



Health *capsule*



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Spring-cleaning for the home, family and yourself

Just when you thought your gloves and scarf were becoming permanently attached to your body spring has arrived. It's time to banish your bulky coat and muck lucks to the confines of your closet. But without warning, your collection of fishing poles, bridesmaid dresses, pet rocks and tennis rackets have taken your storage space hostage. Grab the clutter monster by the horns and regain control of your space. Spring's arrival is also a good time to step back and take some time for yourself. Here are some tips to help you do that:

Revitalize! During the long winter, you may have neglected your health. Stay healthy through proper nutrition and regular exercise. Drink plenty of water, eat fresh, raw fruits and vegetables and grains. Also avoid sugar, salt, saturated fats, caffeine, nicotine, and alcohol.

Re-energize! Resume a hobby you've neglected, or take up a new one. As spring emerges and the days grow longer, our energy levels naturally rise. Take a class: doing something for your own personal self-development leads to positive feelings of personal well-being.

Re-organize! Set aside a few hours or an entire day where you're free of other responsibilities. Hire a sitter to take the kids out, turn off the ringer on the phone, map out your course of action and prepare to dive in. Divide items into: keep, donate, recycle and trash. Put articles in their proper place and ensure that the rest are hauled off to your local charity or disposed of in the first few days following the de-clutter.

Reinvest! Get your finances in order. Income tax season is sometimes painful, but it's also a great time to review your financial plan and pull things into shape. Financial troubles are one of the leading sources of stress. By scheduling a few extra minutes with your financial planner, you'll take financial control in the upcoming year and be reinvesting in your own peace-of-mind.

(Source: www.shepellfgi.com)



Don't forget ...

Canadian Cancer Society Relay For Life : 10 years already!

Join the biggest cancer event. Canadian Cancer Society Relay For Life gives you and your community the opportunity to celebrate cancer survivors, remember and honour loved ones lost to cancer and fight back against all cancers.

Relay is fun, fulfilling, and your participation gives strength to the mission to eradicate cancer. Walk in this inspirational 12-hour overnight event as people come together and fight to make cancer history. Get involved and show your support:

- Register for Relay
- Join Survivors' Victory Lap
- Volunteer
- Pledge a participant
- Buy a « luminary »
- Make a donation



Please visit www.cancer.ca for more information.

Did you know that ?

May is Hepatitis Awareness Month and May 19 is World Hepatitis Day.

Viral hepatitis is a group of **diseases of the liver** that can be caused by consuming contaminated water or food, using dirty syringes, or practicing unsafe sex. Typical **symptoms** of acute hepatitis are: fever, appetite loss, nausea, abdominal pain, and jaundice (yellowish colour on the skin and eyeballs).

Hepatitis A: Raw or undercooked food, food handled by people who have not washed their hands, or contaminated water are often sources of the virus. Hepatitis A can be prevented by a variety of vaccines (contact your family physician or a local travel clinic). Careful hand washing is one of the best preventive measures against hepatitis A.

Hepatitis B: Hepatitis B is the most prevalent hepatitis strain in the world. People with acute hepatitis B or who are carriers can spread the virus by sexual contact or through blood and other body fluids. Hepatitis B can be prevented by adopting safe sex practices. Hepatitis B can also be prevented by a vaccine.

Hepatitis C: Injection drug use is associated with at least half of hepatitis C infections but you can also get it through tattooing and body piercing. In Canada, it is estimated that between 210,000 and 275,000 people are currently infected with hepatitis C, of whom only 30 per cent know they have the virus. At present there is no vaccine against hepatitis C. Up to 90 per cent of infected persons carry hepatitis C indefinitely. Over the long term, they are at risk of such illnesses as profound fatigue, cirrhosis, and liver cancer. If you think you are at risk, it is important to get tested. Treatment may be an option.

(Source : www.hc-sc.gc.ca)