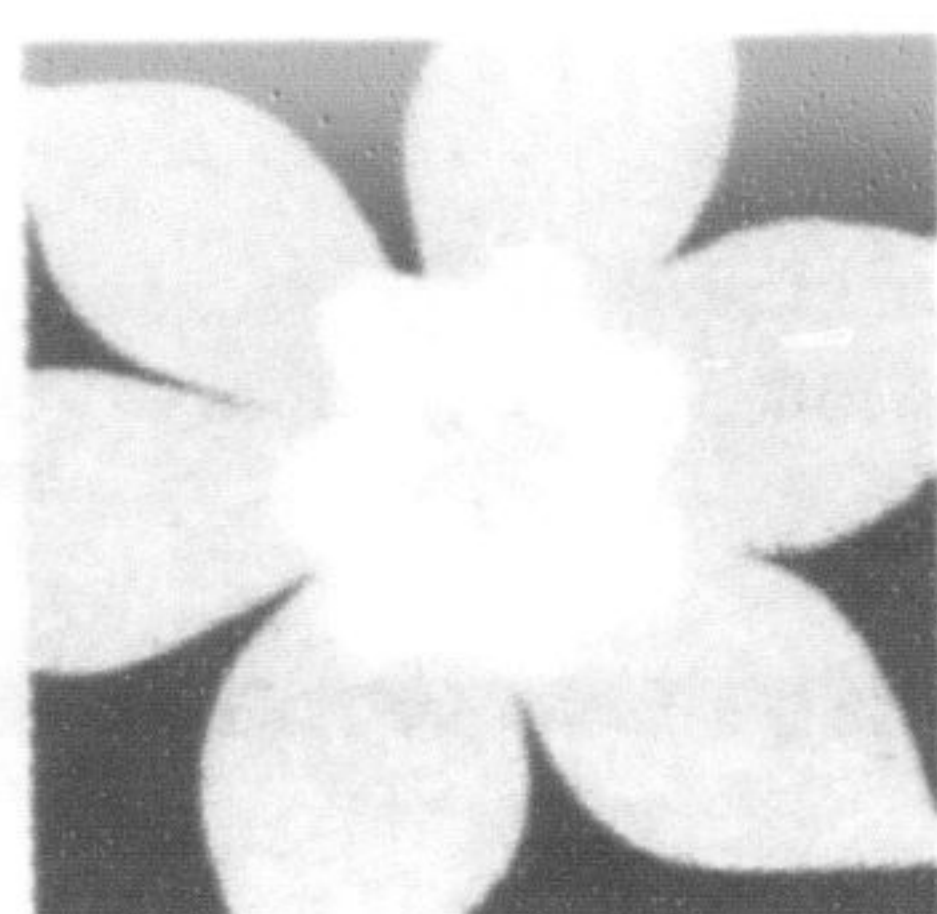
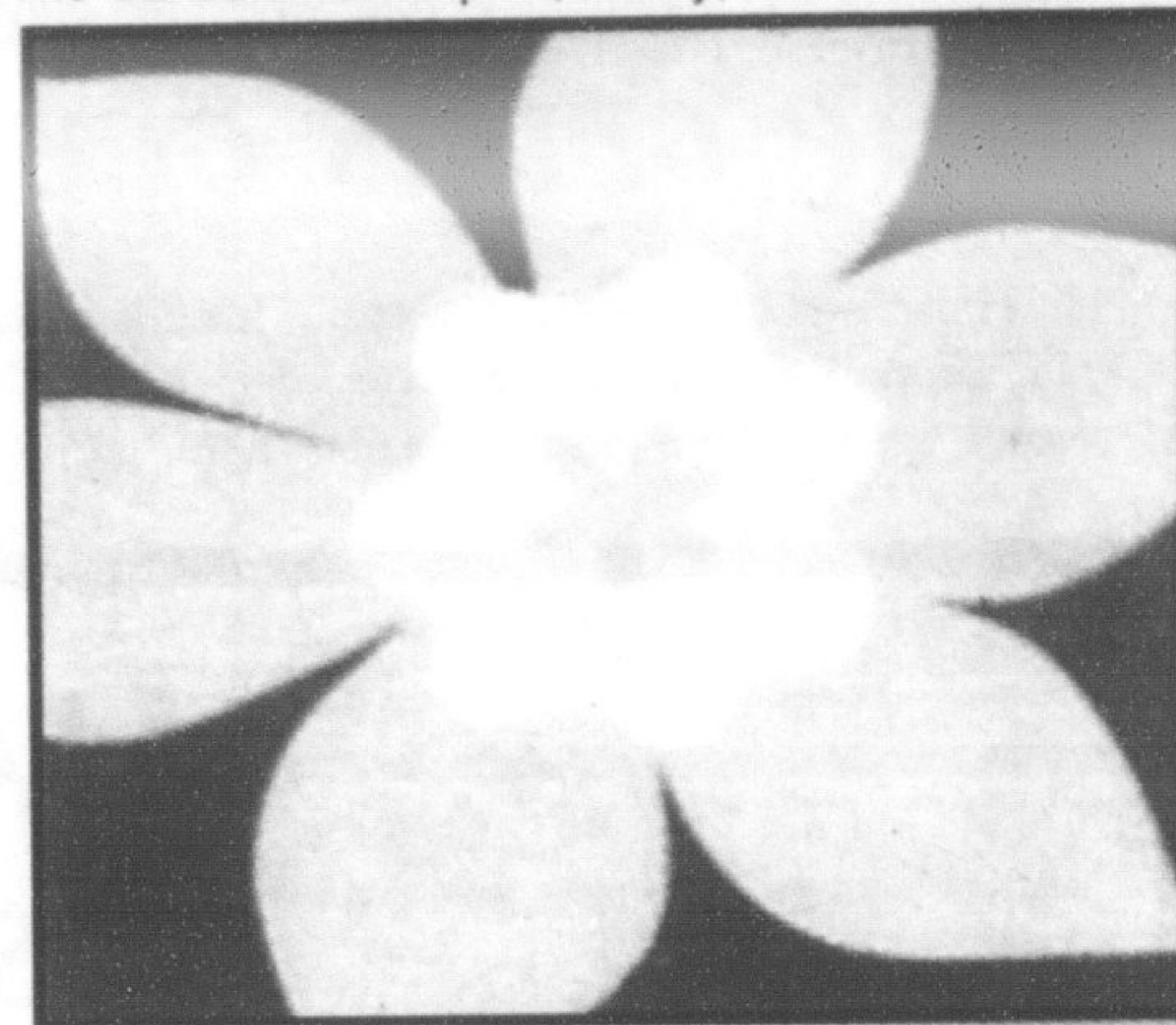


