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ISSUE 71
September 2017
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ASK THE EXPERT: Dr. Aziz Moukled of Essex Family Dental Takes You Back to School

By Jesse Ziter with Dr. Aziz Moukled

Summer is over. The kids are back to school, vacations have wrapped up, and your insurance plan is getting ready to renew – if it hasn't already. So, how are your family's teeth?

To help understand what parents need to know heading into the new school year, we sat down with Dr. Aziz Moukled of Essex Family Dental, a full-service community dental practice for patients of all ages.

Located in the Essex Medical Centre, Dr. Aziz Moukled and his warm and friendly professional staff offer general dental procedures, orthodontic services, Invisalign, pediatric and cosmetic dentistry, full and partial dentures and implants, and several further sophisticated treatment options. Evening and weekend appointments and emergency services outside of regular business hours are available.

Here's what Dr. Moukled had to say:

Windsor Body: Why is the autumn a particularly advantageous time to book a dentist appointment?

Dr. Aziz Moukled: First and foremost, the earlier you book your dental appointment, the better. At all times, being proactive with your health will go a long way. Regarding the fall season, the "back to school" period becomes a busy time for everyone. Although going to see your dentist might be on your mind in August, perhaps you end up putting it off once things pick up in September. Ultimately, getting in early in the year is advantageous in the sense that you have more flexibility with your schedule before the holidays. It's also in your interest to be consistent with your yearly checkup and hygiene appointments. These visits to the dentist are essential to ensure that you are proactive in detecting issues at an early stage – before they become major.

WB: For busy parents, can you recommend an oral health-friendly approach to packing school lunches? Are there any common items that we should specifically avoid sending with our children to school?

AM: While food is necessary for all children to grow, it's important to make smart choices. The oral cavity is the first encounter with food, and this is where the breakdown begins. Foods with high sugar content are also a food source for the acid-loving bacteria that live in our mouths. For this reason, eating too many sugary snacks – like soft drinks, cookies, and candy, to name a few – can lead to dental decay. These foods put your child at a higher risk of dental decay. Substituting fruits and vegetables – for example carrots, celery, or an apple – for these foods is an excellent way to deliver nutrients to the body without promoting the growth of acid-loving bacteria. Water consumption is also absolutely vital for all children. It prevents dehydration, promotes circulation, and hydrates all the major organs.

WB: Our teeth obviously change as we grow. In broad terms, how does dental care differ at different stages of development for school-aged children?

AM: Dental care is tailored to the patient's needs and customized to their age. As dental providers, we provide a comprehensive exam to evaluate dental and skeletal growth early in a child's life. Preventative treatment such as sealants and fluoride can help prevent tooth decay when administered at an early age. Between the ages of 6 and 12, with some variation, a child has both permanent and primary teeth. We often refer to this as the mixed-dentition age. At this stage, we evaluate the eruption of the teeth as it relates to occlusion – or the patient's bite. At this stage, we are screening for potential dental and/or skeletal growth concerns that could require orthodontic treatment.

T

he American Academy of Orthodontics recommends orthodontic screening for patients at seven years of age. Dental malocclusions, such as an overbite, underbite, or narrow arch, may be preventable if treated early, which can prevent surgery later in life.

WB: To your mind, what is a common misconception about dental care for school-aged children and their parents?

AM: Parents often postpone dental care in their children because they assume that no checkup is needed until permanent or adult teeth erupt. This is incorrect and neglectful. According to the American Academy of Pediatric Dentistry, a child's first dental visit should occur at no later than 12 months of age, and ideally at the time of the eruption of the first tooth. At this appointment, the dental provider checks dental growth, examines the soft tissue and gums for any abnormalities, and of course monitors the eruption of the primary teeth. Unfortunately, the rate of decay in pediatric patients is increasing significantly in areas where fluoride is not in the drinking water – as is the case in Windsor since the city removed it from the municipal water supply in 2013. Hence, regular checkups and preventative treatment early on can save the patient a lot of time and money in the future.

WB: Do popular dental insurance plans coincide with the school year? What should I be aware of?

AM: It is important to note that dental insurance is a privilege to many as a coordinated benefit through their employers. Most insurance plans provide an annual limit on dental treatment that renews every year on a specific date. Some may renew October 1, while others reset on July 1. It is important to note your specific renewal date when booking dental appointments so that you are taking full advantage of your dental benefits each calendar year.

WB: Many student athletes are already returning to training. Can you recommend any safety precautions related to oral health that are specifically relevant to athletes?

AM: Many contact sports played by our children – including but not limited to hockey, football, and lacrosse – may result in dental trauma. This can be avoided by wearing a custom mouth guard fabricated at your dental office. Although generic mouth guards may be available at local drug stores, it is important to note that the fit will not be accurate, which may defeat the purpose.

WB: What's new at Essex Family Dental – or elsewhere in the Essex Medical Centre? Are there any new services or personnel changes we should be aware of? Is the office currently offering any time-sensitive promotions?

AM: Essex Family Dental is currently offering new patients professional dental teeth-whitening take-home kits when they receive a comprehensive exam, cleaning, and x-rays. There are also a variety of healthcare providers in the Essex Medical Centre, including a seven-days-a-week walk-in clinic, a chiropractor, massage therapists, a pharmacy, and x-ray and ultrasound services. Essentially, this is a perfect location for busy parents who are looking for a one-stop location to take care of all their medical needs.



Dr. Aziz Moukled & the Essex Family Dental staff



A full-service community dental practice for patients of all ages, Essex Family Dental opened last year in the Essex Medical Centre. Dr. Aziz Moukled and his staff offer general dental procedures, orthodontic services, Invisalign, pediatric and cosmetic dentistry, full and partial dentures and implants, and several further sophisticated procedures. Evening and weekend appointments and emergency services outside of regular business hours are available. Make an appointment today to come meet your new dentist.

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Windsor Body Magazine is published four times annually by Myndlogic Publishing Inc. and distributed in Windsor and the Essex County and Chatham regions. Subscriptions are available for \$19.99 plus HST. A \$25.00 charge is required for mail delivery anywhere outside of Canada. Send a cheque along with address information to Windsor Body Magazine, 3337 Walker Road, Suite 200, Windsor, ON N8W 3R9 or call 519-969-3608. Myndlogic Publishing Inc., holds full rights to original ads and photography, and accepts no responsibility for graphic images used in ads. Nothing that appears in Windsor Body Magazine may be reproduced either wholly or in part without the permission of the publisher. Opinions expressed in Windsor Body Magazine are not necessarily those of the publisher.



