



### Calling all cadets

Royal Canadian Army Cadets #676 commanding officer Capt. Trevor Brent gives Sgt. Sean Free a few pointers about the .177 calibre air rifle on the indoor range at the Col. John R. Barber Armoury on Todd Road. Army cadets take part in many different activities promoting personal growth and leadership and meet Wednesday evenings. The program is free and open to youths 12 to 18 years of age. For more information call 873-6185 or drop by the armoury Wednesday nights at 7 p.m. Photo by Ted Brown

# Breast Health

**October is Breast Cancer Month**

Cancer Information Service  
Service d'information sur le cancer  
1-888-939-3333

For more information,  
**Canadian Cancer Society**  
Call Oakville  
(905) 845-5231

CANADIAN CANCER SOCIETY  
SOCIÉTÉ CANADIENNE DU CANCER

## TAKE CARE - BE AWARE

### Take responsibility for your own Breast Health

- Get a mammogram every two years if you are 50 or over
- Do Breast Self-Examination (BSE) every month
- Have your breast checked by a health professional every year

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### Breast Cancer: Understanding Your Risk

What are the risk factors for breast cancer? Remember, 75-80% of all breast cancers occur in women with no risk factors other than being a woman.

**Major Risk Factors:**

- being a woman
- increasing age, especially in women over 50
- previous breast cancer
- strong family history of breast cancer (mother, sister, daughter)

**Minor Risk Factors:**

- These factors are linked with only a modest increase in risk.
- reproductive factors like age at menarche and menopause, age of first pregnancy, hormone use
  - diet or obesity
  - alcohol
  - some forms of benign breast disease

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<http://heartahealthyman.ca>

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### SPECIALS FOR MEN

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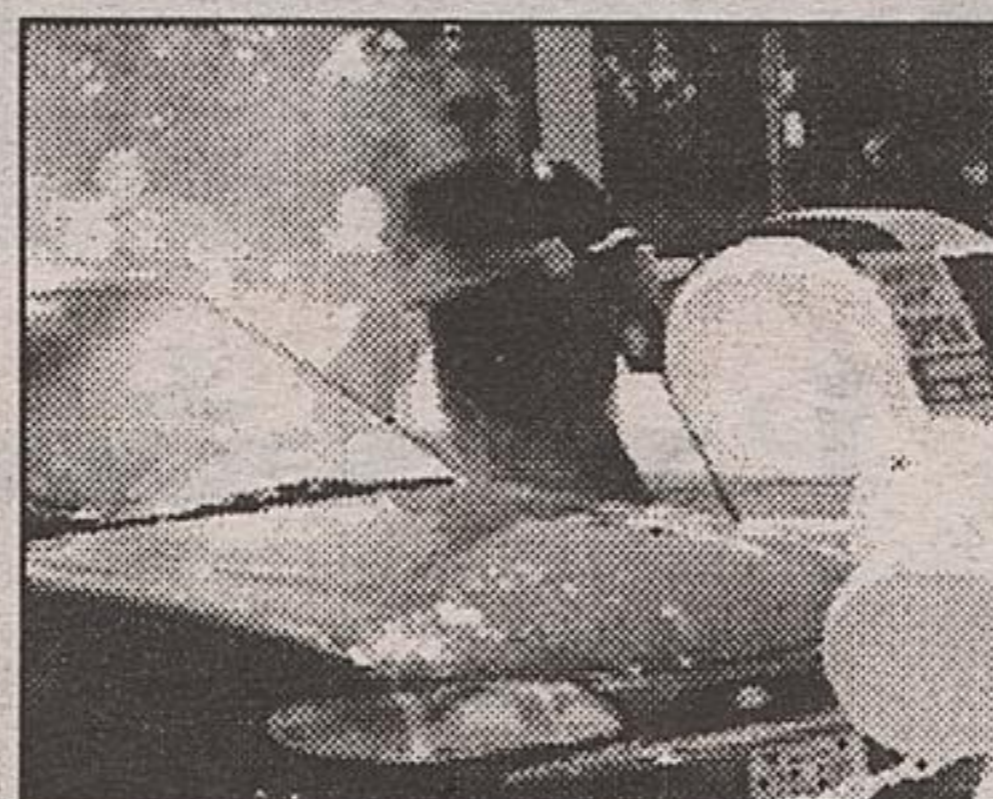
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**Supports Breast Cancer Research**



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