

HEALTH & WELL BEING GUIDE

Local business hosts Knit for the Cure this weekend

Georgetown Yarn and Crafts is holding a special event this weekend to raise money for breast cancer research.

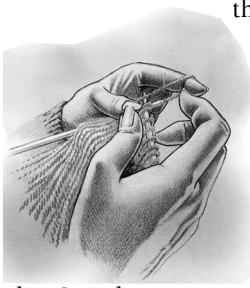
On Saturday, October 20 and Sunday, Oct. 21, 10 a.m. to 4:30 p.m.

the third annual Knit for the Cure gets underway for a two-day marathon of knitting or crocheting chemo hats to be donated to the Canadian Breast Cancer Foundation.

Knitters are also collecting pledges with all monies raised going to the Foundation. They will also take part in workshops, share hints and tips and much more.

Throughout the month until Oct. 21, Georgetown Yarn and Crafts is also holding a silent auction in the shop with many items donated by local businesses, suppliers, customers and friends.

Anyone in the community is welcome to come in and place a bid or just to make a donation to Knit for the Cure. Georgetown Yarn and Crafts is located at 170 Guelph St.



Early detection of breast cancer is key Attend a breast cancer health workshop Tuesday

One in nine women in Ontario can expect to develop breast cancer in her lifetime.

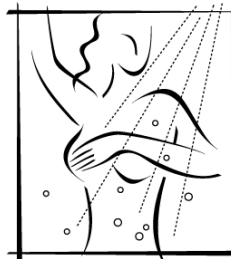
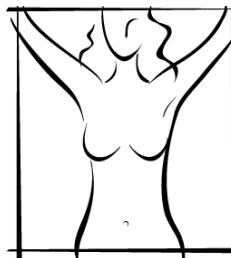
In fact, breast cancer is now one of the leading types of cancer in Canadian women.

Major risk factors include being female, having a strong family history of breast cancer, increasing age, and a personal history of breast cancer.

However, 75-80 per cent of all breast cancers occur in women with no risk factors— other than being a woman.

While the cause of breast cancer is unknown, there is growing proof that early detection is the best method of saving lives. In fact, over 80 per cent of breast cancers are discovered by women themselves.

Halton Healthcare Services in partnership with the Breast Cancer Support Services invite you to attend a Breast Health Workshop on



Tuesday, October 23 at the Georgetown Hospital board room. Another one will be held on Tuesday, October 30 at the Milton District Hospital classroom. These workshops run 12-1 p.m.

You will learn the facts about breast cancer, preventative measures in breast health care, available resources within the community, the Mammacare method of breast self-examination using silicone models, and personal stories about breast cancer survivors.

To register for one of these workshops, or for more information, please call 905-845-2571 (ext. 6147) or 905-873-0111 (ext. 6147) or e-mail elittle@haltonhealthcare.on.ca.

If you are unable to attend, but wish more information on this topic, speak to your physician and call Breast Cancer Support Services at 905-634-2333 or visit www.breastcancersupport.org



Running for the cure

Local residents participated in this month's CIBC Run for the Cure, the nation-wide fundraiser for breast cancer research, education and awareness programs. From left, Mookie Wilson, morning show host for The New Country 95.3, with Bandit, Niki Kivell with Sophie and Dave Rimmer of Wild Wing in Georgetown. Wilson started a challenge on Facebook to find out who would join in the 5km Run for the Cure. Kivell accepted the challenge but told Wilson she would pay him \$50 to carry her dog Sophie and \$50 to his dog Bandit throughout the run. Rimmer got in on the challenge and pledged \$1,000 towards the run and another \$1,000 if Wilson beat Rimmer. In total Team Mookie raised \$7000.

Photo by Liesa Kortmann/Metroland Media Group Ltd.

Fertility as Nature Intended

Infertility rates in Canada are on the rise. In fact, 1 in every 5 or 6 couples who try to conceive will have difficulty. Fertility treatments can be expensive and confusing, not to mention extremely stressful for both partners.

There are several options for treating infertility naturally. Many times, fertility can be restored simply by correcting underlying nutritional deficiencies. Acupuncture is very effective for fertility for both men and women, and increases conception rates by approximately 40%. Several herbs, such as vitex, raspberry and red clover are also known for enhancing fertility. Lifestyle factors such as smoking, exercise and diet can also play a role. Natural medicines also complement conventional fertility treatments, such as fertility drugs and in-vitro fertilization, to make the treatments more effective.

If you are having trouble conceiving, or are currently undergoing fertility treatment and would like more information on how Naturopathic Medicine can help you, give Dr. Jennifer Fitzgerald Eagan, Naturopathic Doctor a call at The Natural Choice today!



Jennifer Fitzgerald Eagan, ND
The Natural Choice Naturopathic Clinic
2 Guelph St., Georgetown L7G 3Y9
905-877-9935
jennifer.fitzgerald@bellnet.ca

HEALTH & WELL-BEING GUIDE

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