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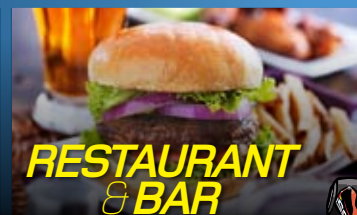
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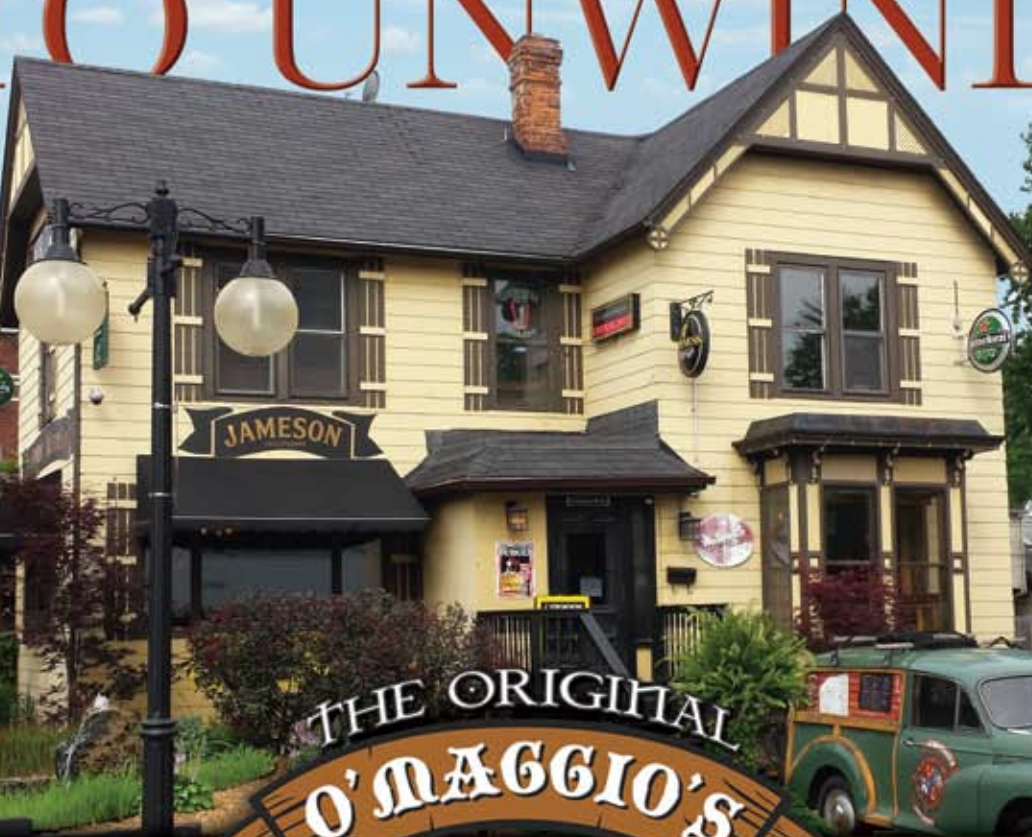


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by Jesse Ziter

A decade of Indulgence



Pure Day Spa Celebrates Its 10th Anniversary

For the last 10 years, Pure Day Spa's Sanja Livrinska and Rita Nagy have been teaching Essex County to speak the language of luxury.

This summer, they celebrated their popular business' landmark tenth anniversary with a party the likes of which our region had never seen before.

Held under an expansive tent and the summer stars, Pure's special event featured a fashion show, delicious hors d'oeuvres and cocktails, and some of Essex County's best company. Staged to give off a "Californian" vibe, the lively event was cosmopolitan, elegant, and undeniably fun. The capacity crowd included the Pure team, close friends and family members, business associates, and a collection of valued clients that included some of Windsor-Essex's most elegant and influential people.

"It was an outstanding event," says Sanja proudly. "It made you feel like you were somewhere far away. Several people who attended said they had never seen an event like it in Windsor. We were so fortunate to have the community involved in helping make our anniversary very special."

"People are still talking about it," adds Rita. "The luxurious atmosphere made the evening extra-special. It was very well done, classy, and beautiful. We want to use this opportunity to thank our sponsors."

For Pure Day Spa, the event was perfectly appropriate. Every day at work, Sanja and Rita deliver a specially selected series of signature skin and body treatments backdropped by a comfortable and sophisticated air of elegance. In both Tecumseh and Windsor, Pure's nourishing treatments allow its clients to indulge, rejuvenate, and relax in their own skin. Many utilize advanced anti-aging products and ingredients to help your skin look and feel younger and refreshed. The most luxurious upscale spa in Windsor-Essex, Pure caters to clients with refined taste – women and men who truly see the beauty in indulgence.

While this night felt indulgent, it was fundamentally anything but. The night's proceeds, which included the results of a raffle and silent auction, benefitted Transition to Betterness. Specifically, the well-attended gala event supported the pediatric oncology education unit at Windsor Regional Hospital.

"We go further out of our way to treat our clients, even if that means making a special purchase to ensure their comfort."

"Since the beginning, since we opened the spa, we've had a very special connection with Transition to Betterness," says Sanja, who notes that the Pure team is particularly touched by reports of children in our community struggling with illness.

Pure owes a large part of its success to its award-winning staff, which includes talented women from several cultural backgrounds with unique but complementary tastes and skillsets. Pure's sophisticated team of Spa Artisans are Certified Skin Care Specialists, Certified Aestheticians, and Registered Massage Therapists.

"Our team is very professional," says Sanja. "We continue to appreciate their tremendous dedication and loyalty."

As the business has grown, so has the team. Pure recently brought aboard two new team members at the South Windsor location to keep up with its remarkable growth. Importantly, Pure shares employees between its two locations to ensure that its clients can expect familiar faces and a welcome level of continuity no matter which location they choose.

"We started with seven or eight girls ten years ago, and we blew up to 22," says Rita enthusiastically.

"We are constantly growing," stresses Sanja. "The South Windsor location is doing extremely well."

Since the establishment of the new location, which opened last year, the two spas have organically assumed unique personalities. According to Pure's clientele, while the original Tecumseh location houses a high-energy vibe and social club atmosphere, the South Windsor spa is a calming, laid back oasis.

For Sanja and Rita, this diverse, thriving business was all part of the plan. "From the beginning," says Sanja, "we always knew what we wanted to achieve, so nothing comes as a surprise for us. We know exactly how and where we want to grow. We have a very clear vision."

"At the same time," says Rita, who agrees, "we've worked very hard to get to this point. It's not a surprise for us that we are successful."

Pure's ongoing commitment to its clients has virtually guaranteed this level of success. "We appreciate the role our clients have played in our success over the years," says Rita. "Sanja and I owe our success in business to our talented girls and our client following, and we want to celebrate that."

"We are the most outstanding spa in the area in terms of client care," boasts Sanja. "We go further out of our way to treat our clients, even if that means making a special purchase to ensure their comfort. Our goal is not just to provide the best service in the industry, but also to try to recognize each client's individual style and taste. We try to please them in every possible way, which is what makes us special."

Along those lines, since its inception Pure has grown and furnished a reputation for offering the world's finest and most innovative health and beauty products. At press time, both Sanja and Rita are excitedly awaiting the arrival of a remarkable new anti-aging laser treatment. Pure clients can expect it this autumn.

In general, Sanja, Rita, and their team favour a natural-looking aesthetic that allows each client's unique, inner beauty to rise to the surface. Often, the best means to this end are proven, traditional methods of cosmetics based on time-tested European treatments. "We care about and are known for being healthy from the inside out. We allow your unique beauty to express itself," exclaims Sanja, who

still travels the world to discover the latest and greatest in skincare. "We help our clients add a touch of luxury to their day."

"We want to keep up with the modern way of cosmetics, which is trending towards anti-aging treatments," adds Rita. "Our clientele includes many Baby Boomers, and they're very knowledgeable and specific about what they're looking for."

Despite their success, both Rita and Sanja continue to devote themselves to servicing their clients at Pure – just as they always have. Their pair are both experienced beauty therapists and masters of skincare. "We are both very much involved in the everyday business, as well as doing services and managing," says Sanja. "We are still providing treatments while we are managing."

"We are not just the owners; we are estheticians in our hearts," stresses Rita. "We keep up very closely with what's going on in the beauty industry, but we personally research and try every product before we decide that it is suitable for our clients and our community."

Here's to the next 10 years.

