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ADVERTISING FEATURE

HEALTH & FITNESS

There is help for infertility

NC — Approximately 600,000 Canadians experience infertility, a disease often resulting in devastating emotional consequences.

Infertility can pose a life crisis similar to the experience of losing a child, but without the compassion or understanding of family, friends and society.

Infertility is the result of medical and environmental factors affecting an increasing number of people in Canada.

Endometriosis, delays in childbearing, pelvic infections, sexually transmitted diseases and environmental factors impact a person's fertility. Forty per cent of infertility problems are attributed to the female, 40 per cent to the male, five

per cent to unexplained causes, and the remaining to combined male and female factors.

If you are having difficulty conceiving a child, you should seek the advice of a physician after approximately one year of unprotected intercourse without a resulting pregnancy, or following the repeated inability to carry a pregnancy to term.

Following a thorough examination of both partners, treatment may begin with non-invasive medical testing, such as daily recordings of the woman's basal body temperature and a sperm analysis.

You should seek out a physician with an expertise in infertility who can help examine treatment options.

Individuals must then decide whether to pursue assisted reproductive techniques, such as drug therapy, surgery, insemination, and in vitro fertilization.

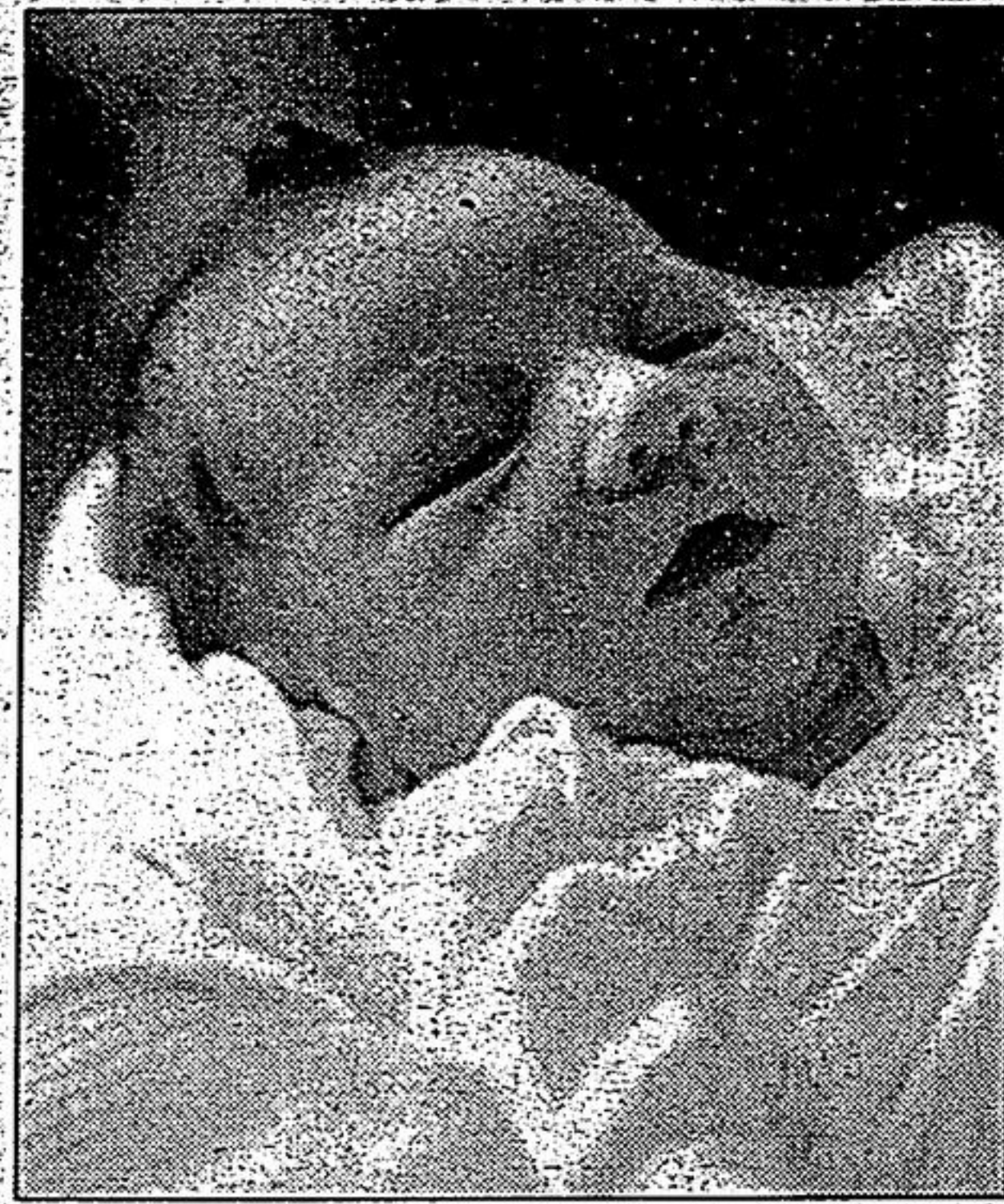
You may also consider alternatives, such as adoption, or child-free living. Whatever course of action is taken, it is essential that you obtain information to understand your infertility, and most importantly, to make informed decisions about the future.

Significant improvements in the diagnosis and treatment of infertility is good news for those experiencing infertility.

But for those who cannot have children born to them, infertility is a condition that may periodically cause feelings of grief throughout their lives.

Individuals should seek out others with similar concerns, since it is only through open communication and information that individuals can move forward with their lives.

If you or someone you know would like information about infertility or about services in your area, call the Infertility Awareness Association of Canada, Inc. at 1-800-263-2929 and ask for a complimentary information package.



NC PHOTO

Changes in workplace key to prevented Repetitive Strain Injury

NC — Ten years ago, if you had unrelieved pain in your hands or wrists, you were probably told that it was a strain and to give your body a rest for awhile. While that diagnosis and treatment was partly correct, it is only half the story, and will not prevent the injury from re-occurring.

Today, we have a greater understanding of what is now called Repetitive Strain Injury. For example, we now know that in addition to rest, the crucial factor in preventing RSI from re-occurring or even happening in the first place, is changes in the way we physically work at our jobs and through education.

Once an individual knows how RSI can develop, strategies can be implemented to intervene and prevent RSI from occurring. RSI usually occurs in hands, wrists, arms, neck and shoulders.

Signs and symptoms of RSI:

- Pain at night
- Hands feeling clumsy
- Swelling in the hands and fingers
- Tingling and numbness
- Stiffness in hands and arms
- Weakness in hands

Here are some ways it can develop:

- Repetitive movements
- Vibrations
- Forceful exertions
- Psychological stresses
- Fixed work postures
- Work station designs

Ways to prevent RSI:

- Education
- Job coaching
- Frequent posture changes
- Exercises
- Job or activity rotation
- Work station changes

To find out more about identifying your risk for RSI or for the location of a CBI Physiotherapy, Rehabilitation & Sports Injury Centre near you, call 1-888-224-4873

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The Changes in a Woman's Life

A Menopause Seminar

by **Danielle Caron**

Pharmacist, Shoppers Drug Mart, 8601 Warden Ave.

and

Lilly Ing

Pharmacist, Shoppers Drug Mart, 5762 Highway #7

on **Tuesday, March 2, 1999**

at

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