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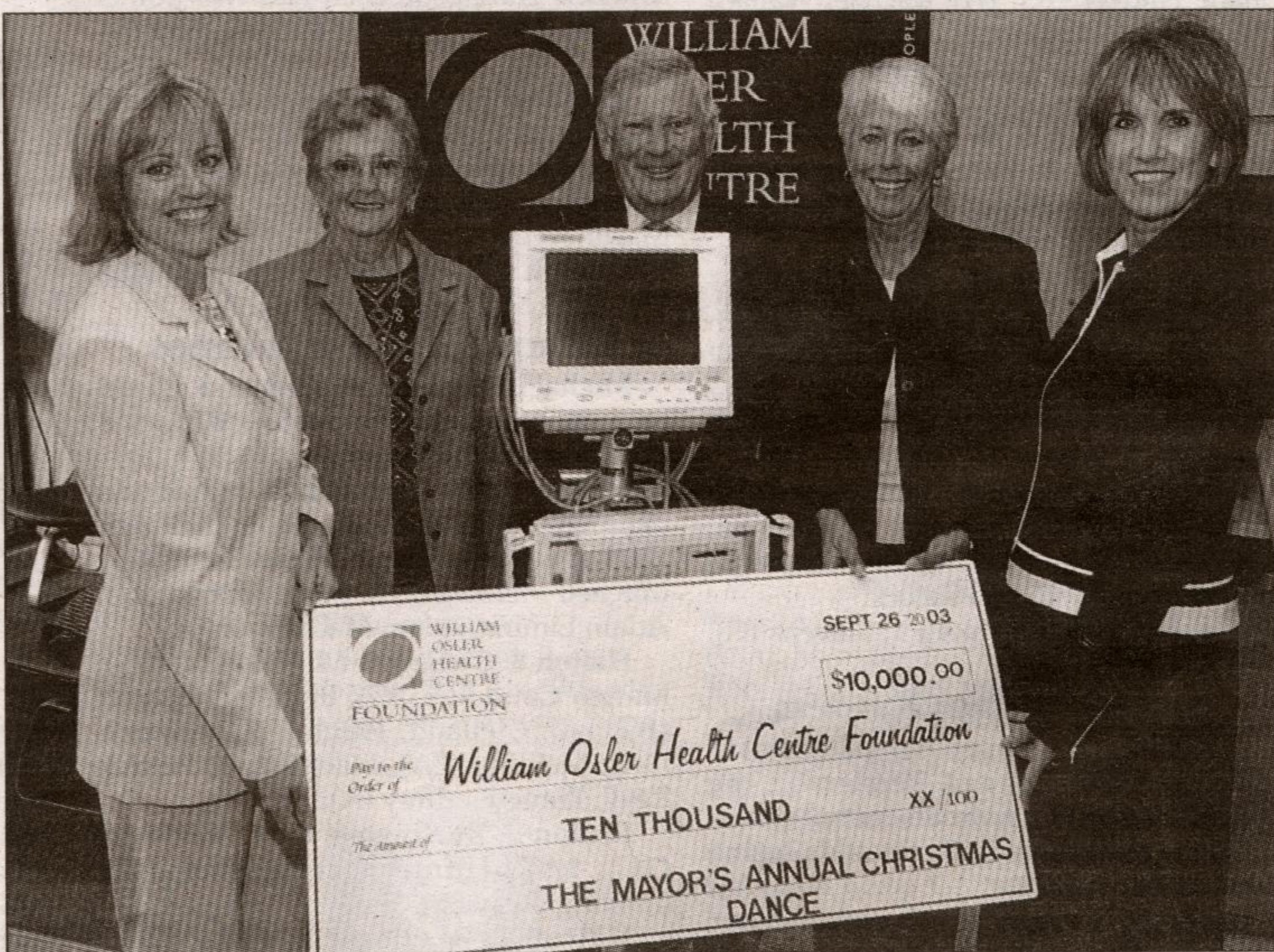


Stick with your high blood pressure treatment, or you may be in for a nasty surprise.