Pure Day Spa has two locations to serve you:

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Pure Day Spa 10th Anniversary Party

In the early evening of Monday, August 21, a crowd of Windsor's most fashionable socialites descended on Tecumseh to celebrate a decade of successful entrepreneurship. Long-time Tecumseh Mayor Gary McNamara was on hand to congratulate Sanja Livrinska and Rita Nagy, owners of Pure Day Spa, who threw the fête to celebrate 10 years of business.

Event-goers flowed between Pure Day Spa's original Tecumseh Towne Centre location, at the corner of Lesperance Road and the EC Row Expressway, and an expansive tent set up and furnished for the one-night-only occasion. Clients, sponsors, family members, and friends were treated to a high-energy fashion show curated by local retailers Anne's on the Avenue, B-Vogue Boutique, and Shoe Box. Windsor's Elegance By Design was responsible for the tent's exotically elegant Californian design.

Pure generously donated proceeds from the evening's raffle and silent auction to Transition to Betterness, which will use the sizeable contribution to support a pediatric oncology education program in our community. The initiative supplies children with cancer with valuable educational resources to help better prepare them and their families for the journey to come.

Rita, Sanja, and their staff wish to sincerely thank the Pure Day Spa client family and the Tecumseh business community for making August 21 the social event of the summer.



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by Jesse Ziter

RETOOLING:

Windsor Spitfires Season Preview



There are plenty of high-demand job openings in Windsor this fall – if you're a hockey player.

After a season to remember, a new-look Windsor Spitfires squad is gearing up for a Memorial Cup defence built around exciting young talent and a refreshed coaching staff that believes in it.

Windsor Body spoke to Dave Ducharme, the team's media and public relations officer, to learn more about what to expect heading into the 2017-18 season. Our biggest takeaway: Once the team finds its legs, look out.

It's hard to forget the fairytale 2016-17 season. Last time out, the Spitfires weathered what had been a tumultuous campaign rocked by injuries and suspensions to key personnel to become the first team in Canadian Hockey League history to capture the MasterCard Memorial Cup after losing in the first round of its league playoffs.

This year's much younger Spitfires will take to the ice without at least 12 players from that Memorial Cup-winning roster, including outgoing co-captains Jeremiah Addison and Jalen Chatfield. Training camp recently kicked off with 52 aspiring Spitfires, including 11 returnees from last year's team and an uncommonly high 41 others who came to the organization via drafts, trades, or free agency.

As we write this, the team's lineup is unsettled. Players are battling for roster spots and playing time at virtually every position. So far, the level of competition at intra-squad scrimmages has been exhilarating.

There have also been significant changes behind the bench. New head coach Trevor Letowski has made the step up from assistant after Rocky Thompson, last year's bench boss, left to take a head coaching job with the American Hockey League's Chicago Wolves. Meanwhile, Perry Wilson joins the club as the new full-time goalie coach. A veteran of the LaSalle Vipers and several Hockey Canada squads, he replaces Jimmy Bedard, who left the Spits for an NHL job following last year's Memorial Cup run.

Despite the change in leadership, don't expect the Spits to skip a beat. "Trevor is a guy who very much cares about his players," stresses Ducharme. "He's a player's coach and he's very much about the culture around this team. He wants it to be fun for players and staff to come to work. He thinks success is garnered by wanting to show up to your workplace and engage with the people you're working with."

Now in full control of the Spitfires' style of play, Letowski expects to ice a hardworking, quick-skating team to execute his high-pressing system, which is built

around forcing turnovers and generating offence in transition based on puck pressure.

The early signs are promising. In early September, the Spitfires submitted a strong showing at the OHL Pre-Season Showcase at the HarborCenter in Buffalo. Windsor defeated the Peterborough Petes, North Bay Battalion (via shootout), and Flint Firebirds to finish the three-day event as the warmup tournament's only lossless team.

"We were a little faster and little hungrier than the other teams," says Ducharme. "What we lack in experience, we're definitely going to make up in effort and speed and tenacity. There won't be any quit in this team."

The Spitfires should be able to rely on star netminder Mike DiPietro, the Outstanding Goaltender at last year's Memorial Cup. While DiPietro was drafted in the third round of last year's NHL Entry Draft by the Vancouver Canucks, he's expected to spend the season with his OHL club. Rookie goaltenders Brock Baier and Lucas Patton will compete to back him up.

Star forwards Gabriel Vilardi, a 2017 Los Angeles Kings draftee, and Logan Brown, an Ottawa Senators' prospect selected in 2016, are currently with their NHL clubs. If the duo ultimately does depart, only Aaron Luchuk and Luke Boka will return from last year's top four forward lines. "We're treating it as if we're going with what we have at the moment," says Ducharme. "We will welcome [Brown and Vilardi] back when they walk through the door. There's no real timetable."

What's certain is that 19-year-old centre Luke Kutkevicius, a recent acquisition from the Hamilton Bulldogs, brings a much-needed veteran presence to the roster. Underused in Hamilton, he's expected to become a mainstay of the Spitfires' top two lines.

Chief amongst the Spitfires' new recruits is Mathew MacDougall, a speedy and skillful 5-foot-10 forward that already has club brass excited. Lured by the organization's track record of developing young players, he opted to turn down an NCAA scholarship offer from the University of Massachusetts (Amherst) to play OHL hockey in Windsor. The Spitfires acquired the Aurora, Ontario native's rights from the Barrie Colts on June 30. "He's a very talented player who will be very highly sought after in the 2018 NHL draft," says Ducharme.

He's also bullish about the team's two new Russian imports. Lev Starikov is a rangy 6-foot-7 defencemen whose slick skating is known to catch opponents by surprise. Kirill Kozhevnikov, who plays centre, immediately stands out as a speedy and aggressive forechecker. "They're both very talented kids with a couple years of eligibility left in the league," says Ducharme.

"We're very excited about what they're going to bring to the table. They might turn out to be a real x-factor for us."

Of the returning personnel, Ducharme expects the club's second-year cohort to step up in a major way. "Players like Tyler Nother, Cole Purboo, Chris Playfair, and Connor Corcoran had bit-part roles on the team last year, but I think you're going to see these kids start to develop," he notes.

One noteworthy prospect is Igor Larionov Jr., a QMJHL import and son of one fifth of the Red Wings' famous Russian Five. He figures to get a long look in camp, along with Louis Latta, who joins the Spitfires from the Sarnia Sting.

On defence, last year's stalwarts Mikhael Sergachev and Sean Day are expected to be given serious opportunities to make NHL rosters. The Spitfires will definitely return Tyler Norther and Austin McEneny, now an over-ager. Corcoran, the club's top 2016 pick, projects to earn a full-time spot in the defensive rotation, while Hunter Carrick joins the club via trade from the Ottawa 67s. In addition to Starikov, Thomas Stevenson, a former pick who signed with the Spits over the summer, will compete with Nick Gauvin – another former pick – and former Ottawa 67 William Brown for roster spots.

"These kids are eager to learn," says Ducharme. "They'll make some mistakes along the way, but it's going to be an exciting season. We reached the top of the mountain last year together – as a team and as a community. We'll get to the top of the mountain again, but first, it's time to – as our slogan says – rise together. I think our fans are going to be pleasantly surprised at how competitive and aggressive and hardworking this team is."

The regular season kicks off September 21, shortly after press time, when the Spitfires host the Saginaw Spirit at the WFCU Centre.

Realistically, an OHL playoff berth, at a minimum, would constitute a successful campaign. "The idea around here," explains Ducharme, "is although we have a lot of new faces, we still have who we think is the premier goalie in the CHL in Michael DiPietro, and two of who are likely the top ten forwards in the OHL in Logan Brown and Gabriel Vilardi. When you mix that in with some of the fresh new talent up front, we think we're a playoff team."

