

Southern Health Centre News



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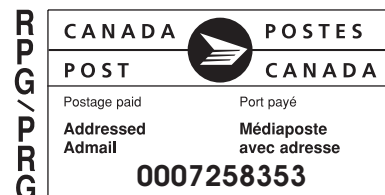
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Bladder Health & Incontinence Centre

White Rock's own **Bladder Health & Incontinence Centre** continues to welcome new patients!

We are thrilled to offer leading-edge urodynamics testing through the Delphis System. Delphis offers a compact and wireless approach to testing that allows the clinician to focus on the patient while experiencing true freedom of movement, making it the ideal system for any clinical setting. Our patients benefit from the latest technology resulting in precision diagnostics, rendering it simple for us to assist people in regaining their health and active lifestyle.

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RETURN POSTAGE GUARANTEED
PORT DE RETOUR GARANTI

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The **Bladder Health & Incontinence Centre** is guided by Dr. Roy Jackson, and our nurses who are specialized in bladder health and incontinence, Christine Johnson and Maureen McGrath. Since the Centre's inception, the mandate has been to positively transform the lives of people dealing with incontinence in a professional and sensitive environment. The Delphis System has made it easier than ever before to diagnose and subsequently treat incontinence, and we are keen to utilize this superlative urodynamics equipment to benefit not only the community but the entire lower mainland. We are currently accepting referrals for new patients, and thank you in advance for helping us to contribute to the well-being of incontinent patients.



Left to right: Dr. Roy Jackson, Christine

Research on Protective Underwear

In conjunction with the research division of Romich Medical and the University of British Columbia, Southern Health's Bladder Health & Incontinence Centre has embarked on research into the latest developments in protective undergarments. With a view to bettering the lives of men and women contending with incontinence, the research will ascertain how best to compose and manufacture highly effective, lifestyle-enhancing protective underwear.

Among the chief concerns of people who rely on such undergarments are the degree of user-friendliness, effectiveness of the leakage protection, the reliability of the odour absorption, the effectiveness of the product to absorb and keep moisture away from the body thereby preventing sores

and other skin irritation and the streamlined, non-bulky design that would allow the underwear to be easily concealed by clothing.

Incontinence is an extremely common condition, and this new research initiative is in keeping with Southern Health Centre's continued mandate to help people affected live productive, happy lives unhindered by the condition. The research will yield exciting, leading-edge information that will then be translated into practical benefits for Southern Health's valued patients and for the general public at large, through the development of the Romich Care Line, a full range of protective underwear designed to be the latest evolution of product effectiveness.

ADVERTISE IN THE SOUTHERN HEALTH CENTRE NEWS

Southern Health Centre News would love to promote other businesses and services in the community. The goal is to make this publication one that celebrates the community and enhances it in a comprehensive way. Please contact Carly at 604-531-8707 to inquire about advertising with us.

Beltone

Beltone is helping the community to hear better, one person at a time, and thereby dramatically improving the quality of lives and relationships.

As Mickey Wyner, Head of Fraser Valley Beltone, notes, "Hearing loss affects almost two and a half million Canadians. It can occur at any age and the causes are varied. Hearing loss interferes with our most vital link to people: communication through language and sound."

The effects of this invisible disability are numerous and profound. A hearing loss can affect almost every aspect of life. Every day pleasures like watching television, listening to music or talking on the phone may become a source of frustration and pain.

Communication with others is often extremely difficult and stressful. Many of those suffering from hearing loss admit to "feeling lonely even in a crowd" because of their inability to participate in a conversation. The result is withdrawal: the hearing impaired no longer enjoy social activities simply because they cannot hear well enough to join in. To complicate matters even more, many of the hearing impaired are unaware that their hearing has changed dramatically, because most often hearing loss happens gradually.

Today's modern digital technology has had a profoundly positive impact on those affected by

hearing loss. Automatic program changing combined with directional microphones and non-speech noise reduction, plus a variety of other options and features, help people hear better in all listening environments.

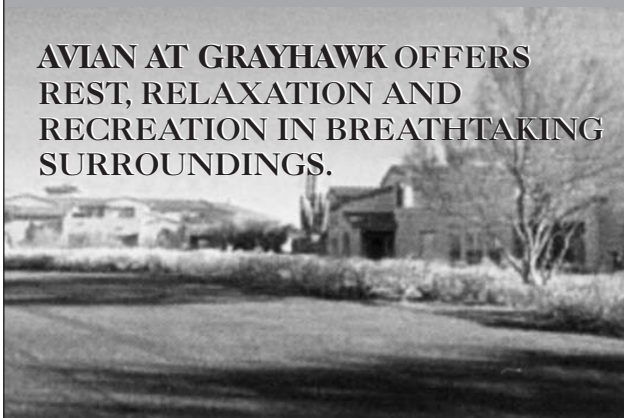
Now that so many beneficial options are available, people are urged to consult with their doctors. Research has shown that family doctors exert the most prominent influence in helping people to consider the benefits of amplification.

