



The Regional Municipality of Halton

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Are you between the ages of 15 and 30?

YEPP is a six week program that will give you the skills to find and keep a job.

Transportation is provided and participants are PAID to attend.

For more information, contact Margaret Springle at 1-866-442-5866 ext. 4626.



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This program is funded in part by the government of Canada

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Hospital hosts free seminar on cataracts and glaucoma

Do you or someone you know suffer from cataracts or glaucoma? Are you interested in finding out how to manage these diseases?

Halton Healthcare Services ophthalmologist, Dr. Rajiv Bindlish, is speaking at a free community seminar, *Introduction to Cataracts and Glaucoma Management*, on Thursday, October 11, 7 p.m. in the Activity Room at Georgetown Hospital, 1 Princess Anne Drive, Georgetown.

The seminar is part of the Living Healthy series offered by Halton Healthcare Services and is presented in partnership with the Canadian National Institute for the Blind (CNIB) and through an educational grant from Alcon Canada Inc.

If you are interested in attending, call 905-873-0111, ext. 4379 or e-mail elittle@haltonhealthcare.on.ca to reserve your seat.

Dr. Bindlish is a general ophthalmologist at Halton Healthcare with a speciality in glaucoma. He is also an Assistant Clinical Professor, Ophthalmology in the Department of Surgery at McMaster University and sits on the Board of Directors for the Glaucoma Research Society of Canada.

A cataract occurs when the eye's lens, which works like the lens of a camera, becomes so clouded that it

keeps light and images from reaching the retina. People with cataracts may notice they have frequent eyeglass changes, lose colour vividness and have problems with glare. In most cases, this clouding is caused by the aging process, but it can also stem from eye injury and certain diseases.

The best way to treat a cataract is through a surgical procedure where the old, clouded lens is removed and replaced by an artificial lens.

Glaucoma, a group of diseases that can damage the eye's optic nerve, is the second leading cause of blindness worldwide.

The onset of glaucoma often occurs with no symptoms, but if it remains untreated, gradual loss of peripheral vision may result.

When diagnosed early, glaucoma can be treated with medicines, laser trabeculoplasty, conventional surgery, or a combination of therapeutic options. While remaining vision may be preserved through treatment, there is currently no cure for glaucoma and lost vision cannot be restored.

Halton Healthcare Services seminars are two hours in length and related community agencies set up displays in order to link participants to services and resources that will help them improve or maintain their health.



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