While the Spitfires certainly aren't entering the season as prohibitive favourites for the OHL title, you'd be a fool to rule them out before the first puck has dropped.

After all, nobody expected last year to happen, either.



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BUYING TIME, SELLING HOPE:

Cancer Is No Match for Deerbrook Realty's Valerie Hebert

It was just about Christmas 2015, when local Realtor and mom Valerie Hebert found out she had breast cancer. She was only 39 years old.

Now cancer free, she has a new lease on life, new hope, and a new outlook.

Now, how about that new home?

During her 14 years in real estate, local Realtor Valerie Hebert – you can call her Val – has helped countless Windsor-Essex residents find their perfect homes with the least amount of hassle. Known by her colleagues as a dedicated, hardworking, motivated, and honest professional, Hebert has focused most keenly on residential resale.

For the last two years, she's focused similarly strongly on her own health.

"It was completely unexpected," says Hebert, who first noticed an unfamiliar lump while moisturizing. "It hit me like a tonne of bricks"

Although a subsequent mammogram came back negative, Hebert's ultrasound results suggested she needed a biopsy. "I find the ultrasound is a far more adequate test for women my age," she counsels. "There are all kinds of issues with dense breast tissue when you're younger."

That happened on Christmas Eve, and the diagnosis came back on January 4, 2016 – she still remembers the date. Stage 2B breast cancer with lymph node metastases. It was difficult news to process.

Hebert, who today looks like the picture of health, opted to undergo a lumpectomy in London, after which she transitioned to a course of chemotherapy here in Windsor.

While she was unable to work for almost the entire 2016 calendar year, Hebert was still able to take temporary advantage of Essex County's historically hot market. "I came back to work for two and a half weeks, and I sold six homes," she recalls. "Not a lot of people would have the ability to do what I did. I was very lucky, because my kids are older."

Before long, though, she was back off work in time for a double mastectomy with immediate reconstruction. Next followed a minor skin graft. While Hebert hadn't been aware of her family history, it turned out she has always carried the BRCA2 gene mutation that significantly increases a woman's risk of breast cancer. For this reason, the mother of three also had her ovaries and fallopian tubes removed.

While breast cancer is, thankfully, one of the more treatable manifestations of the disease, Hebert's case illustrates the danger in assuming a diagnosis is not gravely serious. "In my case, it was very fast-moving, rapid cancer that most people don't expect," she says. "Everybody sees the pink ribbon and thinks that it's a very curable cancer. In a lot of cases it's not."

Fortunately, Hebert benefitted – and continues to benefit – from a strong support network that includes her friends, colleagues, and clientele.

"I was very fortunate in that my friends helped me out financially," said Hebert, who benefitted from a friend-founded GoFundMe account amongst other generosity. "The real estate community really came together for me. I have to give huge props to my own brokerage, which was very supportive, and a lot of other Realtors stepped up and were very kind in helping me out when I went off work."

This goodwill was especially welcome considering the precarious position a full-time Realtor finds themselves in when they're unable to work.

"Being self-employed, I wasn't prepared financially at all," says Hebert, who notes she was unable to qualify for governmental aid. "I don't think that's fair. There should be more systems in place for situations like this. When you're put in that position as a self-employed person, there's virtually nothing for you. I have a friend of mine who works for a non-profit, and she was only covered for 15 weeks off work. We need a lot more than that."

Fortunately, when Hebert finally did return to work, she hit the ground running.

"Ever since I came back, I had a point to prove, and I did it," says Hebert proudly. "For me, it gave me a real fire to do things that needed to be done. It gave me that real drive that you need. I always say to people, I'm here on borrowed time. So, when I'm here, I'm going to kick ass and take names!"

So far, so good: She's sold nearly 50 homes and generated more than four million dollars for her clients in 2017.

Hebert now finds herself batting around several ideas for new business ventures. She also hopes to connect with the Cancer Centre in a meaningful way.

Of course, Hebert's transformation is hardly limited to her working life. "I just kind of want to dive into everything, and I'll try everything once," she admits. "I even went camping twice this summer – and I don't camp!"

On a serious note, Hebert's experience has imbued her with a new depth of compassion. "You learn to be very caring and far more considerate than you ever knew you could be," she notes. "When I see people struggling now, I always try to do my best to make things as easy as possible. You've gotta give back a little bit."

Part of paying it forward includes helping out the next generation of cancer survivors. Now out of the woods, Hebert will shortly be commencing Windsor Regional Hospital's Life After Cancer program. "It's a PTSD course, pretty much," she explains. "What other people don't realize is the aspect of survivorship.



It is difficult. We have a lot of residual bone pain. People see that your hair and eyebrows grew back and assume you must be okay. But you're not okay."

While Hebert has positive things to say about her experience with the Cancer Centre, she wishes she could rewrite the first chapter of her cancer story. "I really lacked that education in what to anticipate," she recalls. "There is not a lot of information readily available for people, but there are ways that people can help and things that can be done."

Going forward, Hebert would love to see new cancer patients receive better direction and more transparent, structured care. "I think that's a goal that I'd like to work towards," she says. "I've helped a lot of people who were recently diagnosed who really feel like they have nowhere to go. I had to do a lot of self-advocating to get a lot of answers. There's not a lot you can do without having somebody to talk to."

When you talk to Hebert, she'll tell you what you need to know: "The main message I want out is, no matter what, check yourself," she stresses. "It's such a loss if you don't catch your cancer early enough. I've lost some very great friends of mine to cancer that could have very easily been prevented through screening. I just want people to be aware that cancer can strike at any age. It doesn't matter, and it doesn't discriminate. You're never too young."

