

# Health dept. stresses prevention of cancer

If you're a woman over 50 years of age and haven't had a mammogram, there's no time like the present.

That's the message the Halton Regional Health Department is delivering during Breast Cancer Awareness Month in October.

"We are inviting women to take action," said department spokesperson Pamela Forsyth. "We are encouraging all women to learn about breast health."

All women are at risk of developing the disease, she said. But the risk increases as a woman ages — especially over the age of 50.

"The reality is that most breast cancer occurs in women who have no other risk factors."

Breast cancer is the most common type of cancer in women. A Canadian woman has a one in nine chance of developing breast cancer in her lifetime.

In 1997, it's expected that about 18,400 women in Canada will be diagnosed with breast cancer.

Knowing what they should do to look after their breasts is the first step for prevention, Ms Forsyth said. Doing the following is recommended:

- Women aged 20 to 30 years should learn about breast self examination (BSE) and be aware of any breast changes. A yearly breast examination by a doctor or a nurse is important.

- Women in their forties should practice monthly BSE and have a yearly breast exam. If they have a family history of breast cancer, they may want to talk to a doctor about a mammogram.

- Women aged 50 and over should have a mammogram every two years as well as doing BSE monthly and having a yearly

## Look out for strange men, teens

### Crime Stoppers OF HALTON

Police in Acton are concerned about the attempts of a man to entice a young woman into his car in September.

Crime Stoppers wants to identify the suspect.

At 10:30 a.m., Monday, Sept. 29, the 16-year-old victim was walking along Mill Street when she was approached by a man driving a car at the intersection of Wallace Street.

The suspect repeatedly invited the teen into his vehicle. He finally gave up when he noticed a group of boys close by.

The suspect was described to police as male, white, in his early thirties with a medium build and a tanned complexion. He had short hair with a receding hair line.

The suspect wore a white jacket with red maple leaves on the left sleeve.

If you have any information that leads to an arrest in this or any other case, you may be eligible for a cash reward of up to \$1,000.

You need not give your name and your information can be taken with complete anonymity.

Crime Stoppers does not subscribe to call display.

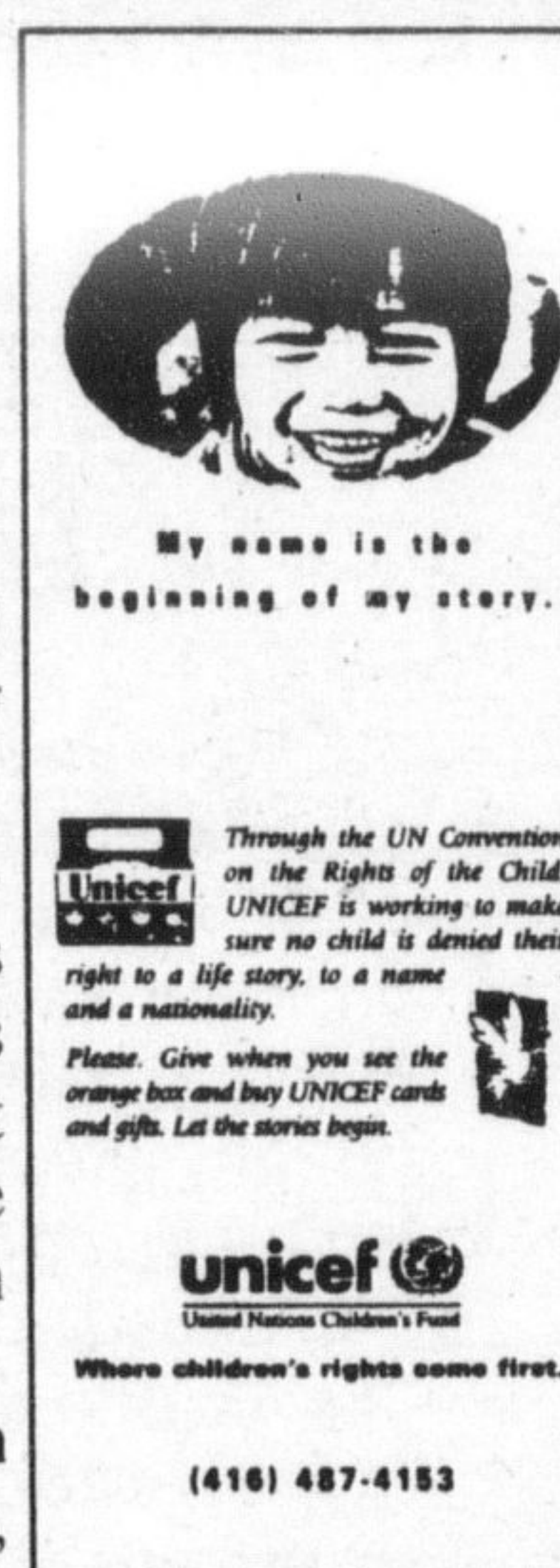
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breast check.

- A lower fat and high fibre diet as well as regular exercise may reduce the risk of developing breast cancer.

Blue decals have been placed at workplaces, hair salons and clothing stores this month, indicating that those establishments have packages of information about breast health on hand, Ms Forsyth said. The packages include background information as well of details of community services.

For more information, contact the Halton Regional Health Department at 825-6060, ext. 7347 or 7829.



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