Beltone has embarked on a community outreach program: the clinic now provides free audiometric hearing tests. This is done on a monthly basis with specific advertised clinic dates. These tests are available to all those over 50 years of age and to those of any age who have a doctor's referral. The test yields a report of findings and recommendations for the referring doctor, and an offer of a free trial period of amplification for those with a correctable loss.

Hearing loss is a disability, it has a diagnosis and it has a correction, and seeking help dramatically changes the quality of life for the hearing impaired. To contact the Beltone clinic in the Romich Centre at the Whaling Wall, please call 604-530-6107. There are several Beltone locations throughout the Lower Mainland, and all are committed to improving the lives of the hearing impaired.

GOLF VACATION DREAM TOWNHOUSE ON 2ND HOLE OF GORGEOUS GOLF COURSE

AVIAN AT GRAYHAWK OFFERS REST, RELAXATION AND RECREATION IN BREATHTAKING SURROUNDINGS.



Imagine a stunning, luxurious retreat nestled on one of Scottsdale's most lush, picturesque golf courses. The dream can be reality by spending your vacation time at Avian at Grayhawk, a 2433 sq. ft. townhome that backs up to natural desert, McDowell Mountains and the 2nd hole of the prestigious Grayhawk Golf Course.

For rental information on Avian at Grayhawk (20802 N. Grayhawk Drive, Unit 1162, Scottsdale, Arizona), please call Carly or Linda at **604-541-8794** or **1-888-776-6424**, or email romich@dowco.com. To view the property, please visit www.romichproperties.com.

What Else is New at Southern Health Centre?

Southern Health Centre Looks to Recruit Doctors

Southern Health Centre is currently looking to recruit both family doctors and specialists for our ever-expanding clinics. Our closely-knit team of practitioners is excited to welcome

doctors into the fold. The aim is to continue to grow and evolve as a comprehensive healthcare facility, with a team of dedicated medical professionals who wish to be a part of advancing wellness.

Gardasil: HPV Vaccine by Merck & Co. Inc

Cervical cancer adversely touches the lives of so many women, but the advent of a new vaccine may stem the disease's powerful tide. Recently, the Ministry of Health announced that BC will fund an HPV vaccine program starting in the fall of 2008. Gardasil, manufactured by Merck & Co. Inc., is garnering considerable attention for its touted ability to potentially guard against the development of cervical cancer and other HPV related diseases.

There are over 100 types of the Human PapillomaVirus (HPV) however, only certain types of HPV cause cervical cancer. Types 16 and 18 cause 70% of cervical cancer cases, and types 6 and 11 cause 90% of genital warts cases. HPV is sexually transmitted through skin to skin contact, and it is estimated that 75% of the population will become infected with at least one type of HPV at some point in their life. Many people who carry the virus are unaware of it, as they may not experience any signs or symptoms. When a female contracts a form of HPV connected to the development of cancer, abnormal cells may form on the lining of her cervix. If the virus does not clear on its own the result is an 'abnormal' pap test. In BC, more than 20 000 women require repeat pap tests because of these abnormal cells and more than 60% of these abnormal, potentially pre-cancerous lesions could be eliminated with an HPV vaccine program. If the abnormal cells are not detected early, progress rapidly and are left untreated, those abnormal cells can become cervical pre-cancers and then cancer. In Canada there are approximately 1400

new cases of cervical cancer each year and nearly 400 deaths meaning 1 woman per day dies of cervical cancer. According to the BC Cancer Agency's 2005 annual report HPV caused 7000 cases of genital warts, 30 000 abnormal pap tests and 150 new cases of cervical cancer and 60 deaths.

Being vaccinated with Gardasil prior to sexual contact with a person carrying HPV will provide protection against strains 6,11,16 and 18 of the virus.. Thus, the potential of Gardasil to reduce the chances of developing cervical cancer and genital warts is evident

The National Advisory Committee on Immunization (NACI) in Canada has recommended that all women from 9-26 years of age be vaccinated with Gardasil regardless of whether they are already sexually active or have had an abnormal pap test or HPV related disease.

Even if a woman has already been infected by HPV, she may still benefit from receiving the vaccine, as it is highly unlikely that she has contracted all four types of the virus addressed by Gardasil. It is important of course that a patient discuss her unique health profile with her doctor before deciding on how to proceed. Gardasil may not totally protect everyone and does not prevent all types of cervical cancer, so therefore regular cervical cancer screenings are crucial.

Gardasil represents hope for a healthier future, and Southern Health Centre is proud to help educate the public.

This was made possible by an educational grant from Merck & Co., Ind.