

# HEALTHY LIVING

## Milton District Hospital set to host ovarian cancer seminar on April 23

This year in Canada, 2,600 women will be diagnosed with ovarian cancer.

Ovarian cancer is the fifth most common cancer in women, and is often called "the disease that whispers" due to the vagueness of the signs and symptoms that

accompany it.

To raise awareness about the signs, symptoms, risk and preventative factors of ovarian cancer, the National Ovarian Cancer Association will present 'Listen to Whispers' next Tuesday at Milton District

Hospital from noon to 1 p.m. An ovarian cancer survivor will also tell her story.

The 'Listen to Whispers' workshop has been seen by more than 4,000 people since its launch in September, 2000.

The workshop is funded by the Women's Health Council Secretariat of Ontario and the McCain Foundation.

The National Ovarian Cancer Association is dedicated to overcoming ovarian cancer. The association also provides leadership by supporting women living with the disease and their families.

To reserve a seat or for more information, call (905) 815-5110.

## IBD topic of upcoming clinic

Crohn's disease and ulcerative colitis are the two most common forms of Inflammatory Bowel Disease (IBD). They are chronic intestinal disorders which cause abdominal pain, cramping, fatigue and diarrhea. Approximately 10,000 Canadian men, women and children suffer from IBD. People are most frequently diagnosed between the ages of 15 and 25 years and 45 and 55 years.

The Crohn's and Colitis Foundation of Canada, in partnership with Halton Healthcare Services, invites the public to attend a free seminar entitled, 'Inflammatory Bowel Disease — Recent Research for Diagnosis and Treatment' April 25 at Oakville-Trafalgar Memorial Hospital at 7:30 p.m.

To register or for more information, call (905) 338-4379.

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## Mental health disorders in youths to be addressed at meeting May 1

Do you have questions concerning mental health?

Halton Healthcare Services will hold a free public seminar covering mental health disorders in children and adolescents and the role of psychiatric in-patient service. The seminar will be held May 1 at 707 Galaxy Banquet Hall, 475 North Service Rd., in Oakville at 7 p.m.

Psychiatrist Dr. Alan D. Brown and members of the

in-patient psychiatry team at Oakville-Trafalgar Memorial Hospital will present the seminar. The speakers will provide an overview of the prevalence of mental health disorders in children, including the kinds of disorders experienced and available treatment options, ranging from out-patient treatment to day treatment to in-patient services.

To reserve a seat, call (905) 338-4379.

# CHIROPRACTORS OF MILTON

HELPING YOU HEAL

## Chiropractic Care For The Elderly



**"I'm not looking for the fountain of youth, I just want to be able to enjoy myself again"**

You've worked hard all your life to enjoy your golden years, but now these aches and pains are getting in your way. How many times have you heard "you just have to learn to live with it". This is not always true! For example, a 76 year old woman had low back pain that radiated bilaterally from her sciatic nerve down her legs and into her feet. She suffered with the pain for six months before she chose chiropractic as a last resort. Within five adjustments her pain was gone.

Her case is typical of many elderly patients. They do not consider chiropractic until they have tried several kinds of health care that may treat the symptoms but not the cause. Instead, chiropractic should be their first choice. In most cases, it can locate the cause of the problem, provide prevention from potential

health care concerns, and improve the older patient's quality of life.

**YOU CAN GET HELP!**

Your spine, like the rest of your body, has had its fair share of ups and downs during your lifetime. Unfortunately, like many, your spinal health has probably been neglected and you've set yourself up for breakdown. The stress of daily living (physical and emotional) can result in abnormal spinal alignment, which in turn directly effects your nerve function and ultimately your health potential. Chiropractors term this spinal nerve stress "Vertebral Subluxation". This impairment to your overall well being can result in pain and stiffness, symptoms of organ dysfunction and spinal degeneration ("arthritis"). Only chiropractors are trained to detect and correct vertebral subluxation. Through very gentle procedures (termed; Adjustments), lasting relief in many cases can be achieved **without the use of drugs and/or surgery.**

As a person ages, the two most frequent complaints are pain and stiffness, and many of these ailments can be traced to structural problems of the spine. With time the elastic discs and supporting ligaments have lost much of the ability to stretch and move. Eventually, the muscles which help maintain normal alignment of the spine begin to lose the tone needed to assure balanced

movement and proper posture.

Adjustment of the vertebrae between one's shoulders for instance, helps prevent the spine from becoming stooped and bent over. Adjustments in the lower back help keep the arch in this region thus preventing the spine from bending over forward which leads to the use of a cane or "walker". Adjustments of the neck prevent not only pinched nerves but keep the neck free and moveable avoiding the stiffness so often seen in older people.

Chronic conditions such as arthritis, hip and shoulder joint stiffness, constipation, circulatory disorders and high blood pressure are often blamed on the natural consequences of aging. But many times these problems are the result of nerve interference, and can be greatly alleviated with regular spinal adjustments. If the person also maintains mobility, proper nutrition and regular exercise, many of these conditions can be eliminated altogether.

Chiropractic has emerged today as a mainstream healing art. It is much more than a simple technique to relieve aches and pains. **By relieving pressure upon nerves, by correcting subluxations, chiropractors seek to allow the nervous system to function as well as it possibly can.** And by keeping the spine mobile and erect chiropractic care helps to prevent the attendant prob-

lems of pain and immobility associated with the stiff and bent spine of old age.

**Remember:**

**People who care about their bodies take CARE of their bodies. Take care of your body through chiropractic care.**



A public awareness program by your local chiropractic association

**Barrow Chiropractic**  
180 Ontario St. S.  
Dr. J. R. Barrow  
905-878-8127

**McPhail Chiropractic Centre**  
270 Martin St.  
Dr. Murray McPhail  
905-876-0005

**Milton Family Chiropractic Centre**  
379 Ontario St. S.  
Dr. Heather Jones  
905-878-5020

**True Health Chiropractic**  
550 Ontario St. S.  
#205  
Dr. Anna Neff  
905-876-0048

**Healing Centre**  
95 Main St. E.  
Dr. Marlene Turner  
905-876-1888

**Family Care Chiropractor**  
106 Wakefield Rd.,  
Dr. Angelika Koeth  
905-878-5165

**Milton Chiropractic Centre**  
310 Main St.  
Dr. David L. Phillips  
905-878-5656