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Sodium in communal groundwater supplies, Town of Caledon

The Region of Peel operates several communal water supplies in the Town of Caledon. The quality of water from these and other public drinking water supplies is carefully monitored.

At the current observed sodium levels, Peel Public Health believes there is no health or safety risk for most people. However, water from communal wells occasionally exceeds 20 mg/L of sodium. Higher levels of sodium in drinking water could be significant to individuals on a sodium restricted diet.

Patient Advice

Patients who reside in Caledon who are on a sodium restricted diet should consider an alternative supply of drinking water that is lower in sodium.

- Alternate sources can include bottled water and technologies that remove sodium from the water supply such as ion exchange resin filters, water distillation and reverse osmosis.
- For more specific information on alternatives, we recommend that individuals consult with home water treatment device experts. Treatment devices should meet National Sanitation Foundation International (NSF/ANSI) standards.
- Activated carbon (charcoal) filters such as Brita type filters are not designed to remove sodium.

While this information relates primarily to communal groundwater well supplies operated and sampled by the Region of Peel, patients with private groundwater well supplies may have water supplies tested for sodium by contacting a private laboratory (Visit <http://www.ene.gov.on.ca/en/water/sdwa/licensedlabs.php>)

- Peel Public Health recommends that drinking water lines and water used for food preparation should by-pass the water softener, especially for individuals on a sodium restricted diet. Home water softeners add sodium to the water to control calcium and magnesium hardness.

For more information on water quality visit www.peelregion.ca/pw/water/quality or contact Peel Public Health at 905-799-7700.

Introducing our new Associate Medical Officer of Health, Dr. Kathleen Dooling

Dr. Kathleen Dooling is a welcome addition to the Office of the Medical Officer of Health, Peel Public Health. Kathleen is a native of St. John's Newfoundland and moved to Toronto in 2004 for the Community Medicine Residency Program.

Through her residency training she worked at the WHO in Geneva and with the CDC in Kenya. Dr. Dooling obtained her Master's in Public Health from Johns Hopkins University in Baltimore.

Closer to home, Kathleen has worked in public health at the local, provincial and federal levels. Additionally, she practices part-time as a family physician with Queen Square Doctors in Brampton.

Kathleen was eager to start her public health career at Peel Public Health because "local public health is the best place to see the interface between clinical medicine and population health. Peel has worked hard at cultivating these links and I look forward to being part of that community".

Among other duties, Dr. Dooling is responsible for Communicable Disease Case Management, Vaccine Preventable Diseases, and Family Health.