

THE PULSE

2011

Check Out Articles on SCOPE inside!

Mayor Peary's 5-2-1-0 Challenge - Page 3

Healthy Kids Live 5-2-1-0 - Page 6

Power Down: 2 hours or less of screen time - Page 15



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**READY TO
MAKE A
HEALTHY
CHANGE?**

Start with The Pulse;
a first edition feature
that welcomes you
into the world of
healthy living.

THE NEWS
ABBOTSFORD

Abbotsford
-let's make it
Healthy

? WHAT'S INSIDE



TAKE IT OFF 4

- > Keep the Calories
- > YOUR Healthy Weight
- > Resources
- > Discover Clearbrook Park



HEALTHY BALANCE 14

- > Take Time for Yourself
- > Relaxation & Breathing
- > Resources
- > Discover Bateman Park



KIDDIN' AROUND 6

- > Power Down
- > Healthy Kids Live 5-2-1-0
- > Resources
- > Discover Fishtrap Creek Park



A HEALTHY HOME 16

- > Cleaning from Scratch
- > Protecting your Family
- > Resources
- > Discover Mill Lake Park



SHOP HEALTHY 8

- > Get Yourself Prepared
- > Time to Make the Swap
- > Resources
- > Discover Clayburn Creek Park



SAFETY FIRST 18

- > Handling Emergencies
- > First Aid for Emergencies
- > Discover Delair Park



THE HEALTH OF IT 12

- > It's Time to Quit
- > Pregnancy & Oral Health
- > Resources
- > Discover Old Riverside Park

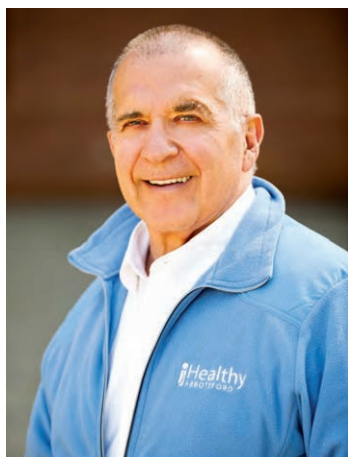


WORK IT 20

- > Late is Better than Never
- > How Much is Enough?
- > Resources
- > Discover Willband Creek Park

DISCOVER THE ABBOTSFORD EIGHT

Look for the Discovery boxes to learn more about Abbotsford's top 8 outdoor gems!



The City of Abbotsford is dedicated to helping residents make healthy local food choices, incorporate physical activity into their daily routines and live tobacco free. I have lived and taught these principles all my life and am surprised that our society continues to fall behind in healthy living.

I ask all of you to commit to implementing a plan of action for yourself and your family to live by the healthy guidelines of good nutrition, daily physical activity and no smoking. As a parent, grandparent and Mayor I know the greatest impact that I can have is setting a good example. By living by these guidelines all my life I am happy to say

that all of my family is engaged in healthy living. I would be thrilled if my daily healthy actions could have the same impact on the City.

Abbotsford is fortunate to have all the ingredients for health, including climate, trails, facilities and programs. I challenge all of you to meet the 5-2-1-0 challenge:

- Enjoy 5 or more vegetables and fruits every day.
- Reduce your screen time on the TV and computer to less than 2 hours per day of your leisure time.
- Engage in moderate physical activity for at least 1 hour per day.
- Choose to eat healthy and eliminate sugar sweetened drinks for your children.
- Don't smoke.

Abbotsford, let's make it healthy! Take charge of your health and eat well, be active and live tobacco free. Visit healthyabbotsford.ca

Mayor George Peary

For more information visit: healthyabbotsford.ca



BREAKTHROUGH TREATMENT FOR DRY EYE DISEASE

Valley Laser Eye Centre is first in Western Canada to offer treatment

Valley Laser Eye Centre, a leading laser centre in North America, is the first eye care centre in western Canada to offer a new treatment for patients who suffer from Evaporative Dry Eye disease. This disease stems from a deficiency in the oily lipid layer of the eye's natural tear film. Valley Laser Eye Centre now offers a new, advanced in-office treatment, TearScience's LipiFlow®, that facilitates the release of lipids from blocked Meibomian glands, allowing natural flow of lipids needed for a healthy tear film.

Dry eye disease affects more than 100 million people worldwide, of which 65 percent suffer from Evaporative Dry Eye. Common symptoms of dry eye include dryness, grittiness, soreness, irritation, burning and eye fatigue. These symptoms can hinder the performance of daily activities such as reading, using a computer, wearing contact lenses and being outdoors on windy days. Many dry eye patients experience their symptoms worsening throughout the day.

"Dry eye disease is one of the most common topics patients want to discuss when visiting eye care professionals," said Dr. John Blaylock, owner and medical director at Valley Laser Eye Centre. "We are very pleased to introduce this new innovative treatment to help our dry eye patients. After four weeks of the LipiFlow® treatment, 79% of patients reported improvement in dry eye symptoms."



