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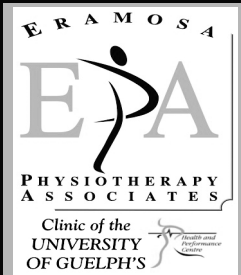
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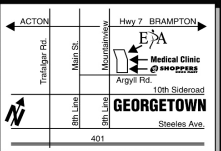
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# What's Hot! What's Not!— A free menopause seminar at Georgetown Hospital on Tuesday

Women are invited to attend a free seminar, Menopause: What's Hot! What's Not! on Tuesday, May 1, 7 p.m. in the Georgetown Hospital Activity Room.

This event has been organized by Halton Healthcare Services, in partnership with the Women's Health Alliance of Halton.

Guest speaker is Halton Healthcare Services staff member, Dr. Glen Hunter, an obstetrician and gynecologist practising in Georgetown and Milton. Dr. Hunter, the founder of the Milton's Clinic for Women's Health, will speak about different aspects of menopause.

Menopause is a period of hormonal change which can occur for most women around their 40s, even as late as their late 50s for some. It is often accompanied by symptoms and is characterized by a cessation of periods marking an end to the child-bearing years.

The process of menopause begins several years before the end of menstruation and continues for several years after it. There is no strong evidence to support any predictors for the length of menopause. Every woman is different and every woman will experience menopause at a different pace.

There are a variety of techniques available to help relieve the symptoms associated with menopause. Relief of menopause symptoms can come from medication, herbal remedies, and emotional support.

There is no predetermined amount of time that menopause will last. Some women may experience menopause symptoms for only a couple years while others may suffer for over

five years. There is also no way to determine how uncomfortable the menopause process is going to be for a woman. Some will not notice very many changes in their body as they breeze through menopause, while other women may feel like they are in agony for much of the process.

Individuals who would like to learn more about this topic are encouraged to attend this seminar. A question and answer period will follow the formal presentation. Displays will be available 6:30-7 p.m. and the presentation will begin at 7 p.m. To reserve a seat, please call 905-338-4379 or e-mail [elittle@haltonhealthcare.on.ca](mailto:elittle@haltonhealthcare.on.ca).

If you would like more information on this topic, speak with your physician.

## Osteoporosis group forming in Halton Hills

Do you have osteoporosis? Do you want to learn more about managing the disease referred to as "the silent thief"?

Osteoporosis Canada would like to start an information and support group to meet monthly in Georgetown.

The group will discuss various topics including nutrition, exercise, drug therapies and more. There will be occasional expert guest speakers and light refreshments will be served.

If you are interested in learning more, please contact Pam Lowden at 905-702-9276.

# NEW ATLANTIS



SUMMER STUDENT MEMBERSHIP  
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 FOUR MONTHS OF FACILITY USE

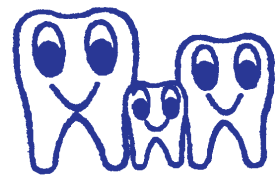
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- Mon. & Weds. 9:00 am - 8:00 pm
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- Saturday 8:00 am - 3:00 pm



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New Patients and Emergencies Welcome!!!

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