Canadian Council for High Blood Pressure Prevention and Control
<http://www.library.mun.ca/hp>


Healthy Living



Cardiac monitor purchased with Ball dollars

Better late than never, William Osler Health Centre (WOHC) Foundation recently received a cheque for \$10,000, the proceeds from the Hospital Christmas Ball dance last December. The funds were used to purchase a portable cardiac monitor, which is used in the Emergency Unit to measure blood pressure, heart rhythms and oxygen levels in the blood. On hand to accept the cheque were (from left) Shelley and Barb Phipps, event organizers, WOHC Foundation Fund Development Council member Graeme Goebelle, WOHC president and CEO Anne Randell and Halton Hills Mayor Kathy Gastle. This year's Hospital Christmas Ball will be held on Saturday, Dec. 6 at North Halton Golf and Country Club. Tickets are \$100 per person (tax receipt will be issued for \$50 per ticket). For tickets call Graeme Goebelle, 905-877-5155; Barbara Phipps, 905-877-8555; Shelley Phipps, 905-873-2252.

Photo by Ted Brown



... Lend Me Your Ears

By Cory Soal
 R.H.A.D.

Many people risk their hearing by either wearing earplugs loosely or wearing no protection at all so they will be able to hear voices, machinery, or music more clearly! (Popular misconception).

Noise-induced hearing loss is a result of exposure time, the average noise level and the peak level of very loud sounds. Some people seem to be more susceptible to hearing loss than others, so that protection on the basis of an average time and sound level exposure will only protect the "average" person.

If you would like to find out more about exposure times and hearing protection programs, call...



THE POWER ZONE FITNESS CENTRE
 905-702-1774

FIT TIP

Have no time to workout? Try these four quick tricks during your everyday routines to get your "workout" in:

- Have a ball! Replace your ordinary chair with a stability ball instead. This will strengthen your abs, lower back, and improve balance.
- Walk with weight! Next time you walk the dog or go for a stroll try adding a weighted vest or hand weights. This can increase the amount of calories that you burn by 15%.
- Sit up Straight. Improve your posture and build your core strength by sitting up tall, tightening abs and keeping your shoulders down and back. When you are driving imagine that you are sitting in a seat with no back.
- Stretch when you can. Simple stretches can easily be built-in to everyday tasks, helping you to relax, stay flexible, and protect your spine. Try grabbing a countertop for support and lower head and upper body until back is flat - your body will make an inverted L. Hold for 30 to 60 seconds. Come meet some of The Power Zone staff at the Georgetown Marketplace Mall on **November 1st and November 15th**. We are offering a special promotional offer for the first 100 members who sign-up for our 12-month Pre-Approved Plan - **No Initiation Fee!**

Kellie Hayward, B.A.,
 CanFit Pro FIS, NESTA Yoga,
 Certified General Manager and
 Group Fitness Coordinator at:



905-702-1774

The Georgetown



HEARING CLINIC
We care about your hearing!

Professional Arts Building
 99 Sinclair Ave., Suite 210
 Georgetown
 (905) 873-6642

Free seminar to update on diabetes

The Diabetes Education Centre of the William Osler Health Centre (Georgetown) and Young's Pharmacy & Homecare present an information evening on new trends in diabetes care.

This free presentation will take place 6:30-9 p.m. on Thursday, Nov. 20 at the Georgetown Alliance Church, 290 Main St. S. in Georgetown.

Dr. Donna May, an endocrinologist at the WOHC (Brampton) will be the guest speaker. As well there will be a panel discussion and question and answer period with a physician, pharmacist, chiropodist, dietitian and diabetes educator on hand. There will also be a display


of diabetes care products.

More than two million Canadians have diabetes. The disease, which occurs when the pancreas is unable to produce any or enough insulin or the body does not use the insulin that is produced, is very serious if not managed properly. High levels of blood sugar will slowly damage small and large blood vessels leading to heart disease, blindness, limb amputations and kidney disease, all complications of diabetes.

Refreshments will be provided.

For more information call Young's Pharmacy & Homecare, 905-873-4021.

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PROFESSIONAL COUNSELING SERVICES

Back pain?

Georgetown, Ont. - According to a recently released back pain relief report, most back pain sufferers have no idea how to eliminate their pain. Some use heat, others ice, some sleep on the floor...to pillows under the legs, even injections in the back. Thanks to a free report, local back pain sufferers can finally know exactly what to do. To get a free copy, call the toll-free, 24-hour recorded message at 1-866-335-3189.

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