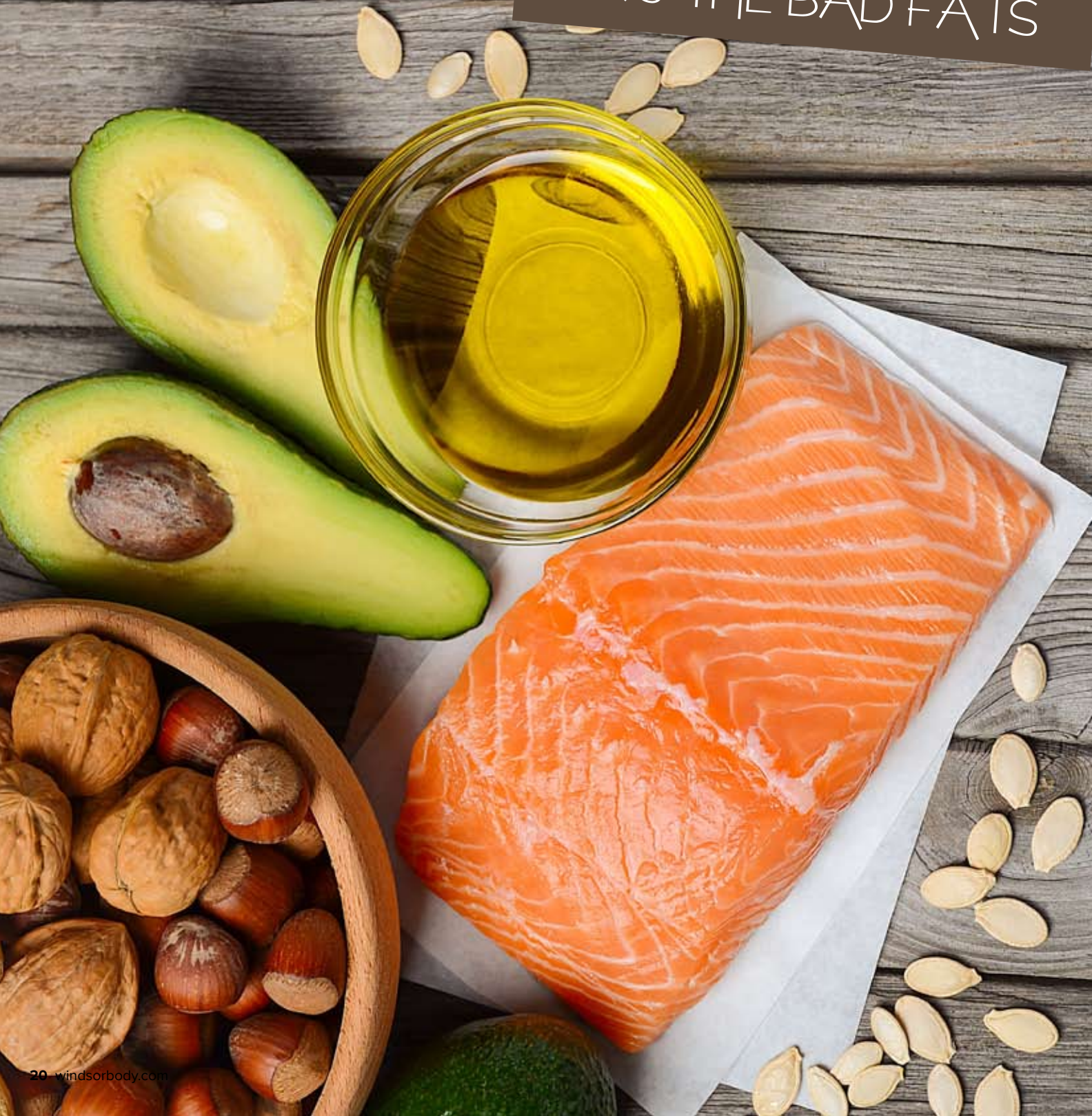
To contact Valerie Hebert today, phone (519) 990-3349 or email vhebert77@yahoo.ca. Whether you're in the market for a new home, hoping to sell a property, or just looking for somebody to talk to, she'd love to hear from you.



by Griffin Handsor

THE TRUTH ABOUT FATS

THE GOOD FATS
VS THE BAD FATS



Somehow, someway, those fats always seem to get the bad rap. Little did you know, these “pesky fats” are an important nutrient that we very much need in our diet. But, let’s not go overboard.

DOES MY BODY REALLY NEED FATS? WHAT MAKES FATS ALL OF A SUDDEN OKAY TO ADD TO MY DIET?

To break it down, there are many different types of fats that have different chemical structures and physical properties. The ones that are most essential are dietary fats. Dietary fats will give your body energy, help protect your organs, and help keep your body warm. These “good fats” will also help your body absorb nutrients and produce important hormones. There is no question your body needs and will run more efficiently with fats in a diet.

BE AWARE. A FAT IS NOT A FAT!

There are four dietary fats in the foods we eat. The bad fats are saturated and trans fats. These fats tend to be more solid at room temperature, such as a stick of butter. Monounsaturated and polyunsaturated, on the other hand, are fats that tend to be more liquid, such as vegetable oil.

All fats have a different effect on the cholesterol levels in your body. The “bad fats” raise bad cholesterol levels in your blood. Monounsaturated fats and polyunsaturated fats can lower bad cholesterol levels and are highly beneficial when consumed as part of a healthy dietary pattern.

HOW CAN I MAKE THESE "GOOD FATS" A PART OF MY DIET?

Eating foods with fat is definitely part of a healthy diet. Just remember to choose foods that provide “good fats” (monounsaturated and polyunsaturated fats) and balance the amount of calories you eat from all foods with the amount of calories you burn. Try to eat in a dietary pattern that includes the intake of vegetables, fruits, and whole grains, including low-fat dairy products, poultry, fish, non-tropical vegetable oils, and nuts. While consuming these “good fats,” try to limit your intake of sodium, sugar, sweetened beverages, and red meats. Doing so means that your diet will be low in both saturated and trans fats.

DO ALL OF THESE FATS CONTAIN THE SAME AMOUNT OF CALORIES?

There are nine calories in every gram of fat, regardless of what type of fat it is. Fats are more energy driven than proteins and carbohydrates, which provide four calories per gram. Consuming high levels of calories, regardless of the source, can lead to weight gain, which can over time cause you to become overweight. Consuming high levels of saturated or trans fats can also lead to heart disease or even stroke. Generally, it is recommended to replace saturated fats and trans fats with monounsaturated fats and polyunsaturated fats, all while still maintaining a nutritious diet.



That being said, eating foods with fat is definitely an important part to a healthy diet. Just remember to choose foods that provide “good fats” such as monounsaturated and polyunsaturated fats. Try your best not to go overboard and balance the amount of calories you eat from all foods with the amount of calories you burn. Try to eat in a dietary pattern that includes the intake of vegetables, fruits, and whole grains, including low-fat dairy products, poultry, fish, non-tropical vegetable oils, and nuts.

And try to limit your intake of sodium, sugar, sweetened beverages, and red meats. Doing so means that your diet will be low in both saturated and trans fats.

Here is a sample list of both “good” and “bad” fats to help you while you travel down the aisles of your nearest grocery store or market.

THE “GOOD FATS”

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SALMON

ALMONDS

DARK CHOCOLATE

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SEEDS (SUNFLOWER, PUMPKIN & SESAME)

THE “BAD FATS”

BUTTER OR MARGARINE

FATTY CUTS OF BEEF, PORK & LAMB

DARK CHICKEN MEAT & POULTRY SKIN

WHOLE MILK

CHEESE

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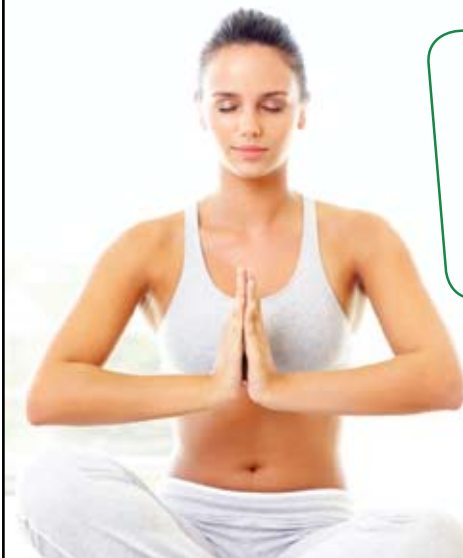


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Contributory Negligence

At virtually every initial client intake meeting I need to explain the concept of “contributory negligence” to my new or prospective client. In short, “contributory negligence” is that portion of a plaintiff’s claim for damages that he or she will not recover, from an otherwise negligent defendant, due a Court’s assignment of some portion of blame for his or her own (negligent) conduct which, at least in part, caused (or “contributed”) to the incident or accident. Remember, the “plaintiff” is the injured party; the person who initiates the lawsuit. It is only in rare cases, and more commonly in motor vehicle accident cases (think rear-end collisions or running red lights), where there is no portion of blame for the plaintiff’s injuries, assigned to him or her.

