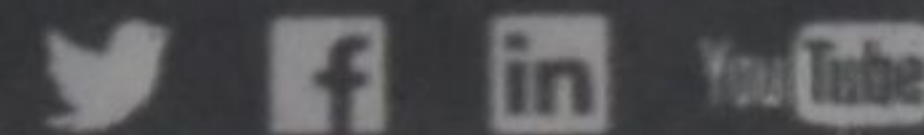


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halton.ca 311



Milton New Year's Day Household Waste Collection Notice

Please note collection day changes:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Area A No Change	Area E Collection moves	Area B Collection moves	Area F Collection moves		
30	31	New Year's Day January 1	2	3	4	5

Please place your waste at the curb by 7 a.m. on your scheduled holiday collection day.

Garbage Tag Exemption

Your first garbage collection after Christmas Day (December 25) does not require garbage tags. **The six garbage bag/can limit still applies.**



Christmas Tree Collection

Area A:

Place Christmas trees at the curb for collection on Monday, January 7 and 14.

Areas B:

Place Christmas trees at the curb for collection on Wednesday, January 9 and 16.

There is no tree collection for Areas E & F.

Remove decorations, tinsel, tree stands and plastic bags prior to collection.



Halton Waste Management Site

Closed Tuesday, January 1

Regular Operating Hours

Monday to Saturday: 8 a.m. to 4:30 p.m.

5400 Regional Road 25, Milton

Waste Collection Calendar

Reminder: Your 2019-2020 Halton Region Guide & Waste Collection Calendar will be delivered at the end of January 2019.

Manage your waste online or from your mobile device! Visit halton.ca/waste or download the **OneHalton** app to:

- View your personalized waste collection calendar.
- Access Halton Waste Management Site information and fees.
- Sort your waste using the Put Waste in its Place tool.
- And so much more!

Reduce your household waste with these tips

Small actions, like putting waste in the right place, can make a big difference. Here are some simple household waste tips that can contribute to community waste reduction:

- Put paper plates, coffee cups, tissue paper and napkins in the Green Cart.
- Rinse and empty plastic bags and food containers before placing in the Blue Box.
- Reuse gift bags, ribbons, bows and gift wrap.
- Donate clothing, toys and books to Reuse Centres and local charities.

Thank you for working with us to reduce our waste all year round! Visit halton.ca/waste for more tips.

Meetings at Halton Region, 1151 Bronte Rd., Oakville, L6M 3L1
Visit halton.ca for full schedule.

January 16 9:30 a.m. Regional Council



Gary Carr
Regional Chair

OPINION

FAMILY DOCTOR/PATIENT RELATIONSHIP AN IMPORTANT ONE

IT COULD SAVE YOUR LIFE, WRITES DR. NADIA ALAM



NADIA ALAM
Column

Family doctors work with undifferentiated disease, the grey zone of medicine, separating life-threatening illnesses from the less so. To do that, your family doc not only has to know medicine, but also you and what is normal for you.

I spent one summer training with Dr. X in Summerside, P.E.I. He was a Jack-of-all-trades family doc - office practice, anesthesia, minor procedures, in-patient care and so on. His patients would speak of him with pride, and vice versa.

One day, a middle-aged man, otherwise healthy, booked an urgent appointment. His concern: Headaches. As the medical student, I went in first, took a thorough history, did a physical and then - the hard part - told Dr. X what I wanted to do next.

Headaches are one of the top 10 reasons why someone sees their family doc. The vast majority of the time, headaches are managed with lifestyle changes and when needed, medications. Rarely are headaches a sign of something serious.

Eighteen years of studying and practising medicine, I've diagnosed something serious

twice.

The first time was that day in Summerside.

"Normally, we don't order CT scans for a headache," Dr. X said. "Why this time?"

The reason? The story didn't fit. He was an avid cyclist, his physical exam was normal but for the past week, he kept falling off his bike.

Dr. X added, "I've known this man since he was a kid. He never complains, never worries. For him to come in, something is going on."

Turned out, the man had a brain tumour. We saved his life.

This story is important. For one, it shows how a family doctor's job is to spot the one time a headache isn't just a headache. For another, it really matters that your family doctor knows you. Knowing you takes years and can change medical decision-making.

That kind of familiarity, that relationship, is even more challenging in a system as fragmented as ours. Think about it: When you're worried about an illness, options include your family doc, a walk-in clinic, the emergency department, Telehealth, a virtual doc, etc. Of those, your family doctor is the only one who knows what's normal for you.

Next time you're weighing your options, consider saving your visit for your family doctor. Knowing you might just save your life.

Nadia Alam is a Georgetown physician and president of the Ontario Medical Association. She can be reached at nadia.alam@oma.org.



Please
keep our
community
clean!