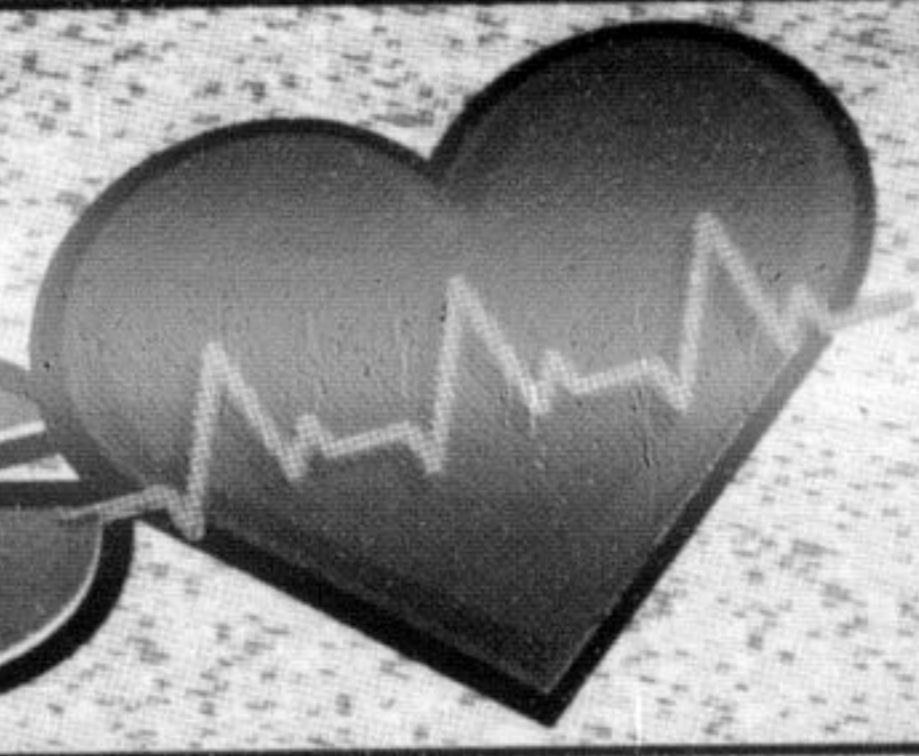


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## New program aims to clear the air at home

By IRENE GENTLE  
*The Champion*

Despite dire health warnings, butting out isn't an option for some people. But a new campaign aims to prove that butting outdoors is.

That's the premise behind the Breathing Space program, recently endorsed by the Halton Regional Health Department (HRHD).

"We all hope this campaign will encourage more people to take action to protect their health and the health of their children," said Halton's Medical Officer of Health Dr. Bob Nosal.

The goal is to clear the air — and save lives — by asking people to light up outdoors.

That should help reduce the number of illnesses borne by noxious second-hand smoke.

And participants are hoping it may also encourage people to quit tobacco products for good.

Breathing Space was born in 1998 with Durham, Peel, York and Toronto health departments as participants.

More recently, Halton and Hamilton have come on board.

### Program funded by Province

The initiative is supported by the Province, which awarded the health departments about \$800,000 to implement the program.

Advertising for Breathing Space will be seen on transit shelters, in newspapers and heard on radio ads.

A poster featuring a small, tow-headed boy with a sweater pulled over his mouth and nose to protect him is being distributed, along with a fact sheet on the hazards of second-hand smoke.

The campaign aims to clearly identify those hazards, some of which have at times been viewed as controversial or unproved in the past.

To that end, Breathing Space literature indicates that taking in too many lungfuls of second-hand smoke is the third leading cause of preventable death in



Canada, stealing the lives of 330 non-smokers annually.

And 4,000 chemicals, including formaldehyde and arsenic, are harboured in a plume of second-hand smoke.

At least 50 of those chemicals are known to be cancer-causing.

Ironically, secondary smoke contains more dangerous chemicals than the toxic soup being inhaled by smokers themselves through a filtered cigarette.

Ventilation systems are unable to filter all the harmful chemicals out of second-hand smoke.

Even less effective are non-smoking sections, including those found in another room of the same structure.

For adults, smoky environments can contribute to both a hardening of the arteries and heart condition in non-smokers.

That hastens the death by heart disease of some 3,000 Canadians annually.

Those suffering from lung conditions and allergies are often smoked out by second-hand fumes.

But even healthy people can be afflicted by nui-

• see SMOKE-FREE on page 21

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### Beverly Hills: Tailored Programs for Individual Needs.

Beverly Hills Weight Management and Nutrition Centre's approach to weight loss is not magic, nor is it a quick fix. Rather, it is a sensible program focusing on the client's needs. That is why Beverly Hills was voted best weight management clinic by Milton Champion readers with Marion Healy being voted best nutritionist.

Clients eat regular grocery store products, making selections from all four food groups in the Canada food guide. Working one-on-one with a counselor and under the supervision of a registered nutritional consultant, clients learn a healthy approach to food, are encouraged to exercise, and use a metabolic method - improving the rate at which your body burns fat - for weight management.

A confidential case history is taken from every potential client during a free consulta-

tion. Whether you want to lose 10 or 100 pounds, the weight loss pace of the program is adjusted for each person to match their lifestyle, body type, and case history. Our nutritionist develops a weight management program that fits you like a glove and individually pampers you throughout the process.

This includes all the support and encouragement you need while you are losing or maintaining your goal weight. As well as healthy lifestyle changes focusing on understanding and motivation. Once a goal weight is reached, the client begins a six week stabilization program and has the option to move on to a maintenance program. If at any time during the year of maintenance you gain back three to five pounds, you are invited to return to the clinic, free of charge.

The Beverly Hills Weight Management program was

developed in California 20 years ago and was introduced to Canada five years later. Marion Healy, Registered nutritional Consulting Practitioner, has over 13 years experience in metabolic weight management. She has helped hundreds of people to not only lose weight and keep it off but has given her clients an understanding of their individual nutritional needs.

With respect to the high levels of safety and attention offered by this program, it is frequently recommended by health care providers to their patients who need help.

With this kind of support from the community, you can be assured that your weight control will be safe, effective and healthy. The Milton centre has been open for two years and has already impressed and improved the lives of many area residents.

**Picture Yourself...**

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**DR. BRUN DEL RE** is announcing the closing of his Milton medical office.

Due to unfortunate circumstances, ongoing negotiations with a replacement doctor have failed. We apologize for any inconvenience.

Transfer of files may be effected via Milton District Hospital address or the old office at: 3006 Derry Rd., Ste. 102, L9T 5B5. In accordance with the O.M.A. and for uninsured service for files transfer, a \$35.00 fee will apply.

Many thanks for your understanding in this transition time and warmest regards to all.

**R. Brun del Re  
Dr. BdR**

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