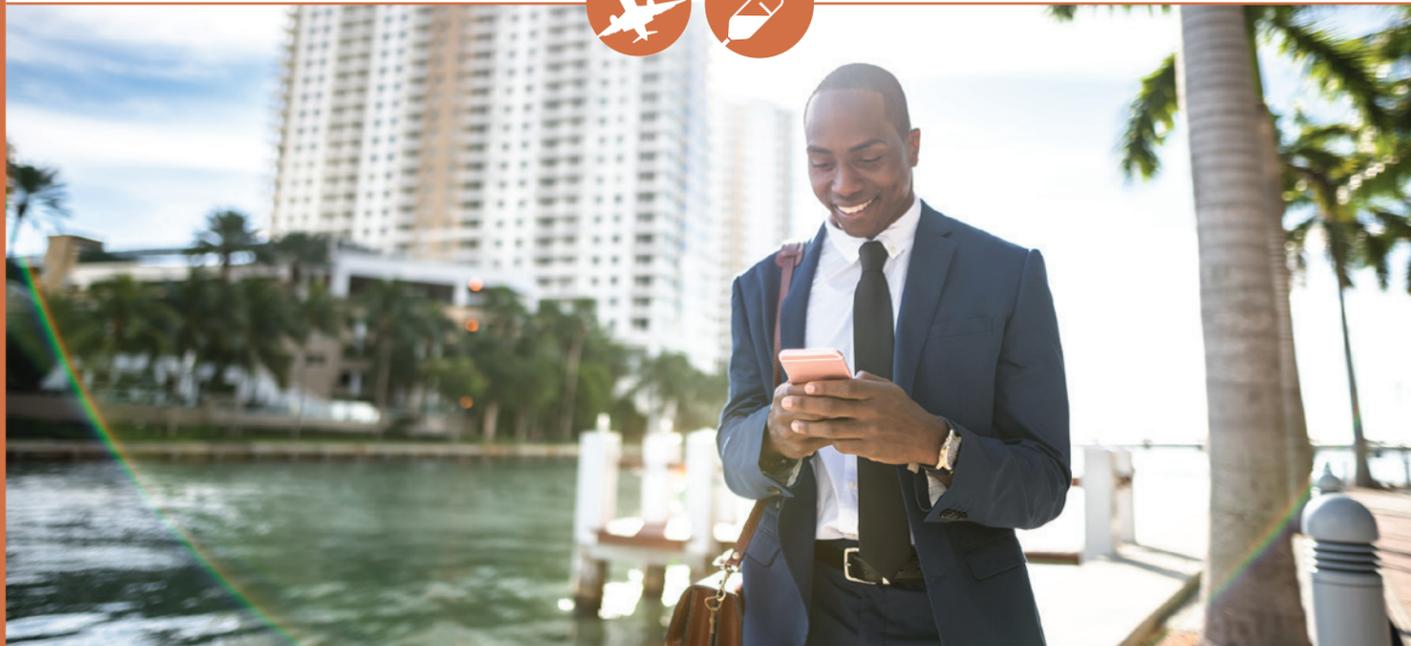
| Exercise | Time | Rest |
|------------------------|------------|------------|
| Jumping Jacks | 20 seconds | 10 seconds |
| Mountain Climbers | 20 seconds | 10 seconds |
| Bodyweight Squats | 20 seconds | 10 seconds |
| Skipping | 20 seconds | 10 seconds |
| Repeat circuit 4 times | | |

SAMPLE CARDIO CIRCUIT

| Work Period | Rest Period |
|--|--------------------------------|
| 30 seconds Sprint/intense work | 30 Second Light Jog/light pace |
| Alternate periods of work and rest for 10-20 minutes using any cardio machine you like | |



TRAVELLING A LOT FOR WORK?