There is virtually always at least some element of the plaintiff’s own conduct which contributed to an accident or fall. For example, it is commonly accepted that in municipal sidewalk cases, an uneven sidewalk, to be a trip hazard rendering the municipality potentially negligent, needs to be at least a $\frac{3}{4}$ inch height differential. Clients sometimes think that the greater the height differential the greater the municipality’s negligence: not so. Being negligent, in this sense, is like being pregnant: either the municipality is or it is not – conceptually, it is a threshold determination which does not (except in rare, extreme cases) make the municipality more negligent as the height differential increases. In fact, although the opposite is also not true, the effect of the greater differential is to negatively impact the plaintiff’s potential recovery through the operation of increased contributory negligence. This is so for the obvious reason that the greater a height differential between sidewalk panels, the more obvious, and therefore avoidable, the hazard should have been to someone paying attention. In a courtroom, this is demonstrated by two simple questions (the answers to one or the other of which serve to establish the proposition): “Mrs. X, do you typically watch where you are walking?” And, “If you watch where you are walking, as you say, how is it that you did not see the obvious unevenness of the sidewalk?”



“ I typically explain contributory negligence this way. Life is like a game of musical chairs... ”

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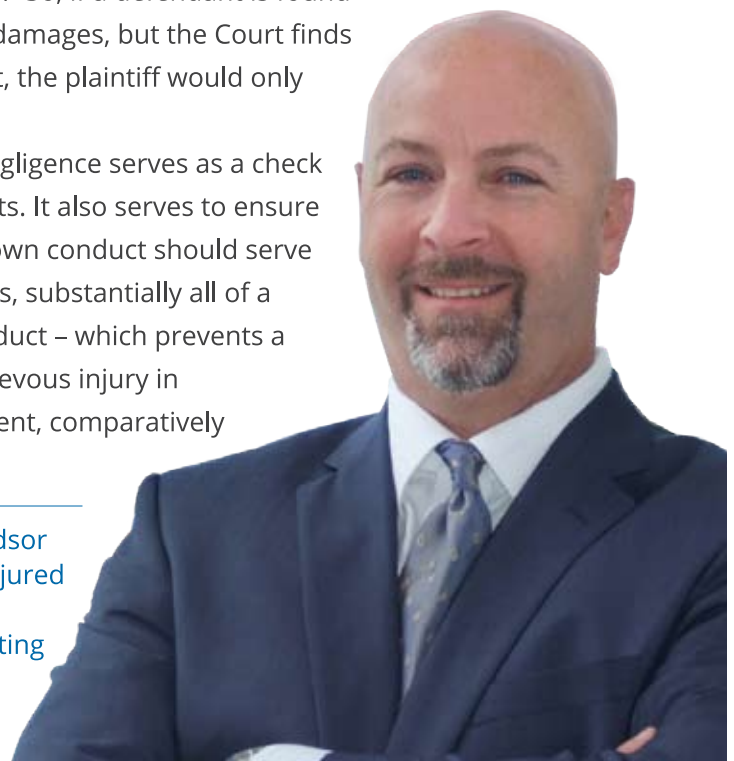
In a slip and fall, or dangerous premises case any number of the following facts can be argued to constitute some contributory negligence on the part of the plaintiff: hurrying, wearing improper footwear (like leather-soled shoes on ice or snow), carrying something in one's hands (which could impede someone's fall recovery or fall-breaking ability), wearing headphones, talking on the phone, walking a dog, ignoring signs, being intoxicated, etc. In motor vehicle accidents, there are often facts which, although falling short of making somebody liable for a Highway Traffic Act ticket, might also serve to establish contributory negligence for the plaintiff driver, such as: speeding; failing to slow or look both ways on a green light; listening to the radio, talking (even hands-free) on the phone; disciplining a child; running a yellow; driving after too little sleep or after having consumed alcohol, etc.

I typically explain contributory negligence this way. Life is like a game of musical chairs. At every point in time the music is playing and we are making decisions, even if it doesn't seem like it or we do so unthinkingly, like going for a quick ride on our bike without a helmet, trying to walk across an ice patch or cross the road away from an intersection because the alternative is cumbersome or time consuming. Ninety-nine percent of the time no consequence ensues. But, in a lawsuit, where defendants are, understandably, trying to limit their exposure to pay damages, the music has stopped at the exact moment of the plaintiff's accident, and every aspect of his or her conduct will be analysed, critiqued and compared to the legal fiction of the actions of a "reasonable person" in similar circumstances.

As a practical matter, Courts apportion blame ("liability") for an accident between and among defendants and/or the plaintiff mathematically, pursuant to the Negligence Act (R.S.O. 1990, c. N-): "In any action for damages that is founded upon the fault or negligence of the defendant if fault or negligence is found on the part of the plaintiff that contributed to the damages, the court shall apportion the damages in proportion to the degree of fault or negligence found against the parties respectively." So, if a defendant is found negligent and a plaintiff is awarded, say, \$100,000.00 in damages, but the Court finds that the plaintiff was herself 25% contributorily negligent, the plaintiff would only receive \$75,000.00 from the defendant(s).

For obvious social policy reasons, contributory negligence serves as a check and balance on the competing rights of parties to lawsuits. It also serves to ensure that plaintiffs don't earn a windfall in cases where their own conduct should serve to mitigate against receiving a large award. In some cases, substantially all of a plaintiff's damages can be eroded by his or her own conduct – which prevents a defendant from having to compensate somebody for grievous injury in circumstances where their conduct was, although negligent, comparatively far more benign than the plaintiff's own conduct.

Steven Bezaire has been a personal injury lawyer in Windsor working for insurance companies initially and then for injured parties for over 20 years. He is the managing lawyer of Bezaire & Associates, a seven-person law firm concentrating on helping motor vehicle accident victims and other personal injury clients.



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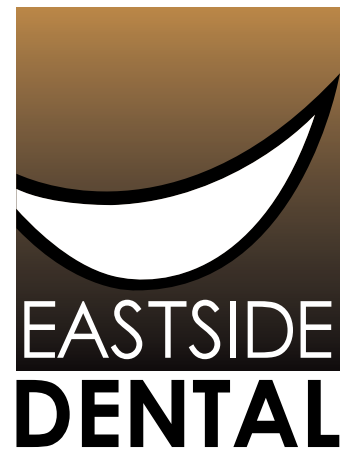

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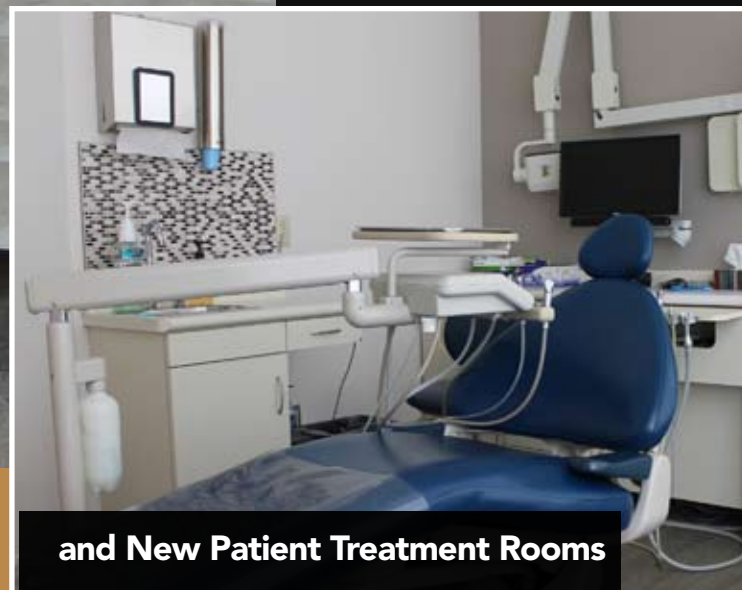
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by Ryan Chris Tate
Owner, Feel Good Now

MAKING SMOOTH TRANSITIONS

The first day of school can be toughest for parents



Rodman with the rebound. Rodman to Jordan. Jordan dunks on whoever is in his path.

