



OCTOBER

Breast Cancer Awareness Month

Think pink!

Three golden rules to remember:
PREVENTION, PREVENTION AND...
PREVENTION

Every October, the international community promotes Breast Cancer Awareness Month. In Canada, one woman in eight will be afflicted with this type of cancer during her lifetime. This is why it is so important to raise awareness of the ways to prevent this disease from developing.

Doctors suggest several ways to reduce the risks of contracting this devastating disease. First and foremost, they recommend a diet rich in fruits and vegetables and, even more importantly, low in fat. Several studies demonstrate that a healthy diet can prevent certain cancers as well as heart disease.

Of course, priority has to be placed on screening, as, the sooner a cancer is detected, the higher the chances of survival are. For women 50 years and older, the simple fact of having a mammogram, thermographic imaging as well as a breast examination every two years reduces the death rate in 50 to 69 year olds by more than 25%! So it's clear that breast cancer rates would be reduced significantly if all women had regular breast examinations.

Another component in the fight against cancer is regular exercise. By adding a period of light to moderate physical activity to your daily routine, you can help protect yourself. It doesn't have to be anything complicated, just a walk around the neighbourhood, playing outside with your children or even biking to work. And lastly, it is strongly recommended to reduce alcohol consumption and to stay well away from cigarettes!

October Lectures on Breast Health with Dr. Cynthia Simmons, HD

Dr. Simmons, a homeopathic doctor and breast health program educator from the Breast Health Clinic, will be offering 2 lectures in Georgetown during the month of October on **BREAST HEALTH**.

On Tuesday October 26th at 7 pm there will be a lecture "**Breast & Digestive Health; making the connection**" at the Georgetown Branch of the Halton Hills Public Library (register at 905-873-2681 x 2511)

Friday October 29th there will be a **BREAST HEALTH** lecture at **CURVES** in Georgetown at 7:00 pm. (Register at 905-702-0418)



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