At Medisys Travel Health clinics we offer:

- Travel medical advice based on itineraries, personal risk, and underlying health issues
- Routine required and recommended vaccinations and prescriptions for malaria prevention and self treatment of traveler's diarrhea
- Personalized advice on injury and infection prevention
- Travel health product recommendations

“Travel Vaccines are up to **99%** effective”

For more information or to book an appointment, visit [medisys.ca](https://www.medisys.ca) or call us toll-free at **1 800 361-3493**

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THE NEW SHINGLES VACCINE.

YOUR QUESTIONS ANSWERED.

BY DR. VIVIEN BROWN, VP MEDICAL AFFAIRS

An interview with Dr. Jay Keystone, Travel Health Director at the Medisys Preventive Health Clinic in Toronto, and Dr. Vivien Brown, VP Medical Affairs, Medisys Corporate Health



Q: WHAT IS SHINGLES?

Shingles is a painful, blistering skin rash caused by the varicella-zoster virus, the same virus that causes chickenpox. The varicella-zoster virus remains dormant and inactive in certain nerves in the body from childhood. With stress and an aging immune system, this virus becomes stimulated once again and is reactivated. About 20 per cent of those with the shingles rash will go on to suffer from chronic nerve pain in the area of the skin affected. This pain can be severe and is often debilitating for months or even years. This complication of chronic nerve pain is called post herpetic neuralgia (PHN).

Q: CAN ANYONE GET SHINGLES?

The lifetime risk of getting shingles is about 30 per cent. Anyone who's had the chickenpox is at risk of getting shingles. Shingles is commonly associated with individuals who are 50 years and older. Most shingles sufferers in Canada are over the age of 60. However, people in their 20s, 30s and 40s can and do get shingles as well.

Q: CAN YOU PREVENT SHINGLES?

Yes. Shingles is a vaccine-preventable disease. No vaccine is 100% effective in preventing disease; however the shingles vaccine will significantly reduce your risk of shingles. In studies, compared with placebo, the newer immunization, Shingrix significantly reduced the risk of developing shingles by 90-97 per cent in subjects 50 years and older. Moreover, similar to the flu vaccine, vaccination will significantly reduce the severity of the disease and the risk

of nerve pain if the disease is contracted. Zostavax, the first vaccine, decreases risk by about 50-60 per cent overall, decreasing in older people, but about two thirds of patients in all ages groups are protected from PHN with Zostavax.

Q: IF YOU'VE HAD SHINGLES CAN YOU GET IT AGAIN?

Yes. Shingles can come back a second or, rarely, a third time. However, getting shingles more than once is uncommon. There is limited data on the use of Shingrix in patients who have had shingles before. Our current Canadian guideline does endorse receiving the Zostavax vaccine about 1 year after a shingles episode, to decrease the risk of a second episode.

Q: WHO SHOULD RECEIVE THE SHINGRIX VACCINE?

Those who are 50 years and older should consider being vaccinated to prevent shingles. Both vaccines are recommended and approved by Health Canada for individuals 50 years and older. There are some studies that suggest that stress may precipitate shingles. Risk factors include a family history, especially with multiple relatives, non-insulin dependent diabetes mellitus, and those with autoimmune rheumatic diseases such as rheumatoid arthritis and systemic lupus. All of these groups have a significantly increased risk of shingles, particularly family history. Also, although off label, there are some studies suggesting that individuals under 50 who are immunocompromised should be immunized with Shingrix.

Immunizing individuals under the age of 50 is an "off label" use of the vaccine; it is important to consult a qualified health professional for a personalized recommendation.

Q: IF YOU HAVE NEVER HAD CHICKENPOX, SHOULD YOU STILL GET THE SHINGLES VACCINE?

If you've never had chickenpox you do NOT need the shingles vaccine. Instead, you should be vaccinated against chickenpox (two doses of Varivax one month apart). Note that before the advent of the chickenpox vaccine about 90% of children under the age of 12 were exposed to the virus that causes chickenpox (varicella-zoster virus). The chickenpox vaccine has reduced the prevalence of chickenpox significantly.

Q: WHAT IS THE DIFFERENCE BETWEEN ZOSTAVAX AND SHINGRIX?

