

# Surgery - a necessity or a choice?

By Ruth Kranendonk

Have you ever been persuaded to have surgery without adequate discussion beforehand? Have you ever left the doctor's office still wondering what was wrong with you?

These were just a few of the concerns discussed at a series of five workshops entitled "Surgery - A Necessity or a Choice?" This exciting health program for women was presented by Halton District Women's Institute at the Bennett Centre in Georgetown. This unique project was organized originally by the National Council of Jewish Women of Canada, with support from the Federated Women's Institutes of Canada, and funded by Health and Welfare Canada.

Mary Jane Wingfield from Ashgrove WI and Edith Turner from Silver Wood WI were the workshop facilitators. They did an excellent job of encouraging questions and discussion. Thirty women took part in the program. The main objective was to help women increase their awareness of their own health care.

The first session dealt with "Doctor/Patient Interviews." Dr. Len Landry spoke on the importance of being assertive. Take a list of questions when you visit your doctor and get the answers you require.

"Options for Breast Health" was presented by Sandra Kenzie, an R.N. who has taught courses on a thorough breast self-examination program. The third session was presented by Jackie Williamson, R.N., entitled "Knowledge of the Reproductive System."

Dr. Debbie Zeni covered the topic of "Surgery - A Necessity or a Choice." Dr. Zeni emphasized the right to a second opinion if a patient is not satisfied with their diagnosis.

The last session dealt with "Consent - Rights, Responsibilities, Trust." A patient should keep a personal health record to include dates of operations, pap tests, mammograms, blood tests and results, and dental and optical appointments. This presentation was given by Jean McLean, R.N..

Ruth Kranendonk  
PRO, Halton District WI



With the proceeds from the course, the Halton District WI presented a camera to the Hospital staff for use at their facility. Pictured from left to right are Mary Jane Wingfield from the Ashgrove WI, Caroline Harding from Educational Services at the Georgetown Memorial Hospital, Eve Martin, President, of the Halton District Women's Institute, and Edith Turner from the Silver Wood WI.

## Display of crafts from recycled goods



The Perth Centre District WI participated in Stratford's Civic Beautification and Environmental Awareness Week. The theme for the WI display of crafts at the Central Secondary School was "Let's Recycle." Crafts made from recycled articles included: quilts and woven rugs from blue jean material, gift boxes from assorted cards, and a christmas tree from old coat hangers. Pictured left to right are Winnie Trachsel, PRO, Perth District WI, Ruth Dill, Gadshill WI, and Beth Kollman, Hampstead WI.