

HEALTHY LIVING

Red Cross CPR/AED Certification course Nov. 2

Ontario Early Years Centre, 8 James St. in Georgetown will be hosting a CPR/AED Course, 9 a.m. to 1 p.m. on Saturday, Nov. 2.

The Canadian Red Cross CPR/AED Certification course with a First Aid Refresher will teach you how to prevent injuries before they happen, rescue an unconscious or conscious choking baby, child, adult, you will be certified in baby, child and adult CPR, two-man CPR and AED (Automatic External Defibrillation). You will also have receive a review of basic first aid including topics such as, scrapes, cuts, wounds, impaled objects, nose bleeds, seizures, allergies – epipens and heat burns. This course will help you handle emergencies with confidence. The certification is in CPR only!

The cost is \$75 (includes HST) includes CPR/AED booklet, three-year certification card and hand-outs.

To register call Catherine McEwen, 905-877-4490.

Boutique eliminates the shopping worry for cancer survivors

By **DOROTHY RICHARD**
Heart in Hand Boutique

Shelley Gable and I opened Heart in Hand Boutique in the fall of 2012 when we both saw a need for a one-stop boutique for ladies with cancer.

As a cancer survivor I know the hardship of shopping for products— bras, camisoles, hats, wigs. Where do you shop for these special things? How much are they? Those are the questions that went through my mind.

At Heart in Hand Boutique we wanted to take the worry out of finding a pretty bra or a fashionable wig so we put everything under one roof. Women who are being diagnosed with breast cancer are younger and they don't want to wear something that isn't pretty, or that isn't attractive.

Times have changed and mastectomy wear is no longer ugly. At Heart in Hand Boutique you will find pretty post-op camisoles which ladies need before surgery. These camisoles are designed with drain pouches and they come in different colours. After your surgery you will want



Heart in Hand Boutique owners Dorothy Richard (left) and Shelley Gable offer a one-stop boutique for cancer survivors.

to return to the boutique to be fitted for your prosthetics, also known as breast forms. These breast forms come in many different shapes and sizes. We also carry a large selection of bras and bathing suits in different sizes and styles. Aqua swim is a great form of exercise after surgery. We also carry the swim form for your bathing suit. Our expert has over 15 years of fitting prosthetics experience so she will ensure the fit is perfect.

Losing your hair can also be part of your treatment for cancer. At Heart in Hand

Boutique there are many styles and colours of wigs— long, short, blonde or brunette and if you don't see it, we can get it. If you can make it in before you lose your own hair we will even try to match a wig that looks like your own.

At the boutique we measure and fit for lymphedema and compression garments. Lymphedema can be primary and secondary diagnoses. Secondary is the most common as it can be the result of a surgery radiotherapy or injury. Compression garments and stockings come in different pressures, along with many different styles and colours. Compression can be worn for spider veins, varicose veins, leg or arm injury or after surgery.

We are a certified ADP (Assistive Device Program) location so we work very closely with the government to help with payment for your lymphedema garments.

Through privacy, empathy and respect our certified mastectomy fitter and ADP-certified lymphedema expert will ensure that your experience is a positive one.

Check www.heartinhandboutique.com or call 905-877-4327.

Healthy Living

Wise words for a healthy diet

With the spotlight on nutrition throughout the month of March, many of us will take more interest in our diet and be motivated to adopt a healthier lifestyle. That might be easier said than done. One solution, for those of us who would like to have some support, is to consult a dietician or nutritionist.

It is to everyone's advantage to find a source of trustworthy information about nutrition. The personalized advice that a professional nutritionist or dietician can give is especially useful for those who would like to know more about nutrition in general or about new food products, or for those who have food allergies or intolerances or who have a chronic illness such as diabetes. People wanting to lose weight in a healthy way can also benefit from this kind of advice—what a great way to have help in meeting your objectives!

Healthy weight loss

Weight loss is undoubtedly the most popular subject when nutrition is being discussed. Many people would love to know the secret of healthy weight loss and weight maintenance. Unfortunately, there is no miracle recipe: you just have to eat smaller and healthier portions and exercise.

Any specialist will tell you that rapid weight loss is not a good long-term strategy. Drastic changes in our eating habits are never a realistic option, as they are difficult to maintain over time. Healthy weight loss means adopting better eating habits in daily life in a realistic way. For example, a decision to eat more

fresh fruits and vegetables can be sustained on the long term. Hmmm: just think of a delicious squash soup or grilled asparagus or pineapples flambéed in rum!

Top 5 nutrition tips

1. Always make eating a pleasure. A healthy diet is just common sense. Keep it simple and tasty.
2. Cook as many of your own meals as you can. Preparing food at home alone, as a couple, or with the family can be simple and fun. These meals are healthier, as they tend to contain less sugar, fat, and salt than commercially prepared dishes.
3. Eat together, with the family. Mealtime is the perfect occasion for parents to teach good eating habits to their children. Sitting down together should be enjoyable; it's not the time to dwell on discipline.
4. Switch off the television during mealtimes. Eating is not just a question of nutrition but also a time to talk to loved ones.
5. Discover new foods and spice up your life with a bit of variety. Be daring and try foods that you've never eaten before. You're sure to make some great discoveries and make mealtimes a lot less monotonous. One example: try the grain quinoa, served hot like rice or mixed with veggies as a cold salad.



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Julia Fountain,
BSc, ND

Q: I've been experiencing bloating lately, could it be something I'm eating?

A: Bloating is generally associated with a full, swollen feeling in the belly area. It makes us feel fat, but it's not fat! Two of the most common causes are fluid retention and gas. An in-office body composition test helps us differentiate between the two. If the bloating is related to food, chances are you'll wake up without bloating, it will get worse as the day goes on (particularly after meals), your weight may fluctuate dramatically within a 24 hr period and clothes are tight by the end of the day. A food intolerance test helps isolate the problem food(s). If the bloating is entirely food related, you'll feel better within 2 weeks of dietary therapy. If you feel only mild improvement we know other factors are involved and we need to investigate further.

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