Both Zostavax and Shingrix are vaccines used to help prevent the occurrence of shingles. There are several differences between the two vaccines, most importantly, in clinical studies Shingrix has shown greater effectiveness at preventing shingles in individuals over 50 years of age relative to Zostavax. Zostavax is a subcutaneous, one-time injection while Shingrix is an intramuscular (IM) injection requiring two injections, with the second dose given 2 to 6 months after the first. Shingrix is a recombinant, non-live vaccine, while Zostavax is a live, attenuated vaccine. Live virus vaccines aren't recommended in immunocompromised patients. Despite Shingrix being more effective relative to Zostavax, it requires two shots spaced over a period of 2 to 6 months, whereas Zostavax requires only one shot. Some individuals may opt for Zostavax because of the convenience of not having to return for a second shot.

Q: IF YOU HAVE ALREADY RECEIVED A ZOSTAVAX INJECTION, CAN YOU GET A SHINGRIX INJECTION?

While Shingrix has been shown to be more effective at preventing shingles relative to Zostavax, especially in older patients, we DO NOT YET have Canadian guidelines for revaccination. That said, the US national immunization committee (ACIP) has recommended Shingrix for those who have received Zostavax. This ACIP recommendation is based on the fact that within 5 years post vaccination, Zostavax prevents shingles by only 40% and, by 10 years reduces post herpetic neuralgia by only 35%.

Revaccination is a personal decision for you to discuss with your doctor. At Medisys preventive health clinics, we carry both the Shingrix vaccination and the Zostavax vaccination. While we recommend our patients get vaccinated, the choice of the vaccine depends on several factors. Shingrix is more effective, but requires 2 doses and has greater side effects.

The effectiveness of Zostavax significantly decreases with age, though the decrease in PHN remains significant. Zostavax will also decrease the severity of an episode of shingles, should you be affected, after vaccination. This process, called attenuation, really means that the value of the vaccine (like influenza vaccine) is measured not just by how many cases are avoided, but also by how severe the cases are that develop after vaccination.

Q: WHO SHOULD NOT GET THE SHINGRIX VACCINE OR ZOSTAVAX AND WHAT ARE THE SIDE EFFECTS?

Shingrix is a recombinant, non-live vaccine and thus, theoretically, it can be given to individuals who are immune compromised (live vaccines like Zostavax are not recommended in immune compromised individuals). Individuals allergic to any ingredients in the Shingrix vaccine should not get the vaccine. The most common side effects of Shingrix are pain, redness, and swelling at the injection site, muscle pain, tiredness, headache, shivering, fever, and upset stomach, which are related to the immune system responding to the vaccine. Based on available data, the majority of reactions to the vaccine were transient and mild to moderate in intensity, lasting less than three days. However, there were some patients that did report significant symptoms for a few days following vaccination, and did miss work with headache, fever, chills and generalized malaise or significant fatigue. If you choose to be vaccinated, it may be advisable to schedule the injection so as to avoid interference with important events or travel, as the risk of side effects differ per individual and can be unpredictable. Zostavax is a live virus and is not recommended in immune compromised individuals or pregnant women. The side effect profile for Zostavax is minimal with minor injection site reaction like redness and soreness. After 10 years on the market, there have been no unexpected issues associated with Zostavax.

Q: WHAT IS THE COST OF THE VACCINE?

The Shingrix vaccination costs \$350 and the Zostavax vaccination costs \$225. Some health benefit plans may cover the cost of the shingles vaccination in part or in full. Consult your plan administrator to inquire.

Q: WHERE CAN YOU GET THE SHINGRIX VACCINATION?

You can get the Shingrix vaccination or Zostavax at many family doctors' offices, provided that they stock your vaccination of choice. You can also get both vaccines at most Medisys Preventive Health Clinic located across Canada. Call us at 1 800 361-3493 or email us at bookings@medisys.ca to request an appointment to discuss the best option for you. At Medisys, we practice personalized medicine, reviewing your history, your risk, your age and your best choice before making recommendations.

