

Bettering your odds at www.getserious.ca

You probably know the current price of gas but do you know your cardiovascular age?

This February to recognize National Heart Month, the Canadian Diabetes Association wants all Canadians to better their odds by taking the quiz at www.getserious.ca.

Diabetes is a cardiovascular disease that kills.

Did you know that four out of five people with diabetes die of heart disease?

This is the current reality. However, it's possible to reduce the risk with early diagnosis and good diabetes management.

"The prevalence of type 2 diabetes is on the rise and known for its close connection to cardiovascular disease. It's a serious problem with serious consequences. That's why it's important to learn the warning signs and associated risks of cardiovas-

"We want all Canadians to get serious about diabetes and their heart health. Learn more. Take the quiz."

■ *Kerry Bruder, Regional Director, South Region, Canadian Diabetes Association*

cular disease," says Kerry Bruder, Regional Director, Central South Region, Canadian Diabetes Association.

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Know your numbers.

Do you know your cholesterol levels? Glucose level? Blood pressure? If not, it may be time for a check-up with your doctor, especially if you are age 40 or

older.

Better your odds.

On average, people have diabetes for seven years before diagnosis.

During this time, high blood glucose levels can cause serious problems including heart disease.

If you are someone living with diabetes, or one of the millions of Canadians at risk, visit www.getserious.ca to learn facts and tips to reduce your risk of diabetes

and heart disease.

Take the quiz.

Take five minutes to have your cardiovascular age calculated at www.getserious.ca, using the risk assessment presented by the Canadian Diabetes Association and hosted by the McGill Cardiovascular Health Improvement Program.

The results inform you of your level of risk by providing your current cardiovas-

cular age.

The Canadian Diabetes Association works to prevent diabetes and improve the quality of life for those affected, through research, education, service and advo-

cacy.

The Association's strong network of assistance includes volunteers, employees, healthcare professionals and partners in 150 communities.

Attention New Parents...



- Are you wondering about ways to improve your child's health?
- Do you want to learn ways to help their development excel?
- Would you like your children to grow up without the aches and pains we all feel?

FREE

Chiropractic Mother's Morning Out

Next Class: Tuesday February 21 11:15am-12:15pm

- Bring your infant/toddler
- Learn developmental exercises and infant yoga
- Learn postural and core strengthening exercises
- Discuss health and wellness issues

Please RSVP at 905-845-2291 to reserve your spot!

Check our website for upcoming workshops!

Dr. Jenna Davis
Family Chiropractor/Acupuncturist
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905.845.2291



Dr. Jenna Davis

232 South Service Rd. E, Oakville, ON L6J 2X5
www.alliancehealthcare.ca

Pre-sales now on order for Daffodil Days

A symbol of hope in the fight against cancer, the daffodil represents the courage of cancer patients, the compassion of volunteers and the commitment of researchers dedicated to conquering the disease.



Every April since 1957, Canadian Cancer Society volunteers sell bright, cheerful Daffodils to help fund cancer research and to provide important information support services for people living with cancer.

The Canadian Cancer Society Oakville Unit is now taking pre-sale Daffodil orders. Daffodils are available for \$6 a bunch or two bunches for \$10. There are 10 blooms per bunch.

"You get to enjoy a little taste of spring and feel good by knowing that your efforts are helping us to help many," says Lisa Moffatt, Fundraising Coordinator of the Canadian Cancer Society, Oakville Unit.

The 2007 Daffodil Days campaign takes place Thursday, March 29 to Sunday, April 1. To order your Daffodils today, call the Canadian Cancer Society Oakville Unit at 905-845-5231.

The Canadian Cancer Society is a national, community-based organization of volunteers, whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer.

For information on the Canadian Cancer Society call the Oakville Unit at 905-845-5231 or visit www.cancer.ca.

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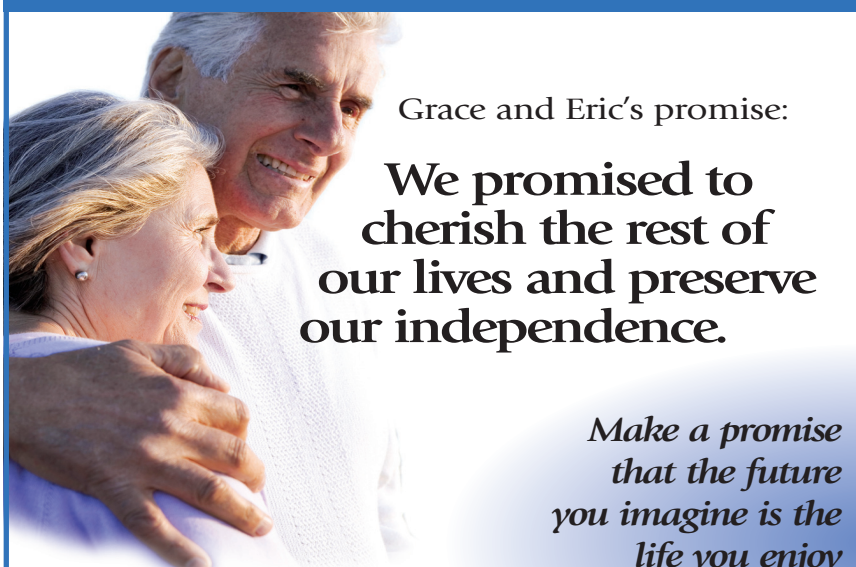
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Do you have Type 2 Diabetes?



Are you being treated with diet & exercise or with diabetes pills? And, are your blood sugars still elevated (high)?

If you answered **yes** to all of the questions, you may qualify for a 5 month clinical study of an investigational drug to see if it helps lower blood sugar levels.

Contact an LMC Endocrinology Centre near you to see if you qualify.

LMC OAKVILLE 905-337-0040 LMC TORONTO 416-789-9188 LMC THORNHILL 905-763-8660

Or, visit us @ www.lmc.ca