



CHEQUE MATES: The organizing committee for the annual Paul Murr Memorial Golf Tournament presented a cheque for \$45,000 to members of the Acton branch of the Canadian Cancer Society at the Royal Canadian Legion hall last Wednesday evening, proceeds from the 2004 tournament at the Blue Springs Golf Club. The tournament has raised \$493,000 for cancer research in its 20 years of existence. Accepting the ceremonial cheque for the cancer society from Allan Hall are left to right, Margaret MacKinnon, Linda Neary and Cathy Gerrow while left to right other members of the committee beam approval. They are: Ray Gaudet, Ron Heller, George McPhail, Jon Hurst, Lyle Heler, Wade Vickery, John McNabb and John Hoare.

Lifestyle change helps with prevention

The risk of developing cancer can be increased or diminished by lifestyle choices or the kind of environment people live and work in, the Canadian Cancer Society points out.

However, even a person at low risk may get cancer just as a person with high risk may not. There is no single cause of cancer but some factors appear to increase the risk.

Some risk factors cannot be changed such as age and family history of cancer (heredity) but there are some factors related to everyday choices that people can change, including:

- (a) Avoiding tobacco and tobacco smoke
- (b) Eating a healthy diet
- (c) Being physically active every day
- (d) Staying at a healthy weight
- (e) Limiting alcohol use
- (f) Reducing exposure to UV (ultraviolet) rays from the sun

The Canadian Cancer Society also suggest people should know their body and report any changes to their doctor or dentist and follow health safety instructions when using hazardous materials at home and at work.

Tips ...

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selling, or one-to-one peer support. Ask your health-care team about support groups and counselling services that may be available at your treatment centre.

The Canadian Cancer Society offers individual or group peer support programs for caregivers, family and friends. Our trained volunteers have been there – they have either had cancer themselves or have cared for someone with cancer.

Use our community services directory to search for these services in your community.

Turn to any spiritual or religious beliefs you have; these can be a source of strength and comfort.

For more information about ways to cope or to find out about support services available in your community, call an information specialist at our Cancer Information Service 1 888 939-3333 or e-mail us.

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