



October is..... Breast Cancer Month



Breast cancer is the most common cancer among Canadian women. One in 9 women is expected to develop breast cancer during her lifetime and one in 29 will die of it. While breast cancer death rates have declined since the mid 1990's, prevention and screening are important tools to reduce your risk.

When breast cancer is detected and treated early, the chances of successful treatment are better. Screening tests help find breast cancer before any symptoms develop.

Here is a chart which helps you decide what type of screening you should have depending on your age.

While not all breast cancers are preventable, there are things you can do to reduce your risk.

- **Get screened!**
- **Eat a healthy diet**—a diet high in vegetables and fruit can help protect against several cancers.
- **Be physically active:** Research shows that overall, 30 to 35% of all cancers can be prevented by eating well, being active and maintaining a healthy body weight.
- **Limit alcohol**—it is suggested that drinking less alcohol may lessen the risk of breast cancer
- **Avoid tobacco**—although there is not any strong evidence to indicate that smoking is a risk factor for breast cancer, we know that 30% of cancers are directly related to smoking.

Breast Cancer Screening

Who should be screened?	Screening method and schedule
All women	• Clinical breast exam by a trained health care provider at your regular check-up, every 1-2 years
Women age 40 to 49	• Talk to your health care provider about having a mammogram
Women age 50 and over	• Mammogram every 2 years, or as recommended by your health care provider

Talk to your health care provider about your risk factors and make sure you get screened.

A "Smear" Campaign Against Cervical Cancer Cervical Cancer Awareness Week October 26-30, 2009

Every year, in Canada, 1,300 to 1,500 women are diagnosed with cervical cancer and almost 400 women die of this disease. Increased screening for cervical cancer has led to a tremendous reduction in the number of cases and deaths from the disease each year. Still, far too many women do not receive their regular Pap test and are dying needlessly from this largely preventable cancer .

SETFHT is happy to be participating in a campaign where women who do not have a family doctor or gynecologist are able to book an appointment with one of our participating doctors during this campaign to receive a Pap test.

If you know of a woman who does not have a family physician and has not had a routine PAP test, please ask them to call 416-469-6580 x 3029 to arrange an appointment during the week of Oct 26-30th.

Flu Season is Coming

This fall and winter, there will be two types of flu viruses circulating—seasonal flu viruses and the new H1N1 flu virus. Two flu vaccines have been developed to fight against these viruses. It is important to protect those most at risk for complications from catching the flu this year. Seniors are most at risk for complications from seasonal flu while younger people are more at risk for complications from H1N1 flu.

**A seasonal flu vaccine will not protect you against the H1N1 flu virus.

The recommended schedule for immunization is as follows:

Timing	Vaccination	Who can receive it?
October 2009	Seasonal Flu	Ontarians 65 and over and residents of long-term care homes
November 2009 (now available)	H1N1 Flu	All Ontarians
December 2009 / January 2010	Seasonal Flu	Ontarians under 65

This information is constantly being updated. Talk to your health care provider for the latest updated flu information.

Adapted from www.ontario.ca/flu

What are the symptoms of seasonal and H1N1 flu viruses?

- Flu viruses result in similar symptoms which range from mild to severe.
- Symptoms include :
 - sudden fever—over 38 C or 100 F
 - cough
 - sore throat
 - fatigue
 - joint pain or muscle aches.
 - headache
- Vomiting and diarrhea are more common in children.
- Most cases of the flu, whether seasonal or H1N1, tend to be mild. However, if you do not start to feel better after a few days or if your symptoms get worse, you should either contact your doctor or call **Telehealth Ontario** at 1-866-797-0000.
- Anyone who is pregnant or has a pre-existing health condition should contact a health care provider if they get the flu.

SETFHT Flu Clinics

The H1N1 vaccine as well as the seasonal flu vaccine are now available.

SETFHT will be offering flu clinics on:

- **Tuesday and Thursday from 4—8pm**
- **Saturday from 9am to noon.**

What can you do to stay healthy?

- Wash your hands often with soap and warm water for at least 15 seconds. Be sure to clean your hands after sneezing or coughing.
- Keep an alcohol-based sanitizer handy at work, home and in your car.
- Avoid people who are coughing and sneezing
- Cough and sneeze into your upper sleeve or a tissue, not your hand
- Protect yourself and others by talking to your health care provider about seasonal and H1N1 flu vaccines.

