

SPRING 2015
5TH EDITION

SOUTH ASIAN HEALTH MAGAZINE



**MEET DR. GARG
& DR. LEE FROM
FRASER HEALTH
AUTHORITY**

**HOW TO BECOME
MACHINE FIT**

**COPING WITH
ANXIETY**



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Taking part in the mindfulness training series proved to be a very valuable experience for me. The weekly sessions gave me an opportunity to reflect, de-clutter my mind and enjoy simple beauties. At times joining the sessions felt self-indulgent and I occasionally tried to talk myself out of joining, but I always came away feeling grateful, much more self aware and able to focus. Nothing but an amazing positive experience that has truly enriched both my work and personal life!! Thanks!!

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PUBLISHERS NOTE



Welcome to our Spring issue! We are excited to partner up with Fraser Health Authority and bring you an informative cover story with leading medical experts. Our goal is to educate the community on healthy eating habits and make everyone aware of how moderation and portion control play a key role in achieving health goals.

The South Asian community is vibrant and fun-loving, especially when wedding season is in full swing. It's definitely challenging to resist all of the delicious goodies being offered at the festivities. We want to help educate and provide guidance on how you can have your laddoo and eat it too!!

Our South Asian Health magazine is published quarterly and we strive to consistently bring fresh new content from the health, wellness and fitness industry. If you are interested in being a contributing writer or advertising with us, the contact information is provided below.

We hope you enjoy this issue and pass it along to all your family members. Take advantage of the FREE information being provided by industry experts and make the necessary lifestyle changes. As they say, every little bit counts.

Let's be Happy, Healthy & Fit together!

Until next time,

Rina Gill

Publisher, South Asian Health Magazine
CEO, The HYPE Advertising Agency



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Maria Santos-Greaves
Clinic Manager / IATA

VOTE FOR MARIA!

When Maria Nieves Santos-Greaves came to Canada, like a good number of immigrants she started working to survive. She became an audiometric technician eventually landing as a receptionist in various hearing clinics. That was when Maria Santos-Greaves thought of starting her own clinic not only for financial security, but also in her personal desire to provide compassionate and complete quality care to those longing to hear better.

With perseverance and a strong determination to succeed, Maria Santos-Greaves built and nurtured Surrey Hearing Care Inc.

Through the years, Maria Santos-Greaves has made sure that the company's mobile hearing clinic van goes and provides free hearing tests to various immigrant groups, mainstream, visible minorities and First Nations wherever the need arises. The slogan of her company "Helping You Hear the World" says it all.

Maria Nieves Santos-Greaves has been chosen as a finalist for the RBC Top 25 Canadian Immigrant Awards of 2015. These awards are known as a People's Choice Award, that is why your voice, your vote matters.

May we request you to consider voting for Maria? If yes, you can vote online at www.canadianimmigrant.ca/rbctop25. Click the voting page link and look for Maria under her last name Santos-Greaves. Voting is on-going until May 11, 2015. Thank you!

Maria said, "I know what it means to toil and work and have a family. I am a single mom to a 14-year-old boy and balancing lifestyle and business is not easy. This is why I believe it is critical we as immigrants help and support each other so that we will not be afraid to take risks, and we succeed in doing what we were trained for, attaining our dreams for ourselves and our children."



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Hans Gabriel Rana

Vancouver



Fear was among the first emotions experienced by Jitesh and Cristine, parents of Hans Gabriel Rana when, immediately following his birth, they were told he needed emergency surgery, and perhaps even a heart transplant.

Hans had his first heart procedure when he was only 20 hours old, and his second at four days. Jitesh and Cristine were told that the procedures would only be temporary fixes and that Hans would require more surgeries as he grew.

After spending two and a half weeks at BC Children's Hospital, the Ranans finally received some good news: Hans was going home. Over the next few months, the family made numerous trips to the hospital for diagnostic assessments and appointments with specialists to address Hans' medical challenges.

Hans was born with an extremely rare heart defect. A chamber in his heart, the right ventricle, which pumps deoxygenated blood to the lungs to be oxygenated, was too small.

Eight months after his birth, on October 9, 2008, Hans underwent his first open-heart surgery. The life-saving procedure enabled Hans' small right ventricle to work less and allowed more blood to reach his lungs. After a five-day stay in the hospital Hans was able to go home.

Despite the success of this surgery, the next five years were tumultuous for Hans and his family, at best. As Hans and his heart grew, Jitesh and Cristine faced ongoing uncertainty about his health and turned to the trusted doctors at BC Children's for the treatments they hoped would give Hans the best quality of life.

On January 6, 2014, Hans was admitted to BC Children's Hospital for his second open-heart surgery – a three-and-a-half-hour procedure to repair his little heart. Due to Hans' complex condition, until his chest was opened, doctors were unsure whether he would need two procedures or just one to fix his heart. Fortunately, only one procedure was required and after three days recovering in the Pediatric Intensive Care Unit and cardiac ward at BC Children's, Hans was home again.

Hans returned to school three weeks after his surgery and life in the Rana home got back to normal. Visits to the hospital continue but instead of uncertainty, Jitesh and Cristine are comforted knowing that Hans' heart is functioning the best it ever has.

