



The Regional Municipality of Halton  
www.halton.ca

# More Blue & Green at Halloween



### Items for GreenCart Items for Yard Waste Items for Garbage

- Candy and chocolate (no wrappers)
- Paper bags
- Potato chips (no bags)

- Pumpkins
- Decorative cornstalks
- Decorative hay bales (must be bundled and weigh no more than 23 kg (50 lbs))

- Candy and chocolate wrappers
- Plastic lollipop sticks
- Artificial decorations
- Potato chip bags (including compostable)

**Reuse:** Many items in good condition can be taken to a local reuse centre.  
Costumes • Clothing • Shoes (paired)

Visit [www.halton.ca/waste](http://www.halton.ca/waste) for a listing of reuse centres.

## More Blue & Green for a Better Planet

### "Halton Recycles" - new online communities about waste management

You can now get the latest news about Regional waste management programs with the launch of two new social media tools, including a Twitter account (@HaltonRecycles) and a blog site ([www.haltonrecycles.ca](http://www.haltonrecycles.ca)). Waste Management staff will be available on weekdays on both sites to share information and discuss topics such as waste diversion and the 3Rs (reduce, reuse, recycle). You can also share your own personal tips, stories and photos as they relate to waste diversion in your everyday life. Take a moment to discover the new sites, share your thoughts and join in on the conversation.



Gary Carr  
Regional Chair

#### Halton Regional Meeting Schedule

<b>Nov. 8,</b>	<b>9:30 a.m.</b>	Health & Social Services Ctte.
<b>Nov. 9,</b>	<b>9:30 a.m.</b>	Planning & Public Works Ctte.
	<b>1:30 p.m.</b>	Admin & Finance Ctte.
<b>Nov. 16,</b>	<b>9:30 a.m.</b>	Regional Council.

Meetings can be viewed online at [www.halton.ca](http://www.halton.ca).

Please let us know as soon as possible if you will have an accessibility or accommodation need at a Halton Region hosted event or meeting.

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# Thermography should work with mammography to provide optimum health care

Thermography versus mammography.

In reality it should not be about one over the other; one instead of the other. The desired effect we want to see is that these two worlds come together. One about disease and acute interventions; the other about health and prevention of disease.

Therefore people need to educate themselves and be able to work with all their medical professionals (e.g. your MD and your ND or HD) as a team.

#### THERMOGRAM

- Functional test
- Uses infra-red sensors
- Measures heat generation/inflammation
- No compression
- No radiation
- Non-invasive
- Safe for pregnant and young women
- Beneficial in large, dense and fibrocystic breasts
- Average 90% sensitivity (10% of cancers missed) in all age groups

#### MAMMOGRAM

- Structural test
- Uses X-rays

- Detects lumps
- Compression of breast
- 1000 rads of Ionizing Radiation
- Large, dense, and fibrocystic breasts cause reading difficulties.
- 80% sensitivity in women over age 50. Sensitivity drops to 60% in women under age 50

Note: a cancerous tumor can grow 8-10 years before it is big enough and dense enough to be detected by mammography.

Studies have shown that when thermography is used as part of a multi-modal approach (clinical examination, mammography and thermography) 95% of early-stage breast cancers can be detected!

Furthermore, women who have had inconclusive mammograms or physical breast examinations find that breast thermography can help to clarify these tests, therefore enabling women to better manage their breast health.

Women with dense or fibrocystic breasts, where mammography is of little value, will benefit from thermographic monitoring.

See THERMAL, pg. 3

## InFocus Rehabilitation Centre Inc.

324 Guelph St, Unit #4, Georgetown (in between Harvey's and Tim Horton's)  
905-702-7891  
[www.infocusphysio.com](http://www.infocusphysio.com)

*Our Registered Physiotherapists have 17 years of experience in reducing pain and improving function & independence!*

#### Services that InFocus provides include:

- Orthopedics
- Neurological Rehabilitation
- Vestibular Rehabilitation (dizziness & vertigo)
- TMJ treatment (jaw)
- WSIB, Motor Vehicle Accident
- Custom Knee Bracing for OA and ligament damage
- Home Visits

We also have 2 Registered Massage Therapists and a Registered Dietician on staff.

We provide DIRECT BILLING for your convenience!



Jenni Veneruz

## Do The WagJag!

Buy together and we all win!

# Ask Me About

# WagJag

[wagjag.com](http://wagjag.com) for details