

Watch for our Citizen of the Year Bob Stover & Sports Person of the Year Joe Palma in Saturday's Santa Claus Parade!

Stouffville Sun-Tribune

VEHICLES COURTESY BILL HOUSTON FORD

ARE YOU AT RISK

FOR HEREDITARY BREAST & OVARIAN CANCER?

Please join us on
Thursday, December 8
from 7:00 PM - 9:00 PM
Doors open at 6:45pm

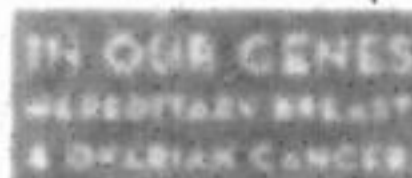
LOCATION: The Vaughan Citizen
8611 Weston Road, Unit 29, Vaughan
NE Corner of
Weston Rd & Langstaff

BRCA CHAT

is an informal group open to women who are at risk for hereditary breast or ovarian cancer or have a BRCA1 or BRCA2 gene mutation.

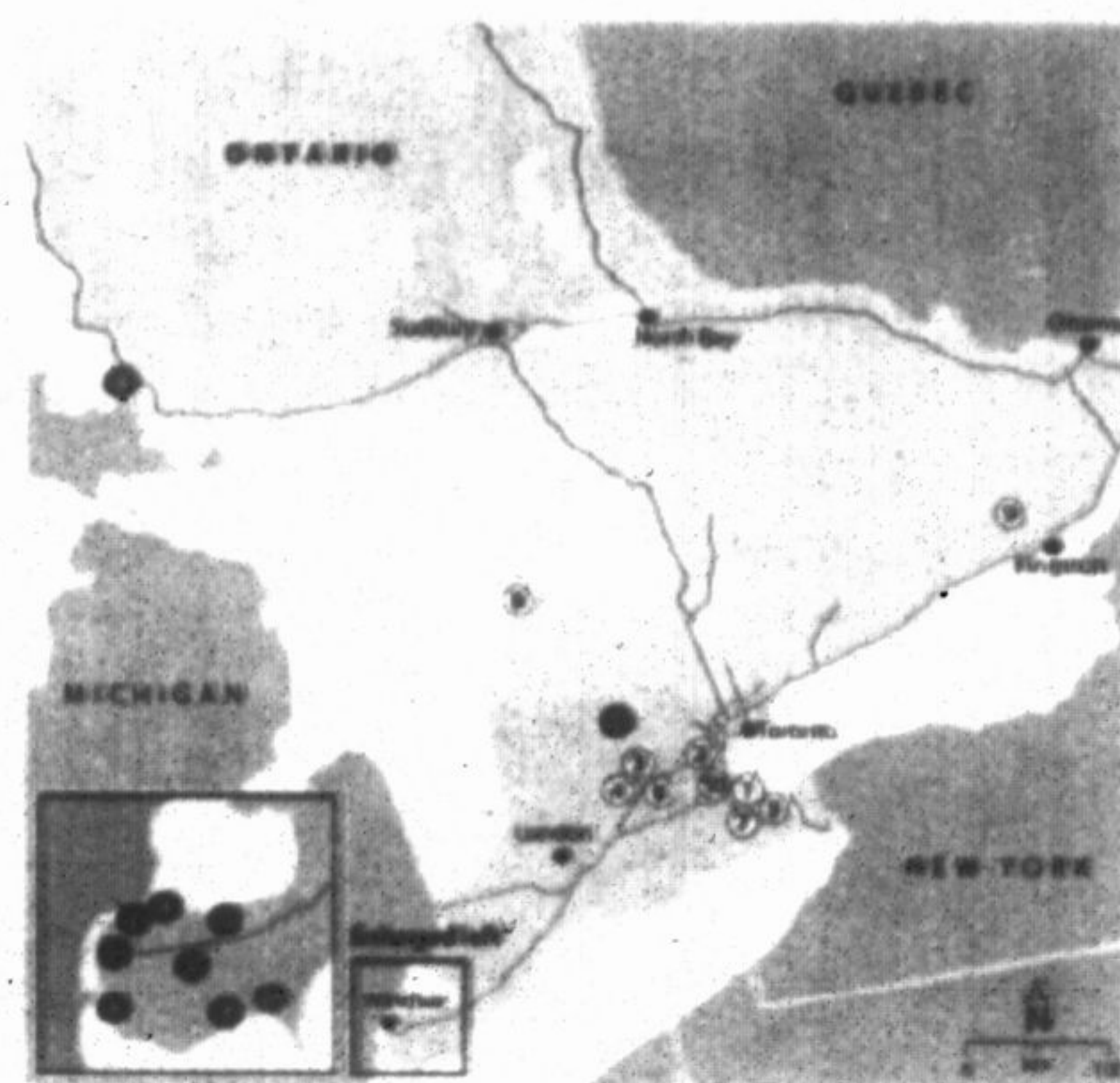
RSVP or questions contact:
brcasupport@live.ca or 1-888-778-3100