REFINED SUGAR FREE STRAWBERRY CUPCAKES

THE PERFECT VALENTINE'S DAY TREAT



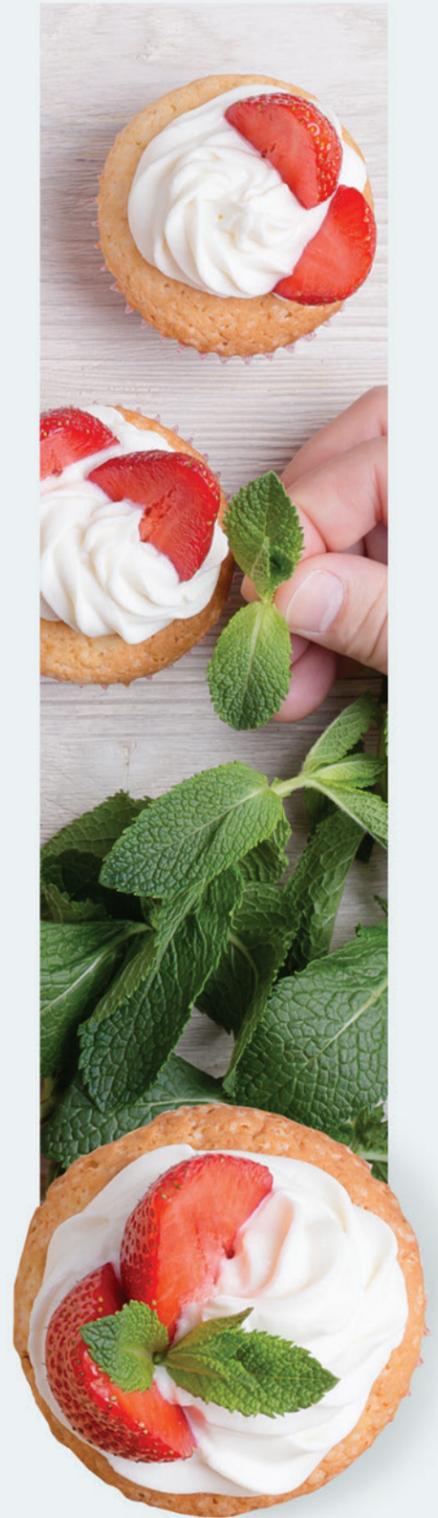
This recipe is adapted from: <https://www.raising sugerfreekids.com/sugar-sweetener-free-birthday-cake/> by the author of "Raising Sugar Free Kids". It was shared with us by one of our *30-day no refined sugar challenge* participants who wanted to celebrate her birthday without refined sugar.

Ingredients

- 2 1/2 large ripe bananas, mashed
- 4 medjool dates, pureed
- 1/4 cup (60g) plain (unsweetened) Greek yogurt
- 1/2 cup (110ml) unsweetened almond milk or dairy milk
- 3 eggs, beaten
- 1 tsp pure vanilla extract
- 1 1/2 cups (210g) whole wheat flour (or your favourite gluten-free flour blend)
- 1 cup (115g) ground almonds
- 2 tsp baking powder
- 1 tsp baking soda
- 3 tsp ground cinnamon

Instructions

1. Preheat the oven to 180C/350F/gas 4.
2. Mix the bananas, dates, yogurt, milk, eggs and vanilla extract in a bowl until as smooth and combined as possible.
3. In a separate bowl, whisk together the other ingredients.
4. Add the dry ingredients to the wet, and stir until just combined and there are no more visible flecks of flour.
5. Pour into 12 cupcake cases and bake for 20 mins or until slightly golden and a skewer inserted into the centre comes out clean.
6. Looking for a refined-sugar-free alternative to traditional icing? Try blending equal parts unsweetened smooth ricotta and mascarpone cheese with a tablespoon of pureed strawberry, peach, or blueberry for colour variety and flavour. Add unsweetened Dutch cocoa powder to the mixture for chocolate flavoured icing.
7. Top with fresh chopped strawberries, raspberries, and fresh mint sprigs.





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