

HEALTHY LIVING

CPR training can greatly reduce preventable deaths

Public assistance in doing CPR (Cardiopulmonary Resuscitation) is one way to help increase the survival rate of a person suffering a heart attack. Roughly 11 per cent of deaths in Canada are a result of heart attacks and many of these deaths are preventable.

A 1999 study by the Ontario Pre-Hospital Advanced Life Support (OPALS) program for the Oakville and Burlington area found that less than 10 per cent of all witnessed cardiac arrest victims received CPR from a bystander.

Many situations can cause the heart to stop, but the most common cause in adults is heart and artery disease.

Choking, smoke inhalation, suffocation, hypothermia, drowning, electrical shock, and trauma are some of the other reasons why the heart stops. Many of the deaths in children and youths are a result of these situations.

Every cell in your body needs oxygen and nutrients to survive. Oxygen from the lungs is carried to the cells through the blood stream. The heart is a large muscle that pumps the oxygen rich blood through the body and most importantly to the brain. If the heart stops pumping blood for more than 4-5 minutes, the cells in the brain will become starved of oxygen and begin to die.

If a person shows no signs of breathing and does not appear to have a heart beat, it is very important to start CPR immediately. CPR - Cardiopulmonary Resuscitation - Cardio refers to the "heart", Pulmonary refers to the "lungs", and Resuscitation means to "revive". CPR does the breathing and pumping normally done by the lungs and heart, and can increase a person's chance of surviving by preventing the brain from dying.

Within the "Chain of Survival" the vital links required to manage an emergency situation when someone's heart appears to have stopped are shared by the first person on the scene and Paramedics.

The first person on the scene needs to call 911 for help right away and start CPR. Once the Paramedics arrive, they provide early defibrillation and Advanced Life Support.

How can I help? Learn CPR - take a CPR training course.

When performed on a person who is not breathing and shows no sign of a pulse, CPR can prevent brain death from occurring and will give the person a better chance of being revived once the defibrillator (heart start machine) is applied.

Anyone can learn CPR! Recent changes to the standards have made the steps for CPR even easier to remember and do. You will leave the CPR class feeling confident that you could help someone in an emergency.

Numerous local agencies offer CPR courses such as the Heart and Stroke Foundation, Canadian Red Cross Society, St. John Ambulance and others listed in the yellow pages under "First Aid Services". Also, look for flyers and postings at local community centres, schools and malls advertising CPR courses in your area.

Heart Saver Level courses take roughly 3 hours and often focus on prevention and healthy living, recognizing when a person is having a heart attack or stroke, performing CPR, and removing objects from a person's airway.

Family members and friends do the majority of bystander CPR. Would it not be great if you were able to help your family or friends in a time of need?

For more information about CPR, please call the Halton Region Health Department at 905-825-6060 etc. 7111.

If your call is long distance, please call Toll Free 1-866-4HALTON (1-866-442-5866). TTY 905-827-9833.

Health Notes is prepared by staff of the Halton Region Health Department

Help available for those looking to stop smoking

Halton's health department offers counselling

If you're ready to quit smoking, but know you'll need some assistance with this difficult task, the Halton Region Health Department is there to lend a helping hand.

The Health Department's Stop Smoking Clinic provides counselling services at no cost.

Recognizing that no one method of quitting will work for everyone, the



clinic individually tailors each approach using a variety of techniques.

In addition to stress and behavior management — two keys to successfully butting out — the clinic also incorporates the nicotine patch, nicotine gum, and Zyban.

For more information about stop-smoking programs, call the Health Department at (905) 825-6060.



