

# Healthy Living



**HAPPY  
18<sup>TH</sup>  
SARA**

*Love  
Mom, David,  
Grandma  
& Grandpa  
Gilson*

## Every day 15 women will die from breast cancer *These prevention tips can lower that number*

**B**reast cancer is a silent killer of women. One in nine women will develop breast cancer in their lifetime and one in 25 will die from the disease.

In Canada, according to the Canadian Cancer Society, there will be about 19,500 new cases of breast cancer this year—that's 53 women every day—and 5,500 women (or 15 every day) will die from the disease in 2000.

There's good news though. The most recent stats are showing there is a decline in breast cancer death rates. This is being attributed to a combination of factors—more breast tumours are being detected early through screening, treatments have improved and more information is being uncovered about risk or protection factors.

Women should consider and practise these nine prevention tips, starting this month, Breast Cancer Awareness Month:

**1. Determine your risk-level and discuss it with your health care practitioner.**

According to the Canadian Cancer Society about 50 per cent of all Canadian women are at "higher risk" of developing breast cancer. These women are: over age 50; have previously had cancer in one breast; have a family history of breast cancer; have never had a child or were 30 or more years old when their first child was born; who began their periods before age 12 or who started menopause after age 50.

However, 80 per cent of all breast cancers occur in women with no risk factors at all—other than just being a woman.

**2. Examine your breasts regularly.**

This is the greatest weapon in the fight against breast cancer as 75 per cent of all breast growths, according to the Canadian Cancer Society, are discovered during self-examination. By age 40, a woman should be practising breast self-examination each

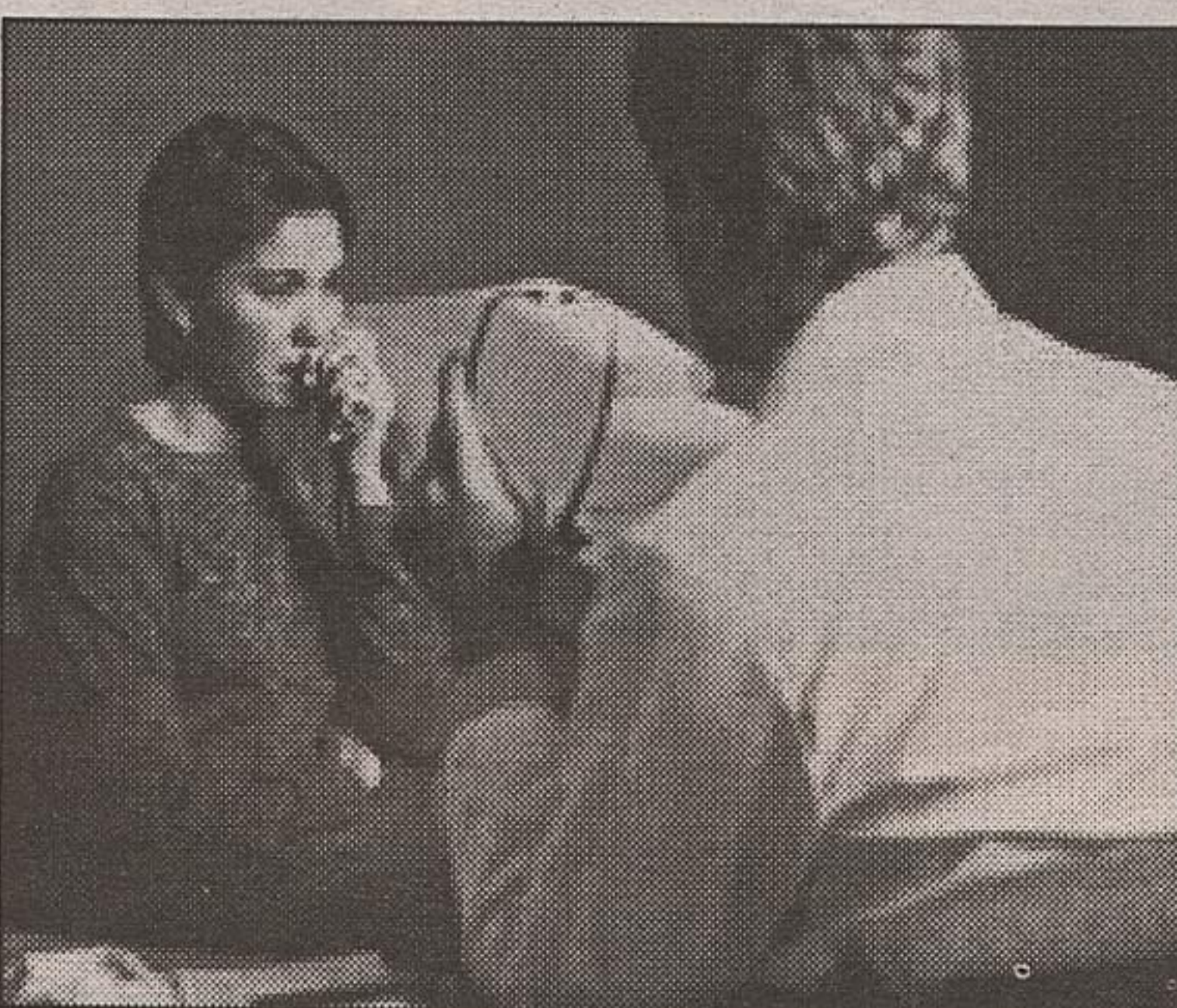
month and have her breasts examined annually by a trained health professional. Most breast lumps are discovered by the woman or her partner.

