



Fall Newsletter 2010

Cervical Cancer – A preventable but still prevalent disease

This year in Canada there will be 1300 new cases of cervical cancer and 370 deaths from the disease. In addition, there will be an estimated 400,000 abnormal PAP smears and 250,000 visits to gynecologists for treatment of abnormalities.

HPV is responsible for over 99% of cancer of the cervix and is the most common sexually transmitted infection. It is also associated with other cancers including vagina, vulva, anus and the oropharynx.

Since cervical cancer in Canada is actually on the decline, it is a testament to PAP smears as an excellent screening tool for early detection. To help eliminate abnormal PAPs and gynecological procedures as well as further eliminate cervical cancers, we **URGE** patients to consider HPV vaccination for all young daughters and for all single women.

Please see the following article for more details...

Do I need to worry about HPV and vaccination if I'm in a monogamous relationship?

The quick answer to this question is **yes**.

The definition of a monogamous relationship changes with age. Adolescents and young adults may define it as a single partner for days, weeks or months, but may still have multiple partner changes. Although we hope and strive for a single lifetime sexual partner, no one can predict the future. This does not necessarily imply sexual infidelity. Partner changes may be the result of illness, death or marital discord.

Human papillomavirus (HPV) infection is easily transmitted. It can infect anyone who has ever had a sexual encounter, even without penetration, and women remain at risk of genital HPV infection throughout their sexual lives. Up to 80% of sexually active women will be infected with HPV at some point in their lifetime, but most of these infections will clear without any intervention. As women age, immune function declines and the risk of an HPV infection persisting – especially high risk or oncogenic strains – also increases. Persistent infection with oncogenic strains places a woman at risk of cervical dysplasia and raises the possibility of cervical cancer.

In Canada, cervical cancer ranks as the second most common cancer among women aged 20 to 44; furthermore, 40% of cervical cancer cases occur in women who regularly undergo Pap screening. In total, 1,450 Canadian women will be diagnosed with cervical cancer each year, and 420 women will die.

All women are potential candidates for receipt of HPV vaccination regardless of age, sexual history or prior Pap abnormalities. However, HPV vaccination does not negate the need for continued cervical cancer screening.

Adapted from Cervical Cancer Prevention, Volume 1, Number 1/October 2010



Osteoporosis – Update

Osteoporosis Canada's 2010 Clinical Practice Guidelines for the Diagnosis and Management of Osteoporosis in Canada have just been released and focus on a variety of factors and can be found at <http://osteoporosis.ca/>. Here are some of the highlights!

- They recommend daily supplements of 400 to 1000 IU of Vitamin D for adults under age 50 without osteoporosis or conditions affecting vitamin D absorption. For adults over 50, supplements of between 800 and 2000 IU are indicated.
- Physical activity is an important factor in the risk reduction and treatment of osteoporosis. Physical activity assists in building and maintaining healthy bones, improving muscle strength, posture, balance and coordination, and reducing the risk of falls and broken bones (fractures). It also helps people with osteoporosis to remain active.
- In adults ages 19-50, 1000 mg of calcium is recommended which is slightly lower than previously indicated. For those over 50 years of age, 1200 mg of calcium is the new daily intake. Consult a reliable food chart - like the one found on the Osteoporosis Canada website - which shows the calcium content of specific foods to ensure you are meeting your required daily values. If you find it difficult to obtain the recommended amounts of calcium through diet alone, a combination of foods rich in calcium and calcium supplements is a good strategy.

Fluviral Vaccinations

Please be advised that we do have the new Fluviral 2010/2011 vaccines in the office. Marisa, RN will be administering these every Monday and Wednesday throughout the flu season.

It is advisable to call to make an appointment if you are only coming in to be vaccinated and do not have another appointment. In addition, please note that we are only vaccinating people that are patients of **Balance for Life Women's Health Centre**.

Sara Berdugo – Meet our new Registered Dietician!

Here at **Balance for Life Women's Health Centre**, we are pleased to welcome and introduce our new Registered Dietician Sara Berdugo! Sara's first appointment day is Friday, December 3rd. Her services could benefit those with diabetes, Celiac disease, cardiac/cholesterol problems, vegetarian lifestyles and weight control issues, etc. Please call the office for more details about this new addition to our practice!

Our Contact Information

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Website: www.balanceforlifewomenshealth.com

Email address:

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Office Hours

Monday: 9 a.m. – 5 p.m. (Marisa in)

Tuesday: 9 a.m. – 5 p.m.

Wednesday: 9 a.m. – 5 p.m. (Marisa in)

Thursday: Closed except 1/month

Friday: 9 a.m. – 5 p.m.