

Fool's advice

On Monday a task force of researchers recommended women get fewer mammograms in their lifetimes and advised family physicians to stop performing routine clinical breast exams.

The guidelines—the first update in 10 years—recommend most women avoid routine mammography until age 50, after which they should have the X-ray every two to three years instead of every year or every two years.

The reasoning—if you can call it that—said women who face routine mammograms may have false positives and be subjected to needless tests and anxiety.

We argue that a woman would rather deal with a false positive than learn that the breast cancer had spread to her lymph nodes. We suggest that catching cancer in its early stages gives a person a reasonable fighting chance against this insidious disease.

The task force made it clear, though, the recommendations do not apply to the small percentage of women at high risk for breast cancer.

However, the report, published by the Canadian Medical Association, is a disservice to women and physicians and breast cancer advocates say the new guidelines will likely leave many women confused.

A woman, perhaps frightened about having a mammogram, will look at this report and will somehow have a false sense of security believing this type of breast screening is not as important as once touted.

Dr. Martin Yaffe, a senior scientist in the imaging research program at Sunnybrook Health Sciences Centre, said it would be “disastrous” if doctors or women were to follow the new guidelines—especially the recommendation for women in their 40s to avoid screening.

“I would estimate that in the next 10 years if this were to happen and women in their 40s were not screened, about 2,000 women in Canada will die from breast cancer,” said Yaffe.

We sincerely hope that women—before the age of 50—continue to monitor their health and advocate for mammograms. They should speak to their family physician and push for that routine X-ray. It could save their life—and no stat in any report will change that.

WEB POLL RESULTS

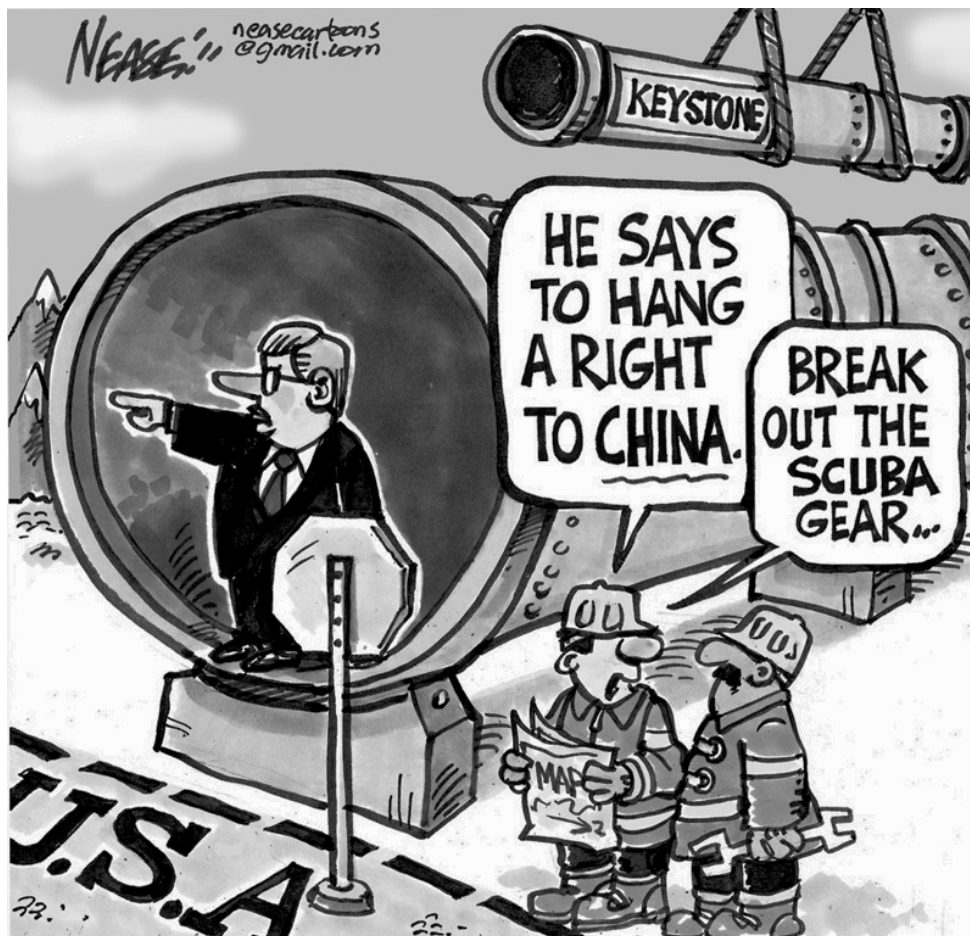
(Go to www.independentfreepress.com)

