

# Forum to discuss effects of diabetes

A panel of experts is hosting a free forum to talk to people about diabetes on Saturday, April 27.

The Diabetes Forum will be at the Rexall Pharmacy located at 2540 Postmaster Dr. It will include speakers Antonio Behno and Lina Ghan (both pharmacists), Dr. Alison Danby (naturopathic doctor) and Mitchell Baldissarelli (personal trainer and physiotherapist).

The forum will discuss what diabetes is, what diabetes medications do to a

person's body, what can a diabetic person do besides taking medications (types of exercise and foods), what the consequences are of not controlling one's diabetes (kidney failure, vision loss, etc.).

According to the panelists, diabetes cases are on the rise in Ontario and it is estimated to double by 2020. The panel says diabetes is dangerous to ignore and could put a person at risk of heart attack and stroke.

The forum is aimed at

people who have diabetes and those who are at risk of diabetes. According to the group, one in five Canadians aged 60-64 is diabetic. Diabetes is the leading cause of blindness in adults aged 20-74.

The Canadian Diabetes Association and the National Diabetes Trust will be present at the forum. People are asked to bring donations of used clothing to support the Canadian Diabetes Association.

The event starts at 3 p.m.



The Halton chapter of the Multiple Sclerosis Society of Canada is kicking off the 2013 Oakville Mandarin MS Walk at Boston Pizza next Wednesday (April 17). Committee volunteers will act as servers. | Submitted photo

## MS Walk kickoff on April 17

The Halton chapter of the Multiple Sclerosis Society of Canada is hosting a kick-off fundraiser for its upcoming 2013 Oakville Mandarin MS Walk.

The Wednesday, April 17 event will be held at Boston Pizza, 270 North Service Rd. W., from 5:30-8:30 p.m.

Those who attend the evening will be served by Oakville MS Walk organizing committee volunteers and proceeds from meals will be donated to the MS Society

Halton chapter.

To reserve a table, e-mail [allison.gulka@mssociety.ca](mailto:allison.gulka@mssociety.ca) or call 905-681-8770, ext. 11.

The year's MS Walk is set for Sunday, May 5. The annual walk fundraises for the Halton chapter of the Multiple Sclerosis Society of Canada.

This year, the event will be held at the Central West Specialized Development Services Building, 53 Bond St.

Those participating in the

walk must check-in at 8:30 a.m., with the walk starting at 9:30 a.m.

Anyone interested in taking part in the five-kilometre or 10K routes, can register online by visiting [www.mswalk.ca](http://www.mswalk.ca) or contacting Allison Gulka at [allison.gulka@mssociety.ca](mailto:allison.gulka@mssociety.ca) or 905-681-8770, ext. 11.

Volunteer opportunities are also available.

Early check-in will be held on Saturday, May 4 at the same location as the walk from 11 a.m.-1 p.m.

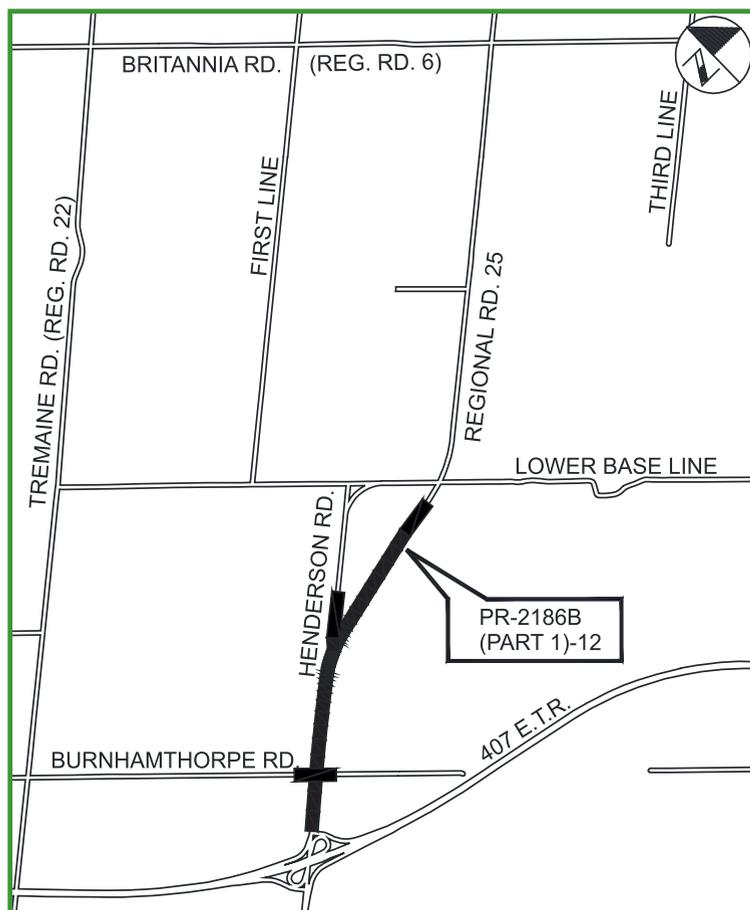


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