

October is National Breast Cancer Awareness Month.

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 www.cancer.ca

Breast Cancer is the most commonly diagnosed cancer among Canadian women. In 2008, an estimated 22,400 women will be diagnosed with breast cancer, and an estimated 5,300 will die from the disease. In Ontario in 2008, approximately 8,500 women will be diagnosed with breast cancer and approximately 2,000 will die from the disease. Breast Cancer impacts men as well. In 2008 an estimated 170 Canadian men will be diagnosed with breast cancer and 50 will die of it.

However despite these statistics, progress is being made in the fight against breast cancer. From 1999 onwards, incidence rates of breast cancer have stabilized and since 1986 death rates have declined, thanks to screening programs, awareness campaigns and research. **The Canadian Cancer Society recommends the following guidelines to women ages:**

50- 69 Have a mammogram every two years
 40- 49 Discuss your risk of breast cancer and the benefits and risks of mammography with your doctor
 40+ Have a clinical breast examination by a trained health care professional every two years
 70+ Talk to your doctor about a screening program for you
 All ages are encouraged to get to know their breasts. Talk to your doctor about any changes.

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A unique approach to breast cancer awareness
 The Canadian Cancer Society wants women to know how important breast screening is in the early detection of breast cancer with the Thingamabooob.
 The Thingamabooob helps illustrate just how important mammography is in the early detection of breast cancer, since it can find changes in women's breasts, when the changes are too small to feel or see. Many women are alive and well today because their breast cancer was detected and treated early.
 If you're 50 or older, talk to your doctor about the importance of getting screened and help spread the word with all of the women in your life that breast screening saves lives!
 A great gift idea, the Thingamabooob can be purchased for \$5 at local Canadian Cancer Society offices or online at www.cancer.ca/thingamabooob.
 Money raised from the sale of the Thingamabooob will fund research that's improving cancer treatments, preventing cancer, saving lives, in addition to providing information and support services to help women through their cancer experience.

RELAY FOR LIFE **RELAIS POUR LAVIE**
 Canadian Cancer Society / Société canadienne du cancer

Join us in the Fight Against Cancer!
 Are you interested in helping the Canadian Cancer Society raise funds for cancer research and support for people living with cancer, family members and friends?
 We are looking for enthusiastic, reliable and community-minded individuals for the Relay For Life 2009 Planning Committee in Georgetown.

Opportunities:
 Assist with event logistics, community promotion, team recruitment and sponsorship.
Time Commitment:
 2 to 5 hours per month. Event will be held Friday June 5th to Saturday, June 6th, 2009.
How you will benefit:
 Gain leadership experience, satisfaction by contributing to your community, expand your social and professional network and enhance public relations skills.
 If you are interested in this leadership volunteer opportunity, please call (905) 451-4460 or email ktull@ontario.cancer.ca or Mary Lou Foreman at (w) (905) 873-0301, (h) (905) 873-6735, mlforeman@independentfreepress.com
 Interested in participating in this event? Visit www.cancer.ca/relay or call (905) 451-4460 to register as a participant, survivor or day-of - event volunteer!

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Breast Diseases: Benign and Malignant
 A free public education seminar presented by Halton Healthcare as part of their "Living Healthy" series
 One in nine women in Ontario can expect to develop breast cancer in her lifetime. There are a number of symptoms for breast cancer, but mostly breast cancer is first noticed as a painless lump, or found on screening investigations like mammography. Often, the symptoms are not caused by cancer, other health problems can cause them. But testing is necessary to make a diagnosis. In most cases, finding cancer early increases the chances of successful treatment. Come learn about the real facts about breast disease.
Tuesday, October 14, 2008
 at the Milton District Hospital Classroom, 30 Derry Road East, Milton.
 The Breast Cancer Support Services will be holding a Breast Health Workshop from 6:00 - 6:30 and displays will be available from 6:30 - 7:00 p.m. The presentation begins at 7:00 p.m.
 Dr. Aziz, and Dr. Kolbasnik will speak about the different types of breast disease, prevention, early detection and treatment options. The presentations will be followed by a question and answer period.
 Halton Healthcare Services, in partnership with the Breast Cancer Support Services, Choices4Health, the Canadian Cancer Society and Wellspring is offering a free health education seminar entitled, "Breast Diseases: Benign and Malignant" with keynote speakers Dr. Dalal Aziz, General Surgeon, and Dr. Jeff Kolbasnik, General Surgeon, of Halton Healthcare Services. The event was made possible through an educational grant from MEDCA and the Christie Group. Special appreciation to the Milton District Hospital Foundation.
 To reserve a seat for this free event, please contact 905-338-4379/905-873-0111 or elittle@haltonhealthcare.on.ca. If you are unable to attend the event and would like more information on this topic, speak to your physician and contact the Cancer Information Service at 1-888-939-3333 or www.cancer.ca. For support contact the Canadian Cancer Society, Wellspring at 905-257-1988 or www.wellspring.ca; or Breast Cancer Support Services at 905-634-2333 or www.breastcancersupport.org
 For more information call:
 Cindy Popp, Halton Healthcare Services - 905-338-4147 - cpopp@haltonhealthcare.on.ca
 Sharon Burns, Canadian Cancer Society - 905-845-5231 - sburns@ontario.cancer.ca
 Judi Brinkert, Wellspring - 905-257-1988 - judi@wellspring.ca
 Cathie Mills, Breast Cancer Support Services - 905-634-2333 support@breastcancersupport.org

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Cancer Assistance Services has provided much practical services and support to many breast cancer patients since our inception almost 9 years ago.
 Our monthly support group is held the 1st Thursday of each month and is coordinated by Isabel Smith. Most of the attendees are breast cancer survivors and those that are past treatment continue to attend to support the new diagnosed or in treatment patients. The bond between these ladies is incredible. Sometime there is a guest speaker but mostly it is coffee time with a delicious homemade treat to enjoy with friends.
 CASHh also has extended their budget to include Nia, Reiki, Reflexology treatments and Yoga. These programs are free to cancer patients and are much appreciated.
 Communication is an important skill. We spend most of our lives learning how to read, write and speak; but listening to others enables us to understand others.
 At CASHh we listen. Call 905-702-8886 for information or to volunteer.

CANCER ASSISTANCE SERVICES CAS HALTON HILLS

On October 31, 2008 The Independent & Free Press will be publishing your words of enCOURAGEMENT from survivors & their friends and family. Please share your thoughts with a message to help those who are affected by breast cancer. Email to: features@independentfreepress.com or drop off to our office in the Georgetown Market Place by Oct. 29, 2008.

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