

# Cancer can be beaten

Your donation helps in the fight against the disease

## Expect a canvasser at your door this month

By Frances Niblock

Although volunteers are still needed to canvass several streets in Acton, local Canadian Cancer Society officials are confident the annual April door-to-door fundraising campaign will be a success.

"I have already had my first (canvasser) kit turned in," said Liz Bailey, retiring residential campaign chair on Friday, adding the cold, snowy and wet weather "is not helping" canvassers.

"We won't know how well the campaign did until May when all the money is in, but the lady who turned the first kit in did really well, so that's a good sign."

Last year's residential campaign raised \$32,917 in donations, and while the Canadian Cancer Society does not release information on donations per capita, that amount shows Acton continues to be a "very generous" community Bailey said, adding that over the years the door-to-door campaign has "held its own."

Bailey said there are several routes in the Devon Place subdivision, south of Sobeys, that still need canvassers – people willing to spend about three hours going door to door to ask for donations.

"It takes about 20 canvassers to do that area – about eight of our canvassers live

in the area and the rest are from other parts of town. We are grateful for the help, but it would be very nice to have some more participation from the people who actually live there," Bailey said.

"If the people who live there would like to meet their neighbours, or not wait for someone else to do it, that would be great."

Cathy Gerrow, president of the Acton branch of the Canadian Cancer Society, said while they focus their efforts in April on the residential campaign, other special events help make the branch's fundraising efforts a success.

"The daffodil sales, dances

and events like Councillor Somerville shaving his head and Rebecca Bath cutting her hair help raise money and awareness," Gerrow said last Thursday.

"The campaign is great because it involves a whole mix of people with ideas – some of our volunteers have been canvassing and working to raise money for cancer research for more than 20 years – and we also have new people, like Elaine Thomas, who will take over the residential campaign next year when Liz (Bailey) resigns."

If you can help raise money to help fight cancer, call Liz Bailey at 519-853-0585.



**FLOWERS OF HOPE:** Acton branch of the Canadian Cancer Society prepared for their annual fundraising campaign with a kick off at Knox Church on Wednesday, March 28 with a volunteer appreciation night. The next day, March 29, the sale of daffodils, a symbol of hope in the fight against cancer, started and continued for the next two days. Cathy Gerrow, Rena Arbiuc and Liz Bailey of the Acton branch inspected early daffs at Blooms Away flower shop. The sale of daffodils was completed in two days.

## Screening helps detect cancer in early stages

Different cancers require different tests and the four concerns most common to

women have screening tests to detect early forms of cancer.

Breast cancer is the most frequently diagnosed cancer in Canadian women. It starts in breast tissue, in the area between the armpit and the breastbone.

All women are at risk of developing breast cancer, but some women are at higher risk because of their age, family history or reproductive history. Many women are alive and well today because their breast cancer was found and treated early.

What you can do

- Women between the ages of 50 and 69 should have a mammogram every two years. If you are under 50, over 70, or have a higher risk

of breast cancer, your doctor may suggest a different schedule.

- All women should have a clinical breast examination by a doctor or trained health professional at least every two years.

- All women, but particularly those over the age of 40, should get to know their own breasts.

- Breast self-examination alone is not as reliable as clinical breast examination or mammography in finding breast cancer, but it helps you learn what is normal for your breasts and to notice any changes.

**What to watch for**

- Any place in your breast that feels lumpy like a pea or

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## What is cancer?

So what is cancer?

The Canadian Cancer Society describes it as follows: "Cancer is a disease that starts in our cells. Our bodies are made up of millions of cells. Our bodies are made up of millions of cells, grouped together to form organs or tissues such as the lungs, the liver, muscles and bones. Genes inside each cell order it to grow, work, reproduce and die."

"Normally these orders are clear, our cells obey and we remain healthy. Sometimes a cell's instructions get mixed up and it behaves abnormally. After a while groups of abnormal cells form lumps or tumours."

"Tumours can be either benign (non-cancerous) or malignant (cancerous). Benign tumour cells stay in one place in the body

and are not usually life-threatening.

"Malignant tumour cells are able to invade the tissues around them and spread to other parts of the body. Cancerous cells that spread to other parts of the body are called metastases. The first sign that a malignant tumour has spread is often swelling of nearby lymph nodes, but cancer can metastasize to almost any part of the body."

"Malignant tumours can be dangerous. It is important to find them and treat them quickly, before they spread."

Cancers are named after the part of the body where they start. For example, cancer that starts in the colon but spreads to the liver is called colon cancer with liver metastases.

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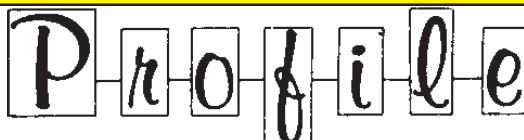
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