

A Red Cross feature

He owes his life to Factor VIII

Don Wright is an artist who owes his independence, his greenhouse, his garden and his lifestyle to Factor VIII, a blood derivative - and to Newfoundland.

He is 47 years old and a hemophiliac. About ten years ago he decided to move from being an art teacher in Ontario

to what he perceived as a more relaxed, less pressured life in Newfoundland. This coincided with the isolation of the blood product Factor VIII from whole blood as the breakthrough treatment for hemophiliacs. But Wright, even now, can't separate his way of life from his treatment. To him they are linked, and decisions are made by him because he is primarily an artist not because he is a hemophiliac.

"I came here for the more relaxed way of life, for a life that made sense to me," Wright said. "Ten years ago my joints were in bad shape. I couldn't do half the things I do today. Today I feel better than ever before."

He was two years old, living in Timmins, Ontario when he had his tonsils removed and was bleeding profusely. It was then his family discovered he had hemophilia, a rare condition occurring only in men resulting from the absence of Factor VIII - the name given a



Louise Stevens, Halton Hills unit secretary for the Cancer Society, is seen here at work in the Society's new office at 5 Wesleyan Street. The office is situated upstairs over the Christian Book Shop and is open Monday, Wednesday and Friday.

RED CROSS
Blood donor clinic
Monday 1:15 - 8:45 p.m.
Holy Cross auditorium

There are 16 Canadian Red Cross Blood Transfusion Service centres across Canada where blood is broken into its component parts. It's an operation requiring the most sophisticated medical equipment and techniques. The results are worth it. It means that blood components such as platelets can be given to those who need them.

Leukemia patients depend on platelets for their treatment. Platelets are found in plasma, which is the straw coloured liquid portion of blood. The blood comes from people across Canada who donate blood at the Canadian Red Cross Society Blood Donor clinics.

Cancer campaign may gross \$38,000

Louise Stevens says that last month's cancer Society fundraising campaign went at least as well as expected and Halton Hills' projected contribution of \$38,000 should be realized.

Mrs. Stevens provides liaison between the public and volunteers and distributes educational pamphlets to the public.

"Our motto is 'We can beat cancer in the 80's,'" Mrs. Stevens says. "Many people don't realize that many forms of cancer are curable if caught in time. There were great advances made in the 70's and

I'm sure the 80's will be even better."

Any donations can be mailed to the local office where they will be received.

On Saturday, June 7, there will be a free breast examination clinic held at the Georgetown District Hospital from 12 to 8 p.m. Any further questions can be answered by Mrs. Stevens

"The April campaign has gone really well this year," Mrs. Stevens said last week. "I think one of the reasons for this is the increase in cancer. I don't think there is a family anywhere that hasn't been touched by it."

All the proceeds from the drive go towards combatting cancer and educating the public on how to prevent cancer.

Mrs. Stevens will be operating out of a new office at 5 Wesleyan Street. Any contributions or in memoriam donations will be accepted at the new location.

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Anti-stress

How to cope.

Stress is something we encounter every week of the year. But during Mental Health Week, from May 4th to the 10th, we're putting the stress on knowing how to cope with it.

Stress is a part of normal living. And a little stress can even help individuals realize new successes or achievements.

But evidence is mounting that excessive or prolonged stress is linked to major illnesses. So the trick is not to ignore stress. But to understand and control it. And now, during Mental Health Week, is a good time to start.

If tension, anxiety and daily pressures start mastering you instead of the other way around, try dealing with them in a few simple ways.

Keep up your general health. Good physical condition can help you cope with stress situations.

Talk about or work out your problems. Talking and physical activity are emotional outlets which can help put problems into perspective.

Give your support to friends, family and co-workers during periods of stress. As it helps them, it can also take your mind off your own problems.

Learn some of the new methods of controlling stress. There are all kinds of techniques, from the simplest to the most sophisticated.

And finally, get more information on how you can understand and deal with stress, by writing to: Ontario Ministry of Health, Resource Centre, Queen's Park, Toronto, Ontario M7A 1S2.

After all, the more you know about stress, the better you can cope with it. And Mental Health Week is a good time to start.



Dennis R. Timbrell
 Minister