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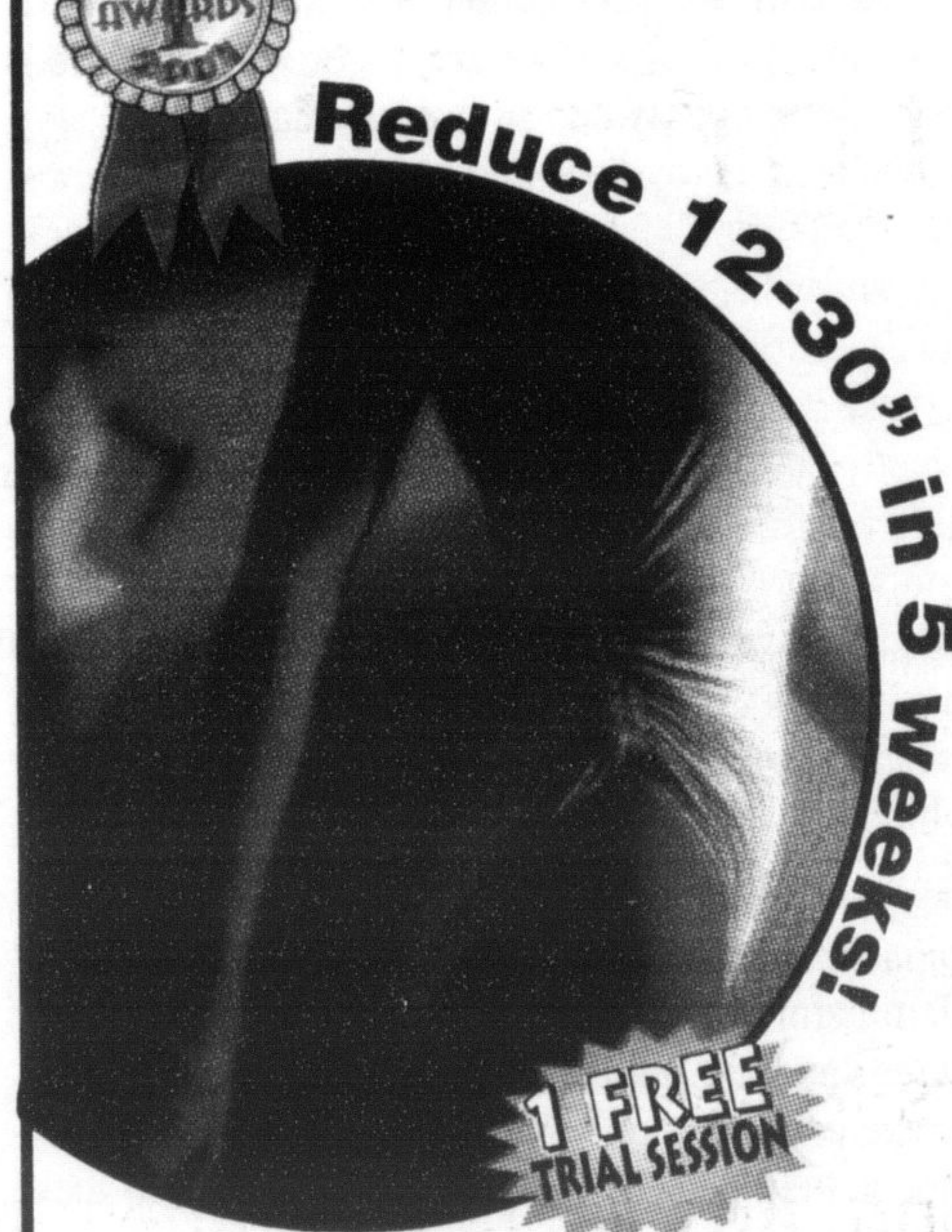
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- ✓ Firm up those hard to tone areas



April showers have passed, the gardens are planted, and you've already had your first sun-burn, that's right summer is almost here. For many of us, mainly women, the thought of putting on shorts or a bathing suit brings out our worry lines, and that's all we need! Luckily there is something you can do to get into shape for summer - fast.

At Beverly Hills we have developed a treatment program that targets winter weight gain and the thing we hate most, cellulite. Cellulite has an orange peel appearance on your hips, thighs and the backs of your legs. It is tough to get rid of and sometimes needs more than just a change of diet. Through the use of Electro Muscle Stimulation (EMS), nutritional supplements such as Lecithin and Essential fatty Acids plus nutritional counselling, we can help you achieve dramatic results.

We work with the factors that have contributed to your weight gain. Factors such as slow fat metabolism, stress, poor eating habits and improper weight loss. No one person is the same, and we all have different needs. Because of this, Beverly Hills will design a nutritional protocol that suits your personal preferences, one that is best for you.

We start with a full nutritional assessment by a Registered Nutritional Consulting practitioner. Many people who eat well and exercise will still notice that they are building up layers of cellulite and that nothing seems to help. There has been research that supports the idea that cellulite is hard

to burn because we store toxins in fat to help protect our liver. Lecithin helps to break down stored body fat and unburden the liver. It is only one of the many nutrients we use to support fat metabolism, which translates into cellulite free, healthy looking legs.

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We use EMS Treatments to tighten and tone the muscle. A strong muscle puts a demand on the body fat surrounding it. The muscle burns the fat as fuel while the nutrients help to release fat into the system so it is available for the body to use. One 40-minute treatment is the equivalent of 9 hours of workout. Due to an overwhelming demand we have just added a third EMS room. We use our 15 years experience in weight management and nutrition to custom design a treatment program that reduces the specific areas where you tend to store cellulite, namely our hips, thighs and abdomen area. As well, the EMS Treatments are a great compliment to any cardiovascular program to give you a long lean look to your body. Why wait? Start today! With our five-week program you can have gorgeous legs this summer! One complimentary trial session is offered to new clients only.

For more information and your free consultation, please call Beverly Hills Weight Management and Nutritional centre at 905-875-2889.

Marion Healy is a registered Nutritional Consulting Practitioner with over 13 years experience in weight loss and nutrition. She is Clinic Director of Beverly Hills Weight Management and Nutrition Centre in Milton, Clarkson Village, Mississauga and our newest location at Absolute Fitness, Mississauga. For more information contact Marion at 905-875-2889