More than 85 per cent of the lumps are not cancerous—but if a lump is found, a woman should contact her doctor immediately.

**3. Schedule regular mammograms.**

Women between 50-69 years of age should have a mammogram every two years in combination with a physical examination.

**4. Follow a low-fat, high carbohydrate**



**This week, 370 Canadian women will be told by their doctors they have breast cancer; another 160 will die this week from the disease.**

**diet.**

This can significantly reduce breast tissue density, which is a risk factor for breast cancer, according to the Journal of the National Cancer Institute, 1997. Emphasize cereals, vegetables, fruits, breads and other grain products. Choose lower-fat dairy products, leaner meats and foods prepared with little or no fat.

**5. Choose to be a non-smoker and avoid second-hand smoke.**

The benefits will not only help protect you from breast cancer but a host of other deadly diseases as well.

**6. Be cautious in the use of female sex hormones like estrogen.**

These have been associated with increased occurrence of breast cancer.

**7. Achieve and maintain a healthy body weight by enjoying regular physical activity.**

Exercise helps decrease fat levels and keeps hormones in balance.

**8. Consume appropriate amounts of soy.**

Years of clinical research have proven that a diet rich in isoflavones found in soy products helps to promote healthy breast tissue. It not only restores the balance of estrogen but is a powerful immune enhancer.

**9. Drink green tea.**

According to the Breast Cancer Society of Canada, there is evidence that green tea extracts interfere with both the processes of cancer initiation and cancer promotion as they delay the evolution of a normal cell to one that is cancerous.

In Halton Hills, the Canadian Cancer Society runs three programs and services to assist women with breast cancer:

- Reach to Recovery Program, in which volunteers—usually breast cancer survivors—visit with any newly diagnosed breast cancer patients who want support and information

- CancerConnection, a free telephone support service which matches a caller with a trained volunteer who has been through a similar situation (1-800-263-6750)

- Cancer Information Service which provides information on all aspects of breast cancer from diagnosis and treatment (1-888-939-3333).

### FOOD SENSITIVITY and ALLERGY SCREENING

Don't know what causes common symptoms like:

- Allergies
- Digestive Disturbance
- Migraine
- Fatigue
- Weight Gain

Food Sensitivity and Allergy Screening might be the answer for you!

This service is available with a Computerized Electro-Dermal Screening

*(The Screening is non invasive and painless)*

**What can it Do?**

- Indicate food allergies and what foods should be added or eliminated according to your specific bio-chemical make-up
- Indicate any vitamin, mineral, or hormonal imbalance
- Identify environmental allergies to heavy metal, such as lead, aluminum and other types of allergies to yeast fungus, molds and parasites
- Determine the energetic level of each organ/body system and how well they are functioning.

To book an appointment for your food and allergy screening please call 905-873-0194.

**Nancy Desjardins R.N.C.P.**

Registered Nutritional Consulting Practitioner

66 Main Street S., Georgetown

Tel: (905) 873-0194



Please attend a celebration for Paulette Thibault, Pharmacist.

Join us in honouring her twenty-five years of service, looking after her patients and friends at Medical Centre Pharmacy and Young's Pharmacy.

**An Open House,**

Sunday, October 29<sup>th</sup>,

2:00 PM until 5:00 PM

The Ivy House Tea Room

115 Main Street South, Georgetown

## Culligan

BETTER WATER  
MEANS BETTER LIVING

348 Guelph St., Georgetown

877-6242 1-800-265-2857



See our display

**THIS WED. - SAT.**

at the

**GEORGETOWN MARKETPLACE**

**FALL HOME SHOW**

Present this coupon:

**SAVE UP TO \$150.00\***

(On a Culligan Whole Home Water System)

**RENT: FREE INSTALLATION\***

\*Certain Restrictions Apply

"Research advances continue to grow"  
 Help us do more. Call 1-877-99Daffodil or www.cancer.ca

