



The Mimico Medical Dispatch

Monthly Newsletter from Mimico Medical

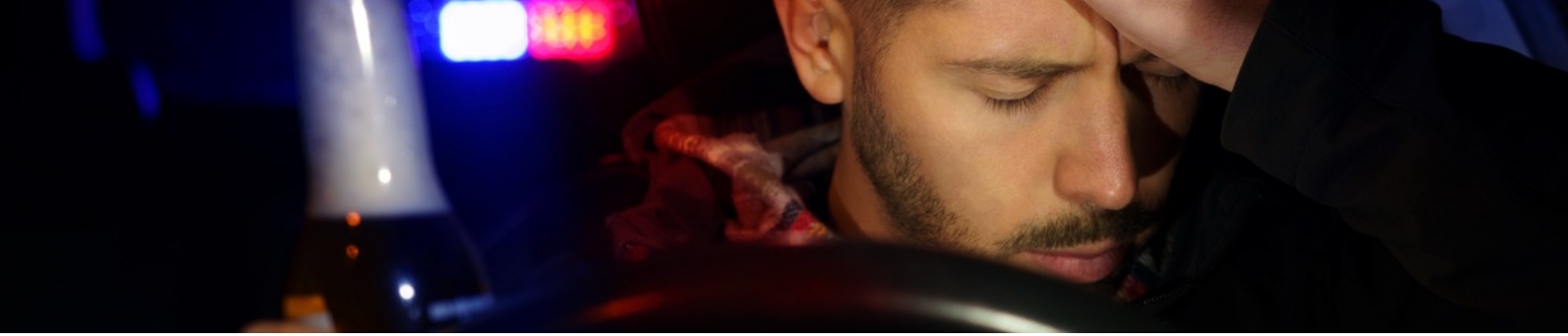
Welcome to the August edition of The Mimico Medical Dispatch, where we share updates, insights, and helpful resources from the team at Mimico Medical. Our goal is simple: help you stay informed, stay proactive, and take control of your health.



Drive Safe. Stay Alert. Arrive Home.

Summer is one of the busiest times of the year on Ontario roads. Whether you're heading to the cottage, enjoying a weekend getaway, or attending a family barbecue, it's important to remember that impaired driving isn't limited to alcohol.

Cannabis, prescription medications, over-the-counter medications, and even fatigue can impair your ability to drive safely. Every driver has a responsibility to recognize when they are not fit to get behind the wheel—and to look out for others who may not be.



What Is Impaired Driving?

Impaired driving occurs when your ability to safely operate a vehicle is affected by anything that reduces your judgment, reaction time, coordination, or attention. Impairment can result from:

- Alcohol
- Cannabis
- Prescription medications
- Over-the-counter medications
- Illegal drugs
- Extreme fatigue or drowsiness

Even small amounts of alcohol or cannabis can affect decision-making and reaction time, while many common medications can cause drowsiness, blurred vision, dizziness, or slowed thinking.



Know Before You Go

You should not drive if you:

- Have consumed alcohol and feel even mildly impaired.
- Have used cannabis in any form—including smoking, vaping, edibles, or oils.
- Have started a new prescription medication that causes drowsiness or dizziness.
- Are taking medications with labels that warn against operating machinery or driving.
- Feel excessively tired or unable to concentrate.

If you're ever unsure whether a medication affects your ability to drive, speak with your pharmacist or healthcare provider before getting behind the wheel.



Watch Out for the Warning Signs

Impaired drivers may:

- Drift between lanes
- Brake suddenly or inconsistently
- Drive unusually slowly or aggressively
- Ignore traffic signals
- Make wide turns
- Struggle to maintain a consistent speed

If you suspect another driver is impaired, keep a safe distance and, if it is safe to do so, report dangerous driving to local authorities.

Tips for Safe Summer Driving

- Designate a sober driver before social gatherings.
- Plan alternative transportation if alcohol or cannabis will be involved.
- Read medication labels carefully before driving.
- Get adequate sleep before long trips.
- Stay hydrated and take regular breaks during extended drives.

Never pressure friends or family members to drive if they don't feel safe to do so.

One responsible decision can prevent a lifetime of consequences.





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Patient Spotlight:

Age Is Just a Number: Celebrating Kenneth Steele

At Mimico Medical, we love celebrating patients who inspire us—and few do that better than Kenneth Steele.

Now in his 90s, Kenneth continues to demonstrate that passion, creativity, and purpose have no age limit. A lifelong performer, he began his professional singing career in Winnipeg before becoming a familiar voice on CBC radio and television after moving to Toronto. Later in life, he built a successful career as a television writer, earning an Emmy Award for his work on children's programming before returning to the stage to perform once again.

His album, *Steele in Love*, recorded in collaboration with acclaimed guitarist Peter Curtis, received praise from jazz critics who described Kenneth's voice as warm, expressive, and remarkably timeless.

Kenneth reminds us that healthy aging isn't simply about adding years to life—it's about continuing to do what brings you joy.

Whether it's music, art, volunteering, gardening, learning something new, or spending time with loved ones, staying mentally, socially, and physically engaged contributes significantly to overall well-being.

From all of us at Mimico Medical, congratulations, Kenneth. Thank you for showing us that it's never too late to pursue your passions and continue inspiring those around you.



"Steele In Love" - Album Available now on Apple Music & Spotify. Click The links below so hear "Steele in Love"





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We're Here for You

Whether you have questions about medications that may affect your ability to drive, want advice on healthy aging, or need support managing your overall health, the team at Mimico Medical is here to help.

Book an appointment with one of our healthcare professionals.

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