

Public skating starts this weekend

Public skating is back at both arenas starting this weekend.

All-ages skating can be enjoyed at John Tonelli Sports Centre (217 Laurier Ave.) Saturdays from 1:15 to 2:45 p.m. and at Memorial

Arena (77 Thompson Rd.) Sundays from 9:30 to 11 a.m.

Parents and toddlers can team up for ice time at Tonelli arena Tuesdays from 1:30 to 2:50 p.m. and seniors skating can be taken in

at Memorial Arena Thursdays from 10:30 to 11:45 a.m.

Skating costs \$2 for children, youths and seniors and \$2.50 for adults. Family passes are also available for \$5.25.



Happy Thanksgiving from the staff of
The Canadian Champion

Watch us grow while you lose!

4th EMS Treatment Room added September 2001!

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Country Heritage Park

Denim & Diamonds

a Country Music Show

Sunday October 21, 2001 at 2:00 pm

Show is in the Gambrel Barn, Country Heritage Park

featuring

**Larry Mercey,
Randy Satchell,
Mandi Craddock,
Jamie Gorden,
Earl and Martha Heywood**

with

**M.C. Jim Swan and the Millennium Cowboys
and Special Guests**

10 & 13 year old fiddlers Dan Mighton & Ian Leith
and singing Duet John & Geneva Heaman

TICKETS:
\$18.00 in advance or \$20.00 at the door

Reserve your tickets.
905-878-8151
1-888-307-3276

8560 Tremaine Rd, Milton
www.countryheritagepark.com

Mammograms: Helping women take control of their continuing health



Halton Healthcare

October is Breast Cancer Awareness Month. Did you know that...

...On average, 375 Canadian women will be diagnosed with breast cancer every week?

...In 2001, an estimated 19,500 women in Canada will be diagnosed with breast cancer?

Tina Braam, through her work as a mammographer at Halton Healthcare Services, is playing an important role in the fight against breast cancer. Tina, along with two other mammographers, works in the Diagnostic Imaging department at Milton District Hospital, where they perform 50 to 60 mammograms a week.

"Mammograms are important because with breast cancer, early detection is imperative," explains Tina. "With a mammogram, you can see lumps that you may not find with self examination." A mammogram is an x-ray of the breast taken with a device that compresses it. It can be used to determine if a lump is a gland, a cyst or a tumor and in the detection of breast cancer.

"It can be discouraging for me on days when there are results that are not as positive as we would have hoped for. These are women my age

- my peers," says Tina. "But at the same time, you know that it's the first step for these women towards treatment which is very positive."

Because the risk for breast cancer increases as you age, as a general rule, the Canadian Cancer Society recommends women over fifty have a mammogram every two years unless there is a family history. "The reality is that it's different for everyone," says Tina. "I believe it's best to talk to your family doctor to come up with a plan - it doesn't necessarily mean mammograms every year after fifty. Some women for their own peace of mind want to start earlier. Sometimes they return every two years, sometimes it's every 18 months." Men are not excluded from this examination either. Mammograms are performed on men if they have symptoms.

One of the most common questions Tina is asked by her patients is about pain. "There is always a concern that it's going to hurt," she says. The answer is not simple. "Yes, there is a certain amount of discomfort but there is no residual pain," says Tina. At MDH, a half-hour is set aside for each patient's mammogram appoint-

ment but the actual compression of the breast takes only a very short period of time.

"For a lot of women, it's that combination of pain and anxiety," explains Tina. "So we allow time for questions. It gives me a chance to sit down with a patient and explain exactly what is going happen, what we're looking for and what we need for a good film. It also gives the patient a chance to ask any questions so I can address any concerns she may have and hopefully ease a little bit of her anxiety. Some people don't need the half hour but we never want anyone to feel as though they are being rushed through."

Tina encourages women to talk to their family physician about creating a plan for their continuing breast health. "It's just a small step towards taking control of your continued health," she says. "I feel privileged to be a part a healthcare team that is helping women do this. We want these women to feel empowered - the kind of empowerment that comes from taking care of yourself."