# Month

Canadian  
Cancer  
Society



Société  
canadienne  
du cancer



## Research makes a difference

### Improved survival rates

Research results improve survival rates and provide a better quality of life for people living with cancer. Here are just two examples. In 1970, the five-year survival rate for

- childhood leukemia was 50 per cent - today it is 83 per cent
- Hodgkin's disease was 60 per cent - today it is 80 per cent.

### Breast cancer research

The Canadian Cancer Society is a major partner in the Canadian Breast Cancer Research initiative, which will provide \$2 million each year to the year 2002 to hundreds of researchers across Canada.

### Prostate cancer research

The Canadian Cancer Society is also part of the Prostate Cancer Research Initiative, which will fund research projects totalling \$3.8 million over the next three years.

### Support for people living with cancer

Almost every Canadian will

experience cancer either personally, or through a family member or a friend. The Canadian Cancer Society offers a variety of supports to patients and their families from the time of diagnosis and throughout treatment. We provide short-term financial assistance towards the cost of certain services. Under certain conditions, our volunteer drivers provide transportation to patients undergoing treatments. There is no need to experience cancer alone. Talk to someone by calling CancerConnection 1-800-263-6750. Our telephone support service matches people living with cancer to trained volunteers who have had a similar experience.

Call your local  
**Canadian  
Cancer  
Society**  
for more info -  
**877-1124**

Associated with  
**Burlington Office**

### Seven Steps to Health

Protect yourself and your family. By knowing and acting on these Seven Steps to Health, you can help prevent cancer.

- 1 Choose to be a non-smoker and avoid second-hand smoke.
- 2 Choose a variety of lower fat, high fibre foods. Maintain a healthy body weight and limit your alcohol intake.
- 3 Protect yourself and your family from the sun. Practise regular skin examinations and report any changes immediately.
- 4 Regular scheduled Pap tests and mammograms, according to age, are vital. Practice monthly breast self examination.
- 5 See your doctor and dentist regularly for checkups.
- 6 Be aware of changes in your normal state of health. If you discover a lump or a mole that has changed, or a sore that won't heal, check with your doctor immediately.
- 7 At home and at work, follow health and safety instructions when using hazardous materials.

Consult your local Unit of the Canadian Cancer Society for more information

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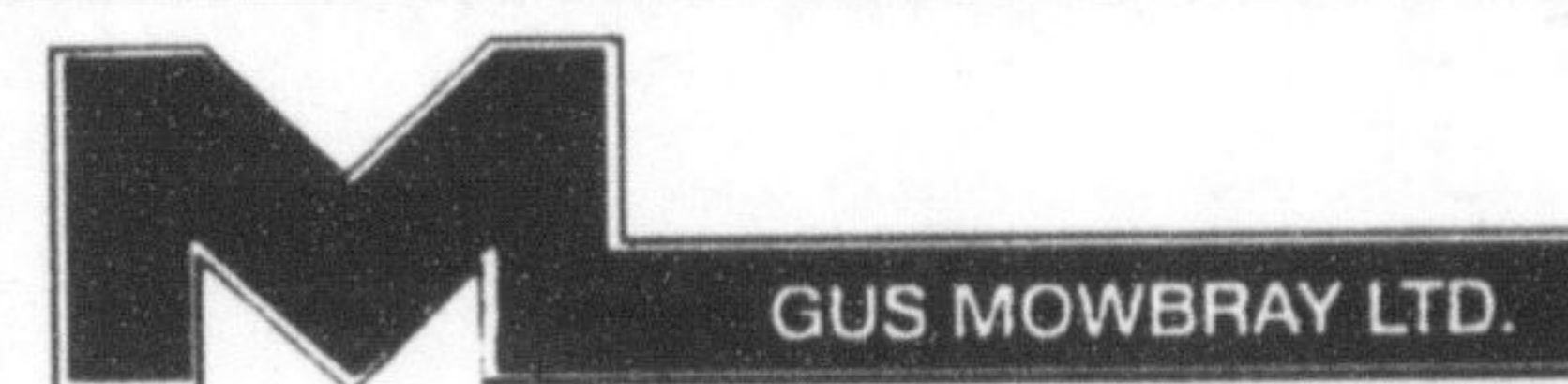
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