Call Willow today for peer support and information
1-888-778-3100 • support@willow.org • inourgenes.ca



SCATTERED SERVICE: TRACKING FIRST TRIMESTER PRENATAL CARE

Access to first trimester prenatal care is instrumental to improving an infant's long-term health prospects. Like high rates of teen mothers, low rates of prenatal care in the first three months of pregnancy are often intimately linked with lower income, lower educational attainment and higher rates of poverty.



Lowest rates of first trimester prenatal care

For communities with more than 500 births between 2006 and 2010

Wellington North	54.2%
Windsor	56.9
Essex	59.8
Arthursburg	61.5
Lekele	61.6
Tecumseh	63.3
Lakeshore	64.9
South West Marie	65.6
Kingsville	66.4
Leamington	67.7

Highest rates of first trimester prenatal care

For communities with more than 100 births between 2006 and 2010

Grimsby	97.7%
Milton	96.3
Waterloo	96.2
Wainot	96.1
Lincoln	95.8
Lambton	95.6
West Lincoln	95.5
South Bruce Peninsula	95.3
South Frontenac	95.2
Burlington	94.6

TRIMESTER CARE

Prenatal care in the first trimester is considered a vital part of ensuring babies are born healthy. It's also a crucial component of preventing poor birth outcomes, such as low and excessive birth weight.

In Ontario, 85 per cent of women receive care in the first three months of pregnancy. Yet Metroland's analysis of 535,000 provincial birth records shows

some communities are falling desperately behind.

Between 2006 and 2010, Windsor had some of the most dismal results:

- 57 per cent of expectant mothers received first-trimester prenatal care
- 7 per cent of babies had low birth weights
- 5.5 per cent of all mothers were teenagers

Windsor isn't an isolated example

— low rates of prenatal care are common in Ontario's southwest.

In fact, of the top 25 communities with the lowest rates of prenatal care during the first trimester, eight are in Essex County. Seven others are in the Algoma district, including the city of Sault Ste. Marie.

Mirroring teen motherhood trends, Ontario's three worst rates of prenatal care during the first trimester were native reserves in Ontario's Far North.

Sunday Buffet Brunch

The popular Sunday brunches are back at Wooden Sticks, but only for a few weeks!

Enjoy a variety of freshly prepared items, salads, breakfast favourites, carving stations, desserts, plus so much more...

Brunches run from November 20th-December 18th, 2011
Special Brunch with Santa December 4th



For more details and reservations please call
905-852-4379 or visit www.woodensicks.com

Special Holiday Luncheons

Friday December 16th & Wednesday December 21st
11:00 am-3:00 pm

40 Elgin Park Dr, Uxbridge, ON



Alive with festive spirit

Shopping the Trails in Uxbridge

This holiday season, stroll the sidewalks of Uxbridge, the Trail Capital of Canada.

Savour the cuisine, enjoy the promenading carollers and wrap-up your Christmas shopping!

Participating BIA businesses will be easy to spot with a 'trail marker' at their front door!

shoppingthetrails.ca

Shop within for a chance to win \$500 in BIA bucks!