

Hospital hosts COPD seminar

Have you or someone you know been diagnosed with COPD? If so, come learn how to control this disease instead of letting it control you.

A free community seminar entitled Living with Chronic Obstructive Pulmonary Disease: What You Can Do to Help will be offered at Georgetown Hospital on Thursday, November 22 at 6:30 p.m. in the Activity Room.

Family physician Jeff Sutherland, MD, will discuss symptoms and treatments of COPD as well as many of the factors that contribute to a longer and healthier lifestyle.

If you are interested in attending this free seminar, please call 905-873-0111, extension 4379 or e-mail elittle@haltonhealthcare.on.ca to reserve your seat. Reduced parking rate is available for those who attend the seminar.

The seminar is part of the Living Healthy series offered by Halton Healthcare Services and is presented in partnership with the COPD Education Clinic at Georgetown Hospital. The presentation is made possible by an educational grant from GlaxoSmithKline (GSK).

COPD stands for Chronic Obstructive Pulmonary Disease and is a group of lung diseases, of which include chronic bronchitis and emphysema. Many people with COPD have both of these diseases.

People with COPD usually have a combination of the following symptoms:

- * Feeling short of breath
- * A barrel-shaped chest

- * Wheezing
 - * Frequent, long-lasting lung infections (the flu, pneumonia, etc.)
 - * Feeling tired (fatigue)
 - * Losing weight without trying
- Several risk factors contribute to COPD. In most cases, cigarette smoking is the underlying cause of COPD, but other airborne irritants such as cadmium, gold dust, coal dust, grain dust and asbestos as well as congenital conditions such as alpha 1-antitrypsin deficiency can also cause COPD. Repeated childhood respiratory tract infections and exposure to environmental tobacco smoke lead to reduced levels of respiratory function, and this may predispose an individual to eventual COPD.

The COPD Education Clinic at Georgetown Hospital provides support and education for individuals with COPD to help them manage their condition.

The clinic provides individual appointments as well as a seven-week pulmonary rehabilitation program that is run twice per year. The rehabilitation program, which includes education through group sessions and an individualized exercise program, aims to decrease hospital visits and improve quality of life through enhanced self-management skills and increased exercise capacity for patients with COPD. A doctor's referral is needed to access this program.

For more information, please call 905-873-0111, extension 8502 or fax: 905-873-4567.

Flu— avoid the bug!

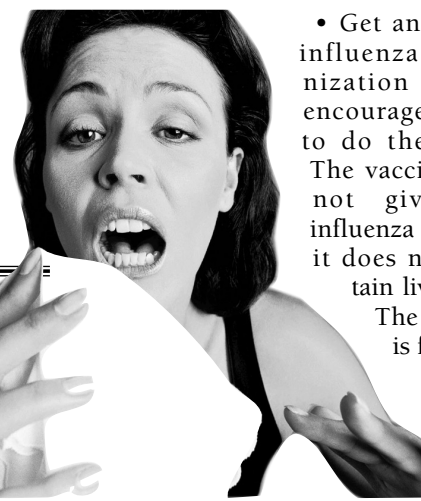
The influenza (flu) season typically runs from November to April. Influenza is caused by a virus which affects the lungs and is characterized by the quick onset of symptoms causing high fever, headache, general aches and pains, fatigue and cough.

For most people, the illness lasts for three to seven days, although the tiredness and cough can last for several weeks.

However, for some people influenza can lead to complications such as middle ear infections in children or to pneumonia, hospitalization and even death. Persons 65 years of age and older, pregnant women, children under the age of two, and persons of any age with some underlying medical conditions such as heart or lung problems are at higher risk of these complications.

The influenza virus spreads when an ill person coughs or sneezes into the air. Small droplets containing the virus travel through the air for short distances and then fall onto surfaces nearby. You can get infected by breathing in these droplets, by the droplets falling directly on your eyes, nose or mouth, or by touching unwashed hands of a person ill with influenza, or a surface contaminated with the influenza virus, and then touching your eyes, nose or mouth.

Here are some steps you can take to avoid getting sick and spreading the illness:



- Get an annual influenza immunization and encourage others to do the same. The vaccine cannot give you influenza because it does not contain live virus. The vaccine is free.

- Avoid people who are sick. Stay at home when feeling ill.
- Cover your mouth and nose with a tissue when coughing or sneezing. Throw tissues in the garbage. If you don't have a tissue, cough into your sleeve.
- Wash your hands often and well with soap and water. Use alcohol-based sanitizers if soap and water are not available.
- Avoid touching your eyes, nose or mouth. Germs are often carried on your hands.
- Clean hard surfaces that are handled regularly. The influenza virus can survive for 24 to 48 hours on surfaces that are hard and smooth such as a door handle.

To learn more about influenza, the vaccine and the influenza immunization clinic schedule from Halton Region visit www.halton.ca/flu or call 1-866-442-5866, TTY 905-827-9833.

Health Notes is prepared by staff of the Halton Region Health Department.

Reversing the Signs of Aging Naturally

Do you like the sound of looking younger, yet knives and syringes aren't your cup of tea? Before you consider facelifts, botox injections or expensive creams, you definitely want to consider Facial Rejuvenation Acupuncture (aka a Cosmetic Acupuncture Face-Lift).

A Cosmetic Acupuncture Face Lift works by stimulating and toning sagging and aging skin, removing toxins and encouraging cellular reproduction. It helps erase fine lines and decrease deeper lines. It also helps reduce double chins and sagging puffy eyelids. Even dark circles under the eyes can be virtually eliminated. Acupuncture increases blood circulation and collagen to the face, thereby moisturizing the skin from the inside out, creating a natural tightening reaction of the facial muscles. As an added benefit, Cosmetic Acupuncture can also increase your own natural energy, providing you with a complete sense of relaxation and rejuvenation.

Cosmetic acupuncture is also pain-free! When the tiny, sterilized, disposable, hair-thin needles are inserted into specific areas on the face and body, you may feel a momentary sting or tingling sensation, followed by a complete sense of relaxation. The procedure is non-surgical and requires no drugs or unwanted side effects. Cosmetic acupuncture can benefit those who want to prevent signs of aging, as well as those in their 40's, 50's and 60's to erase 5 to 15 years of aging from their face!

To learn more about what Cosmetic Acupuncture can do for you, call Dr. Jennifer Fitzgerald Eagan, BSc., ND at The Natural Choice for a complimentary 15 minute consult.



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HEALTH & WELL-BEING GUIDE

MEDITATION YOUTH COUNSELING

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The Flu Shot

.... Is the vaccine safe & effective?
Your Right to "Informed Consent"

Every fall as the leaves float down we are blanketed with ads urging us to "get a flu shot, not the flu". Rarely are we told how **UNCOMMON** influenza is, how **INEFFECTIVE** the vaccine is and that it carries some serious **RISKS** for any of us.

On average, it appears that influenza virus is the cause of only about 10% of flu-like illness. Many infectious agents symptoms' are similar and distinguishable only by lab tests. We are not told about the success of **Homeopathy** in treating the **Spanish Flu Pandemic** in 1918 in which patients treated **homeopathically** had only a 5% death rate compared to a 45% fatality rate among those treated with allopathic drugs.

Natural Immunity is achieved through healthy living. Therefore, before you roll up your sleeve, **Take the Time to Make Informed Decisions** and research Natural Alternatives. For instance, the indicated **HOMEOPATHIC REMEDY** will resolve a flu/cold within a few days if taken at the onset. When you see your symptoms clear up in one day while others are suffering for weeks, you will see for yourself the power of Homeopathy!

Cynthia Simmons,
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