When it comes to Santa Claus parades where do you stand?

- I prefer a nighttime parade (54%)
- I prefer a daytime parade (37%)
- I prefer they don't hold parades (9%)

The Independent & Free Press

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Steve Nease

Support sought for youth trip

Dear editor,

I have been accepted as a member of Global Youth Volunteer Networks volunteer team heading to the Philippines for the month of May 2012.

This team will be one of many teams sent out by Global Youth Network, a non-denominational Christian organization committed to serving today's youth culture.

This particular team will consist of nine team members, two leaders in training and an experienced Global Youth Network leader. While in the Philippines, this team will be working with local community-based organizations on development projects and youth empowerment programs, including computer skills courses, youth forums on social justice issues locally and globally, MAD (Making a Difference) school program for disadvantaged children as well as living with local families to experience a true cross-cultural exchange.

The purpose of this trip is to offer university students an experience that will increase their confidence in their ability to make a difference in the world. An experience such as this is

also designed to encourage and develop leadership skills and offer valuable work and educational experience that will better help them determine their future goals.

These trips serve to inspire Canadian young adults toward effecting change in their own communities and to continue to stay connected to the world through the relationships they will build. This program also allows Global Youth Network to sustain relationships with its international partners thereby keeping its commitment to long-term development.

Each team member is asked to raise \$3,700 to cover a portion of the team's expenses of transportation, accommodation, meals and training.

If you would like to support me on this amazing opportunity please go on line to www.gyvn.ca, click on “donate now”. Follow to the link under “To Sponsor a Team Member” enter the donation amount, select “Team Philippines” in the drop down menu, and make note that is a donation directed for Sarah Clarke in the space provided. A tax receipt is issued for \$15 or more.

Any support you are able to offer will be greatly appreciated.

If you have any further questions please feel free to contact myself at sarah-clarke@live.ca

Sarah Clarke, Georgetown

Letters to the editor

Turn lane great

Dear editor,

I just wanted to comment on how wonderful the new intersection of Mountainview and Delrex will improve the flow of traffic.

Although, the traffic while under construction was frightening, I think this will make a huge difference from now on as the left-hand turners now have a designated lane along with the advanced green that was already in place.

The new layout of the intersection I think will also improve the safety, as this is an area where dozens of school children need to cross each day.

Thank you Halton Hills!

Nicole Pollard,
Georgetown

Send us your letters

Got a complaint? Want to get something off your chest?

The Independent & Free Press welcomes your thoughts on issues of the day.

Please send any letters to the editor by following the letters policy (above).

905-873-0301
Publisher: Ken Nugent
General manager: Steve Foreman
 (sforeman@theifp.ca)
Retail advertising manager: Cindi Campbell
 (ccampbell@theifp.ca)
Managing editor: John McGhie
 (jmcghie@theifp.ca)
Distribution manager: Nancy Geissler
 (ngeissler@theifp.ca)
Classifieds
 Kristie Pells
 (classified@theifp.ca)
Accounting
 Rose Marie Gauthier
Editorial
 Cynthia Gamble: News editor
 (cgamble@theifp.ca)
 Ted Brown: Photography
 (tbrown@theifp.ca)
 Lisa Tallyn: Staff writer
 (ltallyn@theifp.ca)
 Eamonn Maher: Staff writer/sports
 (emaher@theifp.ca)

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Email:

jmcghie@theifp.ca

Mail or drop off:

Independent & Free Press, 280 Guelph St., Unit 29, Georgetown, ON, L7G 4B1.