



*Happy Holidays*  
*From CDHF*

*This Year, Enjoy the gift of*

*Fibre*

Fibre is a necessity -- during every season. Tasty treats and big meals are delicious but don't benefit that incredible system that runs from gum to bum.

If you want to give yourself the gift of good health, be sure to Fibre Up! Try these simple fibre-fortifying tips:

*Start* each day with high-fibre cereal

*Dip* a pear or apple into fibre-enriched yogurt

*Dip* a pear or apple into more enriched yogurt

*Dunk* broccoli or cauliflower into hummus

*Spread* avocado on whole wheat or multi-grain toast

*Munch* on a handful of raspberries, nuts, seeds or edamame



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## *New Animation!*

### **What's Health Canada saying about Biosimilars?**

A biosimilar biologic drug, or biosimilar, is a drug demonstrated to be highly similar to a biologic drug that was already authorized for sale (known as the reference biologic drug).

Biosimilars are approved based on a thorough comparison to a reference drug and may enter the market after the expiry of reference drug patents and data protection.

Watch this video to get more insight into what Health Canada is saying about Biosimilars!



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# From us to You



Second Chance to view IBS-D Webinar



## Understanding IBS-D



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