**DR. JOHN F. BLAYLOCK,
EYE SURGEON**

ABOUT VALLEY LASER EYE CENTRE

Valley Laser Eye Centre offers a broad range of the most scientifically advanced eye surgery options in British Columbia for laser eye surgery, cataracts, lifestyle lens implants, glaucoma and dry eye. Dr. Blaylock, one of the world's leading experts in eye surgery, lectures around the world on his techniques and clinical studies. As a recognized leader and pioneer in eye surgery, he developed the 'Blaylock Procedure,' which is now used by thousands of ophthalmologists around the world.

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KIDDIN' AROUND

I GO TO SCHOOL THE YOUTH TO LEARN THE FUTURE. - ROBERT FROST



POWER DOWN:

- No more than 2 hours of screen-time per day. Power up family games, outings & activities.
- Enjoy quality family time during meals by turning the TV off and turning the focus on each other.
- Keep a selection of board games, books and puzzles on hand as an alternative to TV on rainy days.

RESOURCES

The SCOPE Project:

Dedicated to providing helpful tips and advice to Live 5-2-1-0 and raise healthy kids. >>scopebc.ca

The Best Chance:

Filled with up-to-date and practical information, useful tools and resources for women, expectant parents, and families with babies and toddlers up to 3 years of age. >>bestchance.gov.bc.ca

Better Together BC:

Providing you with the tools you need to involve the whole family in meal planning, grocery shopping, cooking, eating and cleaning. >>bettertogetherbc.ca

Childhood Obesity Foundation:

Providing information on how to prevent childhood obesity to families, preschools, daycares, schools, communities and government. >>childhoodobesityfoundation.ca ■

Healthy Kids Live 5-2-1-0

Every child has a unique pattern of growth which can be influenced by healthy habits. Leading a healthy family lifestyle will give your child a great start in life and reduce their risk of conditions such as type 2 diabetes and high blood pressure. Encouraging your family to Live 5-2-1-0 is a great way to ensure your child grows up happy and healthy!

Enjoy: 5+ vegetables and fruits every day
By the age of 4, children require at least 5 servings of vegetables and fruits every day. To help your child develop healthy tastebuds, introduce new types, colours and textures of vegetables and fruits. What's one serving? Try a whole piece of fruit, a half cup of fresh or frozen vegetables or a quarter cup of dried fruit.

Power Down:

No more than 2 hours of screen-time each day. (TV, videos games, computer)
Children who spend more time in front of a TV or computer spend less time being active and social. Always put limits on screen-time in your home and keep TVs out of children's bedrooms. Find fun activities to replace screen-time.

Play actively: At least 1 hour each day

Play is an important way children learn both physical and social skills. Physical activity helps children develop a good level of fitness, improves their performance in school, and increases self-esteem. To get your kids moving, try active family outings and provide space and time for active play.

Choose healthy:

ZERO sugar-sweetened drinks
Sugar sweetened drinks, such as pop and energy drinks, are not required for healthy growth and development in children. Instead, offer your child water and milk. Got picky drinkers? Try slices of lemon or cucumber to add a refreshing taste to water. While 100% fruit juice contains nutrients such as Vitamin C it is still high in sugar and should only be an occasional treat (1/2 cup). Choose whole fruit over juice.

Live 5-2-1-0 is the mantra of the SCOPE project, an active partner of Healthy Abbotsford. For more information and tips to Live 5-2-1-0 visit scopebc.ca ■

THE ABBOTSFORD 8: FISHTRAP CREEK PARK

Fishtrap Creek was originally built as a large stormwater management facility to minimize the downstream flooding caused by urbanization. The Park includes a paved loop that wanders through creeks, wetlands, peninsulas and islands. Extensive native plantings were designed to reflect local conditions and to enhance habitat for fish and wildlife, including the endangered fish species the Nooksack Dace. Section 1 of the Discovery Trail (see Discovery Trail) runs through the east side of Fishtrap Creek Park.

Amenities: Trails, public washrooms, playground, picnic shelters, benches, lookout points. ■



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Power down - no more than 2 hours of screen time a day

- Power down TVs, video games, computers and other electronics and power up family games, outings and activities.
- Enjoy quality family time during meals: turn off the TV, and focus on each other.
- Keep board games, books and puzzles on hand as an alternative to TV.
- Post the drop-in swim, skate and gymnasium schedules on the fridge for quick reference.
- Schedule "outdoor" time each day. Keep a bag of play and sport equipment handy to bring outside.



SCOPE in proud partnership with **iHealthy** ABBOTSFORD

A healthy community for children is one where the healthy choice is the easy choice! SCOPE is working to create a future where children eat healthy and are physically active, supported by a healthy community environment



www.scopebc.ca/live5210

For more information visit: healthyabbotsford.ca

Stepping Stones

Providing grief support for teens and school-aged children in Abbotsford.

- Workshops for teachers
- School resources and support
- Play therapies for children
- Group support in schools
- Professional counselling for teens and children
- Children's grief support group (ages 5-12)
- One-to-one support
- Equine assisted therapy for teens
- Literary resources and community outreach

All services are free of charge, however you must register by calling.

MARYANNE BALZER, Bereavement Services Manager | **KARLEY SEABROOK,** Stepping Stones Project Coordinator
T: 604.852.2456
E: steppingstones@abbotsfordhospice.org



ABBOTSFORD HOSPICE SOCIETY
33134 Marshall Road • 604.852.2456