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goodness
sake . . .



A good health
tip from
Milton District
Hospital



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Regular exercise is the best investment you can make for a healthy mind and body. If jogging or sweating it out in the gym is not your style - try walking. Wear comfortable shoes that fit properly and support your feet. Layer your clothing to avoid overheating. Warm up before you start, have a brisk walk and then cool down. Enjoy the wonderful autumn weather, you'll feel less stressed, more invigorated and mentally alert - not a bad return on your investment.

"For goodness sake"
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Halton Healthcare
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The Canadian Champion



Last minute ✓ tune-up

Acting as pit crew members for the Cathy and Ken Boulton 1980 Chev. Monza Super Gas car race are (left to right) Meritor plant manager John Gates, Meritor union president Gord Adams and Mayor Gord Krantz. Meanwhile, Mr. Boulton (centre) supervises their activity.

Photo by GRAHAM PAINE

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Breastfeeding the best choice for babies: nurse

By IRENE GENTLE
The Champion

What if they could invent a magic formula that could protect babies from gastro-intestinal and respiratory infections, juve-

nile diabetes and childhood cancers?

And what if that same formula could give mothers an added weapon in the fight to prevent breast and ovarian cancer as well as osteoporosis?

And what if that potion could save the health care system millions of dollars in doctor's visits and individual families small fortunes in medication?

Finally, what if that same formula could help businesses rev up productivity and decrease sick days?

That magic elixir has actually been part of the human experience for as long as women have been lactating, said Halton Region Health department public health nurse Louise Giacobbo.

She describes it as a kind of a silver bullet that benefits both babies and their moms.

"There are bounds and bounds of research that supports that breastfeeding has the best health benefits for babies and mothers," she said. "I tell you, breast milk is incredible."

Formula costly

And all it costs is time. In contrast, infant formula can cost up to \$125 a month.

As an international board certified lactation consultant who also works with the breastfeeding clinic at Milton District Hospital, Ms Giacobbo believes in breastfeeding.

"The nutrients in breast milk are so finely tuned to the baby, it boosts their immune systems," she said. "It assures the mom that the babies are getting the best possible food."

It also promotes a closeness between mother and child.

"Certainly there is a bonding with formula," said Ms Giacobbo. "But breastfeeding provides a much more intimate bonding. It is skin to skin with baby and mom."

According to the Canadian Pediatric Association, it is recommended that women breastfeed exclusively for the first four to six months of their baby's life.

So the question is, why aren't more women doing that?

One reason is because it ain't always easy.

Career pressures can cause some women to switch to formula once maternity leave is up.

And the red carpet isn't exactly rolled out for new moms when it comes to public nursing.

"Unfortunately, some women are still
• see WOMEN on page 12

...Your Halloween Headquarters!

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