

March is National Colorectal Cancer Awareness Month



Did you know that colorectal cancer is the second leading cause of death from cancer in men and the third leading cause of death from cancer in women in Canada? March is National Colorectal Cancer Awareness Month. Let's take this opportunity to talk about a disease that is preventable, treatable and beatable.

Colorectal cancer can take up to 10 years or more to develop. It is not uncommon for a cluster of abnormal cells otherwise known as polyps to grow on the surface of the colon. Most of these polyps are not cancerous (benign) at first but can turn cancerous over time, explains Dr. Douglas Cair, Gastroenterologist at Valton Healthcare. With screening tests such as a colonoscopy, we can find these polyps and remove them before they become a concern. Even if we find cancer, it can be successfully treated and cured in 90 per cent of the cases, as long as we catch it early enough.

Polyp Cancer Check, a province-wide screening program, recommends that all Canadians aged 60 and over be screened for colorectal cancer.

For more information visit www.ontario.ca/coloncancercheck.

FREE Diabetes Friendly South Asian Cooking Seminar



The Georgetown Hospital Foundation and Valton Healthcare are hosting a

Diabetes Friendly South Asian Cooking Seminar

Saturday, April 9, 2016 3:30 pm

Real Canadian Superstore,
PC Cooking School (Upstairs)
3050 Argenta Road, Mississauga

Learn how to cook delectable diabetes friendly versions of your favourite South Asian recipes.

- **Live Cooking Demonstrations** with Anubha Khan, Registered Dietitian and Professor, and culinary students from the Centre of Hospitality and Culinary Arts at George Brown College

- **PC Cooking School** with Vudha Ashid, Registered Dietitian, in-store program

Participants will have the opportunity to taste dishes and will receive recipes and cooking tips. The Valton Diabetes Program will also be on hand to provide information about diabetes management.

LIMITED SEATING. RESERVE your spot today! **RSVP** to the Georgetown Hospital Foundation by calling 905-883-0111 ext. 8:41 or by email at jmcnally@haltonhealthcare.com.



Stay connected! For more information please visit our website, www.haltonhealthcare.com.

Save the date: Wills Gone Wild

The Georgetown Hospital Foundation, in partnership with other local charities, is hosting a humorous and informative event about bequest giving entitled Wills Gone Wild. Special guest, Asmine Wheatman, a local estate lawyer, will be sharing stories about why it is important to have a will and how a gift to charity can benefit both the estate and the community.

The event will be offered on **Wednesday, May 25, 2016** in both Milton and Georgetown.

- Milton Town Hall, 19 Willow Street North, Milton * 10:30 am
- Velson Art Gallery, 9 Church Street, Georgetown * 6:00 pm

Everyone is welcome to attend these free informational sessions. Interested guests should contact the Foundation office at 905-883-4899 or jmcnally@haltonhealthcare.com

The Last Scaramouche Gala

The Georgetown Hospital Foundation (THF) is once again inviting hospital supporters to a sumptuous dining experience at its upcoming 2016 Scaramouche Gala on **Sunday, April 10**. This year marks a milestone in the history of this event as it will be the THF's final gala at Scaramouche restaurant.

Space is limited! Tickets for this historic signature fundraiser are \$300 per person and include deluxe transportation from Georgetown Hospital to Scaramouche restaurant in Toronto. Contact Jennifer McNally at 905-883-0111 ext. 8:41 or jmcnally@haltonhealthcare.com

GHVA Raffle Winners

Congratulations to the following Georgetown Hospital Volunteer Association raffle winners:

- Line Pooler Andrea Aplick
- UILT * Norma Ripp
- ASE * Ori Smond

Drawn on February 10, 2016. Lottery License 330BD

Did you know? The THF also sells break-open lottery tickets! You can purchase Hospital Equipment Lottery Project for People at Risk (HEP) tickets for 80 cents at Qelrex variety in the Georgetown marketplace. Prize amounts range from 80 cents to \$1. Proceeds from this lottery help purchase hospital equipment.