

# Health & Fitness

## Georgetown hospital awarded health care accreditation

By L. Willson  
The Georgetown and District Memorial Hospital is celebrating its Accreditation. The Health Care Accreditation,

a voluntary process, was awarded to Georgetown Hospital by The Canadian Council on Health Facilities Accreditation.

The Council is a non-profit organization dedicated to improving the quality of care to people in hospitals, long-term care, psychiatric and mental health facilities, as well as rehabilitation centres.

According to John Oliver, executive director of Georgetown Hospital, "The quality of health care offered at the Hospital is very important to us and this is the primary reason why we voluntarily sought Accreditation."

As part of this Accreditation process, the Hospital asked The Council to evaluate the Hospital's compliance with the national standards for hospitals.

These standards, against which Georgetown was measured, represent the best thinking about quality in health care in Canada.

During the assessment, the evaluators, who are themselves senior health care professionals

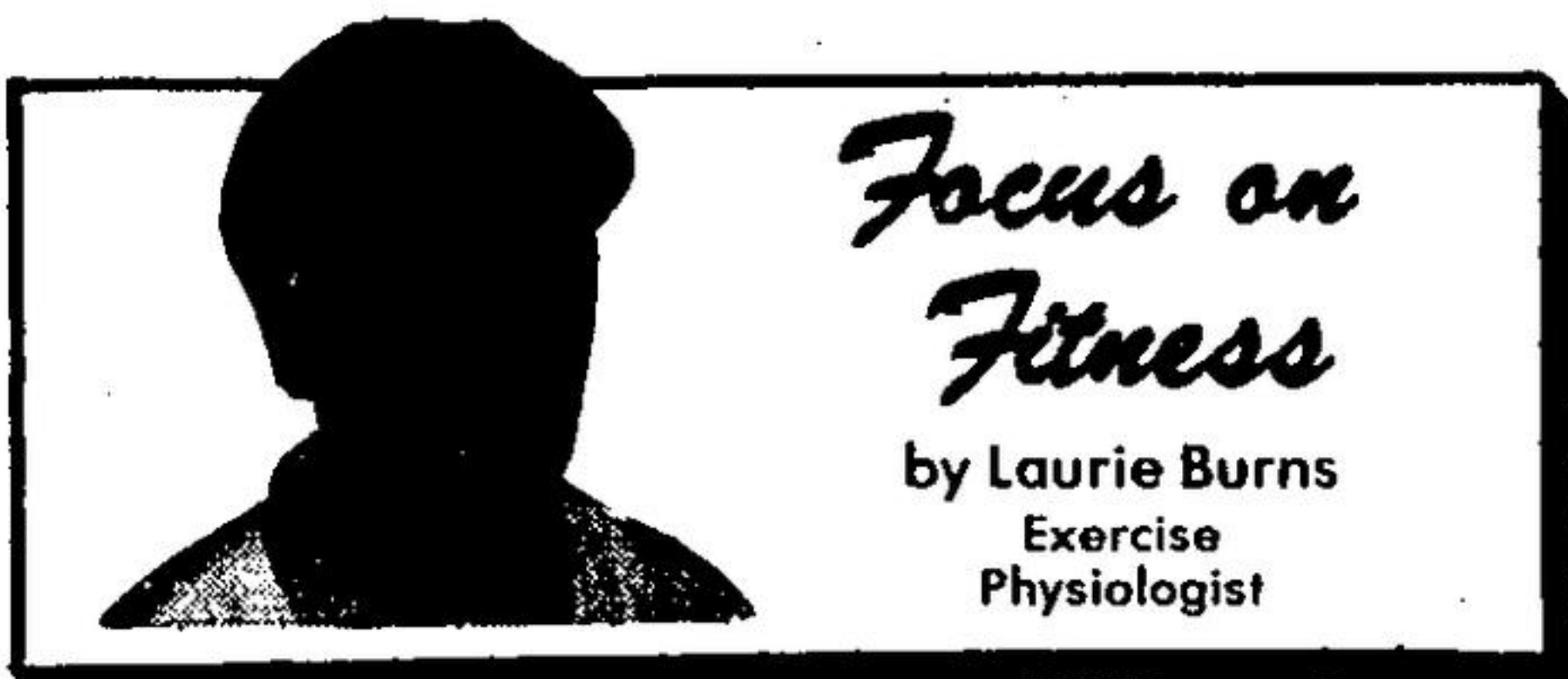
at similar facilities, consulted with Hospital staff and reviewed virtually every area of the institution's operation.

In its final Accreditation report, The Council commended Georgetown Hospital board, administration and staff for their high standard of patient care.

"The Accreditation represents a significant achievement for the Hospital and all of its staff," Oliver reports, "and it demonstrates to Halton Hills residents that the Hospital is committed to providing the best health care and service possible."

Georgetown and District Memorial Hospital is a 112-bed primary, acute care and long-term care facility. As a primary health care provider, the Hospital is committed to identifying health care needs for Halton Hills, and developing programs in co-operation with other health agencies.

Established in 1961, Georgetown Hospital celebrates its 30th anniversary this year.



