

wellness



THE PERCENTAGE BY WHICH BREAST CANCER MORTALITY RATES IN CANADA HAVE DECLINED SINCE 1986, THANKS IN PART TO GREATER AWARENESS ABOUT THE IMPORTANCE OF YEARLY MAMMOGRAMS AND CLINICAL EXAMS.



doctor on call

Q: I have a deep cut on my finger. How can I ensure that it heals quickly?

A: Rinse the cut under running water, sanitize with a hand cleanser or rubbing alcohol and cover it with a bandage to promote healing and avoid scarring. Contrary to popular advice, do not “let the wound breathe” by leaving it uncovered – a bandage helps to prevent airborne bacteria from entering the wound and reduces the risk of reopening the cut. If the object you cut yourself on was dirty, there’s a greater chance of infection. Using a small dab of antibiotic cream, such as Polysporin or Fucidin, will help keep the wound clean. Swelling, spreading redness, bleeding, oozing pus and fever are signs that a wound is not healing. An infection that seems to be spreading and isn’t healing after three days should be treated by a physician.

Dr. Shafiq Qadri is a family physician, lecturer and author in Toronto.

WE STUMBLED ACROSS: hassleme.co.uk

Need a little nudge to keep tabs on your health goals? Sign up for HassleMe, a free reminder service that will nag you to sit up straighter, schedule a Pap smear or take your pooch for a walk. And to help keep you on your toes, you won’t know exactly when those little reminders might show up in your inbox.



HEALTH EDITOR LAUREN FERRANTI-BALLEM SINGS THE PRAISES OF HER MOD-EST BACKYARD GARDEN AT GLOW.CA/GREENLIFE.

safety talk

Don’t wait for those ear-piercing warning beeps before you give your smoke detector a checkup. October 5th kicks off National Fire Prevention Week, which raises awareness about preventing fires and making escape plans for your family. Our favourite easy tip: Make a habit of replacing your smoke detector’s batteries whenever you change your clocks over to daylight saving time.



When you cuddle up with in2green’s recycled cotton throws, you can rest assured that your big blanket will leave a tiny eco-footprint. The cotton is made from extra clippings from clothing factories, which would otherwise end up in landfills. The clippings are sorted by colour and woven into new products.

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