

Cancer awareness and fundraising month

The New Tanner and the following advertisers urge everyone to Please, Give Generously.
 Chances are Cancer will touch someone you love.
 The following pages are dedicated to awareness and education in the fight against cancer.

What is cancer?

Cancer is a disease that starts in our cells. Our bodies are made up of millions of cells, grouped together to form tissues and organs such as muscles and bones, the lungs and the liver.

Genes inside each cell order it to grow, work, reproduce and die. Normally, our cells obey these orders

and we remain healthy. But sometimes the instructions get mixed up, causing the cells to form lumps or tumours, or spread through the bloodstream and lymphatic system to other parts of the body.

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 nearby tissues and spread to other parts of the body.

Cancer cells that spread to other parts of the body are called metastases.

The first sign that a malignant tumour has spread (metastasized) is often swelling of nearby lymph nodes, but cancer can metastasize to almost any part of the body. It is important to find malignant tumours as early as possible.

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

Know your body

Don't hesitate to seek medical attention

It is important for you to know your body and what's normal for you. Report any changes to your doctor or dentist as soon as possible. Health-care professionals are trained to spot the early warning signs of cancer and other diseases.

Here are some warning signs you should not ignore:

- a new or unusual lump or swelling in the breast, testicles or any other part of the body
- any sore which does not heal anywhere on your body or in your mouth
- an obvious change in

the shape, size or colour of a mole or wart

• a nagging cough, hoarseness or a croaky voice

• difficulty swallowing

• blood in the urine, stool or phlegm,

• unusual bleeding or discharge of any sort from the nipple, or vagina.

• change in bladder habits, such as pain or difficulty urinating

• any change in bowel habits (constipation or diarrhea) that last more than a few weeks

• persistent indigestion

• unexplained weight loss, fever or fatigue

• unexplained aches and pains

• any new growth on the skin, or patches of skin that bleed, itch or become red

Remember, having any of these signs does not mean that you have cancer. They may be due to some other medical problem, or they may not be serious at all. Only your doctor can tell for sure. Don't take any chances with your health. Bring any warning sign to the attention of your doctor right away.

CANCER CAN BE BEATEN



Smooth SOLUTIONS
 SPA & LASER CLINIC for women and men
Monica Van Helden
 Esthetician and Laser Technician
 129 Mill St. East Acton
 www.smoothsolutions.ca 519-853-4SPA (4772)

Please Give Lives Depend On It.

DOWNTOWN ACTON
Help find the cure!

Josey Bonnette
 BIA Manager
ACTON BIA
 16 Mill Street East,
 Tel: (519)853-9555
 Fax: (519)853-9555
 Email: actonbia@aztec-net.com
 Web: www.downtownacton.ca



Statistics tell the story

An estimated 171,000 new cases of cancer (excluding about 75,100 non-melanoma skin cancers) and 75,300 deaths will occur in Canada in 2009.

Approximately 81,700 Canadian women will be diagnosed with cancer and an estimated 35,700 women will die of cancer.

Approximately 89,300 Canadian men will be diagnosed with cancer and an estimated 39,600 men will die of cancer. On average, 3,300 Canadians will be diagnosed with cancer every week. On average, 1,450 Canadians will die of cancer every week.

The risk of cancer increases with age: 43 per cent of new cancer cases and 60 per cent of cancer deaths will occur among those who are at least 70 years old. However, cancer can occur at all ages. Based on current incidence rates, 40% of Canadian women and 45 per cent of men will develop cancer during their lifetimes.

An estimated one of every four Canadians are expected to die from cancer.

Cancer is the leading cause of premature death in Canada: 1,026,600

years of life were lost in 2004 as a result of cancer. This represents 32% of the potential years of life lost resulting from all causes of death.

At the beginning of the year 2005, there were approximately 723,000 cases of cancer that had been diagnosed in the previous 10 years. Based on current estimates, 62 per cent of people are expected to survive for five years after their cancer diagnosis compared to the general population. Survival rates differ according to the type of cancer.

MEDICAL PHARMACY

The little pharmacy that cares...



Maggie Jorge
 Manager

93 Mill St. E., Acton **853-5780**

Milne's PLUMBING
 Over 30 years experience
 LICENSED PLUMBER

Residential • Commercial • Industrial
 Repairs & Renovations – Gas Piping – Well Pumps
 Installation & Repairs – Drain Cleaning

519-853-1805
 Serving Acton & Georgetown

Forever Youngsters
 NEW CHILDREN'S CLOTHING
 Quality clothing at incredible prices

Please give generously when the canvassers call

OPEN TUESDAY TO SATURDAY
CLOSED SUNDAYS
 www.foreveryoungsters.ca
 5 Mill Street East, Acton, Ontario (519) 853-0011

CANCER CAN BE BEATEN!



Bob & Margaret

RBC Royal Bank®

Judy Williamson
 Branch Manager

Cancer can be beaten. Please, give.

Royal Bank of Canada
 Market Place Plaza
 370 Queen Street
 Acton, ON L7J 2N3
 Tel: 519-853-6106
 Fax: 519-853-6111
 judy.williamson@rbc.com

M McNABB GRAPHICS

Please give generously

56 MILL STREET EAST, ACTON, ONTARIO L7J 1H3
Professional Design and Printing Services
 PHONE: 519-853-5615 FAX: 519-853-5731

