

HEALTH CARE

In Brief

Alysha Brooke to sing at Relay for Life event

The overnight Relay For Life event being held at Rockmosa Park, Rockwood tonight (Sept. 22-23) just keeps on growing. Entertainers Alysha Brooke and Larry Melton have agreed to appear as well as Wendi Hunter, Robert Little School Dancers and lots more to come.

There is a Roast Beef Dinner for volunteers and survivors at 6:30 p.m. Friday.

Get a team together and call Terry Forbes at 1-888-881-3414.

The Acton Cancer Branch of the Canadian Cancer Society appreciates your participation.

Red Cross course to be held Oct. 1, 15

Attention, students, parents, caregivers, health and safety reps, workplace first aiders, etc., a Canadian Red Cross Standard First Aid and CPR course will be held over two days, Sunday, Oct. 1, and Sunday, Oct. 15, 9 a.m. to 4 p.m. at Oxford Learning Centre, 324 Guelph St, Georgetown. Cost is \$105 (includes First Aid Vital Link Manual /certification card).

This is a full CPR certification course, includes infant, child and adult CPR - level "C", conscious and unconscious choking. You will learn basic first aid for cuts, scrapes, wounds, fractures, strains, sprains, impaled objects, nosebleeds, and allergies-epipens. Signs and symptoms of sudden medical conditions such as stroke, heart attack, cardiac arrest, diabetes, frostbite, hypothermia, and much more.

Mandatory attendance is required. Registration is on a first-come first-serve basis. Call Catherine to register, 905-877-4490 (Kids Safety First, Canadian Red Cross authorized provider).

September is Arthritis Month

Lose the fat and help ease symptoms of osteoarthritis

Drop that chocolate bar! Dust off those running shoes. Walk away from your desk. In only 21 days, you'll have formed a habit that could help prevent the onset of arthritis.

In trying to find a cure, The Arthritis Society has learned about ways to help prevent some forms of arthritis.

"A 10-pound weight loss now can cut the amount of osteoarthritis years later by as much as 50 per cent, muscle strengthening will actually control pain; people with strong muscles around their joints have far less pain than those with weak joints," says Dr. Arthur Bookman, chair of The Arthritis Society's Medical Advisory Committee.

The term "arthritis" classifies more than 100 diseases and conditions and falls into two categories: degenerative or inflammatory. Each is unique in cause and effect, but in all, future disability can be prevented by early diagnosis and treatment.

Approximately one in six (nearly four million) Canadians, aged 15 and over, have arthritis—two-thirds of them are women. It is a healthcare financial drain too—costing \$4.4 billion annually (\$3.5 billion related to lost productivity due to short and long-term disability).

Arthritis affects more adults than cancer, heart disease, respiratory conditions and spinal cord trauma. It can strike anyone at any time regardless of age, physical condition or ethnicity.

Osteoarthritis is the most common form affecting one in 10 Canadians. It is caused by the breakdown of cartilage—the tough elastic material that covers and protects the ends of bones. Bits may break off causing pain and swelling in the joint between bones.

Over time, the cartilage may wear away entirely and bones will rub together, affecting the surrounding soft tissue and causing more pain, swelling, and eventually limited ability to use the joint. Hands, and weight-bearing joints such as hips, knees, feet and spine are particularly vulnerable.



A 10-pound weight loss translates into a decrease in stress on the knees by 40 pounds.

There are ways to manage osteoarthritis though:

- Losing 10 pounds translates into a decrease in stress on the knees by 40 pounds

- Losing 11 pounds can reduce the risk of needing a joint replacement by 25 per cent.

- Exercise, including flexibility, muscle strengthening and cardio, can help ease the pain of osteoarthritis

- Heat applied to an affected joint can reduce pain, stiffness and muscle spasm, but it should not be applied to an inflamed joint. Cold applied to inflamed joints reduces pain and swelling by constricting blood flow.

- Acupuncture and massage have been shown to be good therapies for osteoarthritis.

To assist people to get started, The Arthritis Society is offering the Lifestyle Makeover

Challenge at www.arthritis.ca/lifestyle. It is a self-management program that encourages Canadians to become more active and eat healthier to delay the onset and reduce the disability of osteoarthritis (OA). Participants will have access to inspiration, updates and useful tips through the biweekly e-newsletter. You will also gain access to the Activity Tracker and discussion boards.

The Arthritis Society's own staff across Canada participated in the Challenge earlier this year, and 100 per cent of the participants noticed positive results from their lifestyle changes including increased energy, improved mental focus, increased endurance, weight loss and better sleep.

The first 1,000 people to sign up will receive a free Thera-Band to help them get started on their Challenge.

For more information about arthritis, call The Arthritis Society, 1-800-321-1433 or visit www.arthritis.ca.

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