

Cancer cases up: deaths down

Although incidence rates for all cancers combined is "significantly higher" for Halton than Ontario, the mortality rate in Halton for all cancers combined was "significantly lower" than Ontario's.

Cancer is the leading cause of death in Halton and Ontario and the four leading types – lung, colorectal, prostate (men) and breast (women) – accounted for half of all new cases and almost half of deaths. The find-

ings of the latest cancer incidence and mortality report, which tracks incidence rates of 17 cancers in Halton and looks for rate changes from 1986 to 2009, were presented to Halton's Health and Social Services commit-

tee last week.

Dr. Bob Nosal, Commissioner and Medical Officer of Health noted that while the incidences of many cancers have declined, non-hodgkin lymphoma, kidney cancer, melanoma, thyroid cancer and prostate cancer increased both in Halton and

Ontario, and may be the result of earlier diagnosis due to better detection and screening methods.

Many cancers are preventable the report said, noting that despite a decrease in smoking, tobacco use is still the leading cause of preventable illness and death in

Ontario and Canada, and is the most significant cause of cancer including lung, oral, bladder, kidney, cervical, stomach and pancreatic cancers, as well as leukemia. More than one-third of cancers are attributable to poor diet, obesity and inactivity.

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GROWING GARDEN: Participants of the Acton library's Pre-school Storytime program grew Sunflowers and then planted them recently in the Children's Garden in the Acton Community Garden. The green thumbs belong to, from left: Mason, Eden, Curtis, Nate, Brody, Jalynn and Luke. – Marie Shadbolt photo

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