



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

HEARING INSTRUMENT PRACTITIONERS

In Ontario, the Association of Hearing Instrument Practitioners was derived from the former Ontario Hearing Aid Association and the Association of Hearing Aid Dispensers. As the Professional Association for practitioners in Ontario it outlines provision for registration, which includes the requirement of education and competency standards, sponsors the most strict code of ethics in the industry and enforces sound grievance and ethics procedures. The Hearing Clinic is proud to adhere to the strict regulations and guidelines put forth by the Association. For more information feel free to call....

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NEWS

WEEKLY ROUNDUP: VACCINATION MANDATORY FOR LTC STAFF

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Amid a rise in COVID-19 outbreaks in long-term care facilities, the province is making COVID-19 vaccination mandatory for nursing home workers.

"We know that long-term care residents have been disproportionately impacted by COVID-19. As new variants continue to spread, we are seeing a growing number of outbreaks in long-term care homes where the risk to those most vulnerable remains high," said Rod Phillips, Minister of Long-Term Care, in a news release.

All long-term care home staff and volunteers must be vaccinated against COVID-19 by Nov. 15, according to the announcement.

Halton has seen several COVID-19 outbreaks in recent months, including an ongoing one at Hampton



Metroland file photo

Here's a weekly roundup of COVID-19 cases and news.

Terrace Care Centre in Burlington — first declared on Aug. 18 — which has left three residents dead and 34 infected.

As for the weekly COVID-19 cases, the region's website shows that from Sept. 24 to 30 there were 158

new cases, down from 177 the previous week.

As of Oct. 1, the number of active COVID-19 cases stood at 116 — with 45 cases in Oakville, 39 in Burlington, 27 in Milton, and five in Halton Hills. There have been 19,507 cases of CO-

VID-19 during the pandemic, with 19,149 marked as resolved and 242 total deaths.



SCAN THIS CODE TO VIEW COVID CASES TRACKER.



Get your PINK ON!

5 ways to reduce your risk of breast cancer

October is **BREAST CANCER** Awareness Month



October is Breast Cancer Awareness Month, which makes it an ideal opportunity to learn more about one of the most common cancers among Canadian women. Since about one in eight women will develop breast cancer at some point in her life, here are some ways you can lower your risk.

- 1. Maintain a healthy body weight.** Being obese increases your risk of breast cancer. Eat well and exercise regularly to help you manage your weight.
- 2. Be physically active.** Research shows that regular

exercise can lower your risk of breast cancer. Aim to do at least 150 minutes of aerobic activity per week.

- 3. Limit your alcohol intake.** Since drinking alcohol can increase your risk of breast cancer, you should limit yourself to less than one drink per day.
- 4. Don't smoke.** Get the help you need to quit smoking, or avoid developing the habit altogether. You should also steer clear of second-hand smoke.

- 5. Follow screening guidelines.** While a mammography won't prevent cancer, it can catch the disease early, giving you more treatment options and a better prognosis.

For more information about breast cancer prevention and treatment, visit cancer.ca.

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