

HEALTHY LIVING

Millions affected by constipation

NC)—Are you feeling heavy, sick or overstuffed? Are you becoming irritable? You may be constipated. No fear, you are not alone. Over 4.5 million Canadians are affected by constipation every year. While most consider it a mere annoyance, if left untreated constipation can cause bloating and abdominal pain, and can in some cases result in serious health problems.

Am I constipated?

If you experience at least two of the following symptoms for several weeks, you may be constipated:

- Passing hard and lumpy stools
- Straining to have a bowel movement
- Feeling the need to have a bowel movement after having had one

- Feeling that the rectum or anus is blocked
- Having less than three bowel movements a week

What causes constipation?

- Not eating enough high-fibre foods
- Not drinking enough fluids
- Not enough exercise
- Stress
- Certain medications

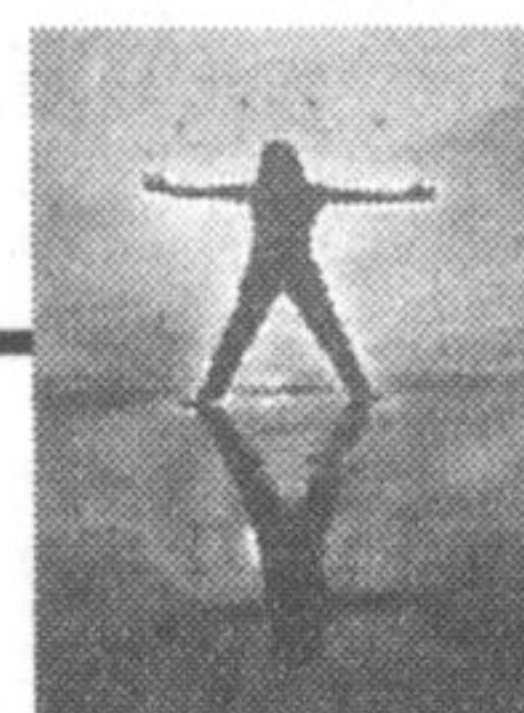
How can I prevent or treat constipation?

The best way to treat and prevent constipation is to eat a high fibre diet. Try incorporating 20 to 35 grams of fibre into your diet everyday. Choose foods that contain a high fibre content like whole grains, bran products, vegetables, fruit, and legumes. Drinking more fluids and

getting more exercise are also important.

If these simple lifestyle changes aren't enough to manage your constipation, you may want to try a bulk laxative like the new Prodiem, available as caplets or in powder form. "Bulk fibre laxatives are safe, gentle and effective," says Charles Rivest, pharmacist. "I think patients will appreciate the convenience of the Prodiem bulk laxative caplet. For people who like powders, Prodiem Bulk Fibre Powder has a great orange taste, is easy to mix, and doesn't cause gas."

Talk to your pharmacist or doctor about effective, convenient ways to manage constipation or call the Prodiem information line at 1-888-788-8181.



Vitality Centre

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Halton Healthcare

Join the Halton Healthcare Board of Directors

The Board of Directors of Halton Healthcare Services is currently accepting applications from those interested in joining the HHS Board. We are seeking two new volunteer Board members - one from the community of Oakville and one from the community of Milton.

To complement the existing Board member's backgrounds, we are interested in senior executives who possess specific expertise and experience in the following areas:

- Government / Political Relations
- Marketing / Public Relations
- Health Service Provision or Education

We are seeking individuals who have a demonstrated track record in these areas including a significant record of achievements, leadership appointments and recognition as a leader in his / her area of expertise.

Volunteer members of the Board represent a wide spectrum of professional and personal skills and interests. They bring the community's perspective to the Hospitals. Individuals interested in applying must demonstrate previous not-for-profit or corporate experience at a Board Director level. Board experience with health provider organization is ideal.

We encourage applications from all interested individuals. A detailed board member recruitment profile has been posted on the HHS website, www.haltonhealthcare.com.

Please forward information about yourself, including your background, experience and reasons for interest by Friday, April 30, 2004.

Nomination Sub-Committee
c/o John Oliver, President & CEO
Halton Healthcare Services Corporation
327 Reynolds Street, Oakville Ontario L6J 3L7

For further information please call 905-338-4616 or email your inquires to joliver@haltonhealthcare.on.ca.

Caring Today, Growing for Tomorrow
Halton Healthcare represents Milton District Hospital and Oakville-Trafalgar Memorial Hospital