That's just the way it went for the Chicago Bulls in the 1990s. But today we're not talking about those transitions. We're talking today about the transitioning we do off the court in our everyday lives.

When you're in daycare and graduate to Senior Kindergarten, that's one transition. Later, you transition from Grade 8 to high school. You transition again from high school to college or university.

Today, I'm focusing on the transition from the home into the school system – for children and for parents. Whether your child attended daycare or you cared for him or her at home, when they turn four years old, it's time to go to school. So, how do we deal with that?

As I write this, my wife and I just finished putting the little one – the last one – on the bus. Her name is Rylin, and she has some special talents. She'll be four next week, and now she's starting Junior Kindergarten.

When we transition from homecare or daycare to "big school," like she calls it, how do we handle it as parents? For the young parents reading, especially those who have just had their first child, I know that you probably feel some anxiety about your baby going to school. If you're in our position, ask yourself these questions: How do you feel, letting go of your baby now that she's going in Junior Kindergarten? Now that you just have to get up, put her on the bus, and go to work, do you feel lonely inside? Does it hurt?

You may not be the Michael Jordan of parenting, but here are a few tips for making the transition process as easy on yourself as possible.

REMEMBER THAT IT'S ABOUT YOUR CHILD

Look: It is what it is. You just have to smile and bear with it, and it will pass. Those kids – our kids – they may be little, but they know what they want. Ultimately, this is what I think: When kids like my daughter are making that transition, they are excited. They want to go to school. Sometimes, it's us that don't want them to go.

FAMILIARIZE YOURSELF WITH YOUR CHILD'S NEW ENVIRONMENT

When your child is going off to school, whether it's your first or your last, it can create anxiety. If you know where they're going, it can help to set your mind at ease.

When we went to the school and met with the teachers, there were specific things I wanted to know. I wanted to see the classroom. I needed to know more about what was going to be taught. I wanted to tell them more about my daughter.

There are things I want to work on, specifically, with my daughter. For example, I want her to learn how to write her name. So, I talked to the teacher about that.

As parents, we know what our kids' strengths are. We know what they're good at. We know how to make them listen, and how to lose their attention. We know what triggers them. I know that for my daughter, so I was able to explain that to the teacher.

ESTABLISH A REGULAR ROUTINE

The best thing for a young child is to get a routine going. For any kid – any individual, really – routine is very important. It creates consistency, it creates a schedule, and then we know what we're doing.

I just walked back from the bus stop, and my daughter was excited to get on and go to school. It's now part of her routine. Knowing this helps me to transition into our family's new day-to-day reality.

Later, when she comes home from school, we want to create a structure. A system. When our children come home, we often have them do chores around the house. We might ask them to empty their lunch bags, put away their books, or tidy up in the kitchen. That's what they need in order to flourish.

COMMUNICATE, AND PLAY YOUR PART

In my house, we speak intelligently to our children. I speak to my youngest the same way I speak to a grown up. I just slow my words down, and talk softly and normally to them. And they listen.



I always ask my kids about school. What did you learn today? We go over it with them.

Why? The school system is in place to help your kid, but we as parents have to do the extra with our children when they're at home. That way, they can grow up to be productive citizens, and make the appropriate transitions from grade school to high school and eventually to college.

When they do that, we know as parents that we're doing our job. We're doing what's best for them. This can help make transitions more comfortable for us.

JUST BE POSITIVE

Feel blessed. Feel it from the bottom of your heart. Smile at everybody you see today. Say hi to three people. Compliment five people. That's how I live my life. That's what makes me who I am. That's what makes me feel good.

Until next time, feel good now.

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A HEALTHY PLACE TO WORK

How indoor tropical plants can solve the common office problem you didn't know you had

Does your indoor nine-to-five seem like it's taking even more of a toll than usual? Your workplace may have Sick Building Disease. Fortunately, the cure is simpler – and more familiar – than you might think.

Aside from adding aesthetic appeal, a professionally managed tropical plant strategy can play an integral role in any company's holistic employee wellness program. Carefully chosen and properly nurtured tropical plants can absorb airborne toxins in your workplace, potentially ameliorating several chronic health conditions in your employees and helping your business challenge expensive issues related to productivity, absenteeism, and workplace morale. Here's how it all works.

What is Sick Building Disease?

Modern, energy-efficient buildings require less energy to heat, cool, and function, which often translates to significant savings for building owners and tenants who handle their own utility fees. Unfortunately, these cost savings come with a catch.

Sophisticated, well-insulated buildings are often “sealed off” in a way that prevents adequate air circulation, and all this dead air can invite the accumulation of several potentially harmful gases. Generally, these dangerous airborne chemicals, which include compounds like formaldehyde, benzene, and trichloroethylene, come from innocent places: furniture, carpeting, household cleaning agents, and standard office equipment like photocopiers. But they can pose real problems for employees.



All this gaseous buildup can take its toll on office workers, most of whom are kept cooped up inside for eight or more hours every day. Some of the most common symptoms include itchy eyes, drowsiness, headaches, and dampened productivity – and there are others. In many cases, these symptoms can be minor and regular enough that pinpointing their precise cause is next to impossible.

What's the solution?

Compelling research studies have shown that furnishing a workplace with plants can create a low-cost, attractive solution to this potentially serious problem. Well placed, healthy tropical plants can effectively reduce levels of several noxious gases found in almost every home or office building – quite possibly including yours.

The ways in which an artfully selected array of indoor plants can benefit an office environment are myriad. Research really does show that tropical office plants correlate with increased productivity, and many plants measurably improve the quality of interior air. And, frankly, they look great. Sometimes, even purely aesthetic benefits can meaningfully affect employee morale and improve corporate culture.

So, what plants do I buy?

Health-boosting plants are available in a variety of shapes, sizes, and colours. Importantly, you don't need to have all the information yourself to select the plants that will work best for your unique space and situation. Select indoor landscaping companies, like Plantscape, offer tropical plant selection, installation, and maintenance services that take the mystery out of curing your sick building. Your perfect plant(s) depend(s) on the size of the office, the quality of available natural and artificial lighting, and other factors. It's important that a trained technician assist with your plant selection. Their expertise will ensure the plants you select will thrive in your unique environment so that you can achieve your goals. I invite you to call Plantscape today for a free consultation.

I have the plants. Now what?

There's more to keeping a plant healthy – so that it can keep you healthy – than you may realize.

To ensure your workplace stays in strong health, I recommend working with a professional indoor landscaper that offers a strong maintenance program.

Well-trained plant technicians will pay visits to your workplace on a regularly scheduled basis – normally once per week. Each visit, they will water, fertilize, clean, dust, trim, and rotate your plants as needed, to ensure they're in tip-top shape and getting the exact amounts of sun, water, and nutrients they need to thrive.

Moreover, many species of plants are susceptible to damage from disease and insects. A trained technician will know how to identify telltale symptoms of illness and infestation, most of which can be successfully treated. Just as importantly, he or she will apply scheduled preventative treatments at strategically chosen times of year to ensure that common ailments don't befall your plants in the first place.

Are my competitors already doing this?

At Plantscape, we're seeing a new kind of zest for this particular area of our business amongst forward-thinking millennial businesspeople. Young leaders are reading medical studies that show how specific plants, chosen from specific regions, can actively work to fight headaches and infections and make office workers healthier, and they're being proactive about it.

What else should I look for in a plant provider?

You'll also want to partner with an organization that guarantees its work; while your plants should be professionally hand selected for quality, even hardy plants can fail under unpredictable conditions.