### February's heart challenge: Test your heart smart's

	Score
<b>1. Age</b>	
Age 56 or over	1
Age 55 or younger	0
<b>2. Sex</b>	
Male	1
Female	0
<b>3. Family History</b>	
If you have:	
Blood relatives who have had a heart attack or stroke before age 60	12
Blood relatives with a known history of heart disease at or before age 60 but no heart attacks or stroke	10
Blood relatives who have had a heart attack or stroke after age 60	6
No blood relatives who have had a heart attack or stroke	0
<b>4. Personal History</b>	
50 and under: If you have had either a heart attack, a stroke, heart or blood vessel surgery	20
51 and over: If you have had any of the above	10
None of the above	0
<b>5. Diabetes</b>	
Diabetes before age 40 and now on insulin	10
Diabetes at or after age 40 and now on insulin or pills	5
If your diabetes is controlled by diet, or your diabetes began after age 55	3
If you have ever had diabetes	0
<b>6. Smoking</b>	
Two packs per day	10
Between one and two packs per day or quit smoking less than a year ago	6
If you smoke 6 or more cigars a day or inhale a pipe regularly	6
Less than one pack per day or quit smoking more than a year ago	3
Never smoked	0
<b>7. Cholesterol (if cholesterol count is not known answer 8)</b>	
Cholesterol level - 276 or above	10
Cholesterol level - between 225 and 275	5
Cholesterol level - 224 or below	0
<b>8. Diet (if you've answered 7, do not answer 8)</b>	
One serving of red meat daily, more than seven eggs a week, and daily consumption of butter, whole milk and cheese	8
Red meat 4-6 times a week, 4-7 eggs a week, margarine, low fat dairy products, and some cheese	4
Poultry, fish, little or no red meat, three or fewer eggs a week, some margarine, skim milk, and skim milk products	0
<b>9. High Blood Pressure</b>	
If either number is:	
160 over 100 (160/100) or higher	10
140 over 90 (140/90) but less than 160 over 100 (160/100)	5
If both numbers are less than 140 over 90 (140/90)	0
<b>10. Weight</b>	
Ideal Weight Formula:	
Men - 110 lbs. plus 5 lbs. for each inch over 5 feet	
Women - 100 lbs. plus 5 lbs. for each inch over 5 feet	
25 pounds overweight	4
10 to 24 pounds overweight	2
Less than 10 pounds overweight	0
<b>11. Exercise</b>	
Do you engage in any aerobic exercise (brisk walking, jogging, bicycling, racketball, swimming) for more than 15 minutes:	
Less than once a week	4
1 to 2 times a week	2
3 or more times a week	0
<b>12. Stress</b>	
Are you:	
Frustrated when waiting in line, often in a hurry to complete work or keep appointments, easily angered, irritable	4
Impatient when waiting, occasionally hurried, or occasionally moody	2
Comfortable when waiting, seldom rushed, and easy-going	0
<b>TOTAL POINTS:</b>	

Score Results: Tabulate your points. Compare them with the chart below. Remember that a high score does not mean you will develop heart disease. This is merely a guide to make you aware of a potential risk.

With Answer to Question 9	Without Answer to Question 9
High Risk . . . . . 40 and above	High Risk . . . . . 36 and above
Medium Risk . . . . . 20-39	Medium Risk . . . . . 19-35
Low Risk . . . . . 19 and below	Low Risk . . . . . 18 and below

February is Heart Month. Take the test this week and we will spend the month improving your score.

### Living wills suggested

TORONTO - Mark R. Daniels, president of the Canadian Life and Health Insurance Association (CLHIA), announced the award of \$150,000 medical scholarship to a doctor studying some of health care's most provocative ethical issues, including the use of "living wills."

The recipient of the award, Dr. Peter A. Singer, assistant professor of medicine and associate director of the Centre for Bioethics at the University of Toronto, believes that widespread use of "living wills" would improve the quality of health care and could save the North American health care system billions of dollars a year. A "living will" stipulates in advance whether a patient wishes that doctors undertake extraordinary measures to sustain life.

"These bio-ethical issues, such as medical care at the end of life, are of pressing concern to Canadians," says Dr. Singer. "Practical solutions are needed. My research will aim to provide these solutions building upon the traditional legal and philosophical approaches to medical ethics."

The medical scholarship will also allow Dr. Singer to examine other concerns including organ transplants and the distribution of medical services.

"We are very pleased to be presenting this scholarship to one of Canada's outstanding medical talents," says Daniels. "The Canadian life and health insurance industry considers it very important to be involved in improving health care in this country through the support of public health education and research."

Born in Toronto, Dr. Singer graduated from the Faculty of Medicine, University of Toronto in 1984. He has received numerous awards and was a Robert Wood Johnson Clinical Scholar at Yale University.

The Canadian Life and Health Insurance Medical Scholarships assist Canadian university medical schools to attract and retain promising young faculty members who have a major interest and demonstrated ability in health research. Each year, the Medical Scholarships Program, funded by CLHIA member companies, awards successful recipients scholarships for specific research projects.

The CLHIA is the oldest organization of life and health insurance companies in North America. Its membership includes 108 Canadian, American, British and other European firms, representing 98 per cent of the life and health insurance in force in Canada.

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