At Plantscape, our service comes with one of the best plant guarantees in the business. It's simple: if any plant should decline in appearance or become unhealthy, we will replace it free of charge. As a business owner, I wouldn't settle for anything less.

Plantscape Windsor has been delivering indoor and outdoor landscaping solutions to Essex County since 1976. To get in touch for a free estimate, phone (519) 972-5440 or consult www.plantscape.ca. Plantscape is located on Highway 3 in Oldcastle.

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By: Dr. Christopher Cole, MD, MPH,
Medical Director of The Cole Clinic
of London and Windsor



COLE'S *corner*

NO ONE CAN TELL, ALL THEY WILL KNOW IS YOU LOOK GREAT

TODAY'S HAIR TRANSPLANT OPTIONS ARE VIRTUALLY UNDETECTABLE, PERMANENT LOOKING RESULTS.

If you're considering a hair restoration procedure, you probably already know that thinning or receding hair – at any age – can significantly damage one's self-esteem, confidence levels, and social life. During my 20 years performing hair transplant surgeries, I've seen firsthand the myriad of ways that hair loss can impact professional, social, and familial relationships.

Fortunately, I'm writing today to deliver good news. Advances in medical technology have not only made the dream of restoring one's hair a reality, but also made the dream of natural looking results the norm. Today, modern hair transplant surgery delivers results that look and feel so natural, your family, friends, and co-workers will never suspect a thing.

Today, we are able to make use of two different surgical techniques to extract and transplant large numbers of hair follicles: FUE (Follicular Unit Extraction) and the FUT (Follicular Unit Transplant) or Strip Method. The main difference between these two procedures is in the way in which the hair follicles are extracted from the donor area.

Depending on several factors (including the patient's extent of hair loss, age, donor area, the patient's goals, and a number of other important variables), one method may be preferable to the other.



At the Cole Clinic, we are patient care and results focused, offering both the FUE and FUT procedures.

Both options are minimally invasive outpatient surgeries, and either comes with a quick and comfortably manageable recovery period. In many cases, it is possible to return to work the very next day.

Follicular Unit Transplant, also known as the “Strip” method of hair transplantation surgery, involves removing a strip of tissue from the back of the head. The donor hair follicles are then extracted from this strip. Each follicle that is harvested is individually transplanted to the thinning (“recipient”) area(s) of the scalp. What’s more, it typically allows for the greatest number of grafts in a single session. The modern FUT procedure reflects nearly two decades of refinement and advancement in hair transplantation methodology.

Following the procedure, the FUT method will leave a very narrow linear scar on the back of the head. Unless a patient wears a very short haircut, the scar can be easily concealed. In any case, the scar will fade and become less and less noticeable over time.

Follicular Unit Extraction or FUE, on the other hand, involves the direct extraction of individual follicular units from the scalp; no strip of tissue is removed. Using this method, follicular units are randomly extracted, meaning there is no detectable loss of hair density in the donor area. Next, these follicular units are implanted into the thinning and receding areas of the scalp.

At the Cole Clinic, we’ve recently added ARTAS Robotic Hair Transplant Surgery, an FUE procedure with excellent results, to our list of leading-edge hair restoration surgeries. A unique marriage of medicine and technology, this state-of-the-art robotic procedure incorporates advanced digital scalp imaging scans.

A doctor-assisted system, it involves precisely dissecting and redistributing thousands of follicular units in a relatively short amount of time. The image-guided ARTAS robot is able to track and grade each hair follicle so that only the optimal, healthiest, and most robust follicular units are harvested for transplantation. Because the robotic ARTAS device minimizes the strain on a doctor’s hands, arms, shoulders, and neck, the procedure allows for more FUE grafts in a single session than was ever possible in the past. Best of all, the procedure produces natural-looking results with no linear scar.

So, between the FUE and FUT (Strip) methods, which option is best? The answer is, *both*.

As an experienced hair transplant surgeon regularly performing the FUE and FUT hair transplants, I find that the two options are roughly equal in popularity.

“WHICHEVER OPTION IS OPTIMAL FOR A GIVEN PATIENT, BEING ABLE TO PROVIDE HIM OR HER WITH THE BEST POSSIBLE PROCEDURE FOR HIS OR HER UNIQUE HAIR LOSS IS CRUCIAL.”



Whether a patient is a better candidate for one method or the other depends on a number of factors. At every new patient consultation, I ask several deliberate questions to determine which method will produce the most desirable results. For example, what is the age of the patient? What is the level of recession and precise angle of hair loss at the time of surgery? What about the extent of hair in the available donor area? And how short does the patient typically like to wear his or her hair?

Whichever option is optimal for a given patient, being able to provide him or her with the best possible procedure for his or her unique hair loss is crucial. Because I perform both the Follicular Unit Transplant (Strip Method) and Follicular Unit Extraction (FUE) surgeries, I am able to ensure that my patients receive fuller, more natural-looking results in a way that fits with their unique circumstances.

If you’re interested in hair restoration but unable to decide between FUT and FUE, you’ve come to the right place. Contact The Cole Clinic today to get started.

About Dr. Christopher Cole: Dr. Cole is a practising medical doctor. He has been working in hair restoration and aesthetic medicine for over 20 years. He is Founder and Medical Director of The Cole Clinic for Hair Restoration and The Cole Clinic MediSpa. For more information, and to book a personalized consult, go to www.coleclinic.com.

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WINDSOR REGIONAL HOSPITAL'S *Comprehensive Breast Health Centre*

The Comprehensive Breast Health Centre at the Met Campus of Windsor Regional Hospital provides an expedited breast assessment service to the region. The program is affiliated with Cancer Care Ontario, meets stringent quality standards, and is continually evaluated against national and provincial performance measurements.



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Residents of Windsor and Essex County are not only assured of timely biopsy and diagnosis of breast cancer if a suspicious finding is identified, but they also receive rapid access to surgical consultation, surgery, and chemotherapy and/or radiation treatment.

The Windsor Regional Comprehensive Breast Health Centre offers the client a full work up until a definitive diagnosis is reached. If the pathology confirms breast cancer, a biopsy is completed and an appointment is made, usually within seven days, for the patient to see the surgeon who will be performing her surgery. Windsor Regional Hospital stands behind the fact that it has the shortest cancer surgery wait times in the province. The planned breast surgery is commonly performed with two weeks. Chemotherapy and radiation wait times at the Cancer Centre are also among the shortest in Ontario. Patients being cared for at the Breast Health Centre are assured of both quality and expedited care throughout their experience.

Upon creating the Windsor Regional Comprehensive Breast Health Centre, the hospital built on the knowledge that the most important thing for patients is knowing what happens next. Patients want timely access to tests and appointments and know that they are receiving the highest quality care possible. Ensuring that the care provided meets the overall needs of patients is the most important principle for ongoing planning and quality improvements at the Breast Health Centre.

Windsor Regional Hospital and the Erie St. Clair Regional Cancer Program are proud of the Comprehensive Breast Health Centre and the service it provides to women in the region. They also advocate for the expansion of the Ontario Breast Screening Program (OBSP). OBSP centres provide women with greater access to organized, evidence-based, high-quality accredited mammography services.

Mammography remains the best breast cancer screening test as it is a safe and simple test that can detect cancer at an early stage, when it is small enough to treat successfully. Women between the age of 50 and 74 who have never had a mammogram, or who had one more than two years ago, can obtain one at the Met Campus Comprehensive Breast Health Centre or by visiting their nearest OBSP screening location and making an appointment. No doctor's referral is required.

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