Although Hans may require more surgeries in the future, today he is a happy, chatty, vibrant and much healthier young boy.

The South Asian community supports BC Children's Hospital.

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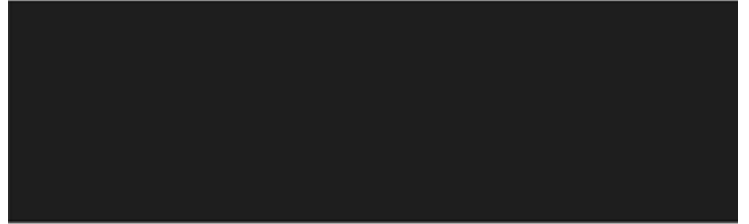
By: Preet Bains

Preet Bains is a certified personal trainer and the owner of Machine Fit, which provides mobile fitness training services throughout the Lower Mainland. For more information, follow her on Instagram @machinefit00, on her Facebook page titled "Machine Fit or call her directly at 604 897 5704.

If the word "exercise" makes you roll your eyes or you become stressed when you think of your current fitness level, then keep reading. Exercise should not be considered a chore instead it should be a lifestyle change. It is easy to push exercise to the back burner with the today's busy schedules; exercise should be a top priority and an essential part of each day. In fact, exercising on a regular a basis, at least three times a week for 60 minutes or 6 days a week for 30 minutes is enough. If you ensure that you maintain this level of activity consistently, you will definitely see results. Now, aesthetic results, such as weight loss, gained muscle and tone, are the most desired and most noticeable effects of exercise. However, there are also elements such as, increased cardiovascular endurance, decreased level of dangerous cholesterol, and regulated sleep patterns that are the overlooked benefits of an active lifestyle that benefit and enhance a person's general health. Furthermore, exercising is actually one of the cheapest anti-aging remedies out there.

Regular exercise can improve your appearance and delay the aging process.

An example everyone has heard of in the news time and time again is Fauja Singh. Mr Singh, at the ripe age of 103 years old and is the oldest marathon runner in the world. To look at the man all dressed in his sports apparel; one would never guess that he is over a hundred years old and running in some of the longest-distance marathons around the globe. Not only is Mr. Singh an example of



the anti-aging benefits of exercise, he also serves as motivation; if he can get out of bed, dressed and outside for a run, what is stopping you?

Exercise should not simply be a part of one's life to improve one's appearance.

Stress is a silent killer and unfortunate presence in all our lives and increases easily, but is hard to prevent due the unpredictability of life. If you are maintaining a constant level of exercise, it will control your stress levels, thus delaying or preventing onset of any stress-related illnesses.

Even though it seems counterproductive, if you are tired, exercise works to increase your energy levels, as regular, physical exercise can improve your muscle strength and boost your endurance. The reason for this is that exercise or any other physical activity delivers oxygen and nutrients to your tissues and help your co2 systems work more efficiently. When your heart and lungs work efficiently, you will have more energy to do your daily chores and tasks. Alongside combating fatigue, exercise also enhances your

mood. When you exercise, your brain releases chemicals called endorphins which make you feel happier and much more relaxed. We only have one body, and we need to treat it right before it's too late.

Our bodies are meant to move, the body craves exercise and being active. If we deprive the body of the exercise it so desperately craves elements of our bodies will start to break down, maybe even beyond repair.

Growing up in a South Asian family, I realized how much the importance exercise is widely ignored and is generally not placed as a priority in people's lives, especially in the older generations. This is even more dangerous, as we are susceptible and prone to heart disease, such as high cholesterol and high blood pressure.



Exercising on a daily basis also controls and regulates cholesterol levels and prevents heart disease and stroke, which is something we are genetically prone to as well. Daily physical activity helps prevent heart disease and stroke by strengthen your heart muscles. Risk of high blood pressure increases with age; however, when a person is physically active, this can be prevented and regulated. Moreover, regular exercise makes your heart stronger; a stronger heart can pump more blood with less effort, which decreases your blood pressure. My advice to all the people in the South Asian community is to just get started; don't wait until Monday, the weekend or the beginning of the month to initiate activity. Finish reading this magazine, put on some workout gear and get moving. Also don't lose patience; it can take 3 months or more for regular exercise to have an impact on you blood pressure.

Participating in physical activity for health is only the first step in moving towards a healthy lifestyle in the South Asian community. There are elements that are essential to include obtaining the maximum results and therefore, reaping the maximum benefits from your exercise sessions. It is important to take part in weight-bearing exercises to prevent osteoporosis from occurring and prevent the loss of muscle density, especially as we age. Osteoporosis is also known as the silent killer, which is highly prevalent in South Asian females. It is a disease where there is low bone mass and detrition on the bone tissue. By engaging in the correct exercise program that is focused on preventing and stalling the aforementioned diseases, members of the South Asian community can visibly improve their health and set a great example for future generations.

To achieve success through a fitness-program, it is essential to plan for success. The best way to create such a plan is to set achievable and specific goals. This goal-setting principle can be applied to many aspects in a person's life, and to start and maintain a healthy lifestyle, a person must have a clear map of what they want to achieve, how they will achieve this and within what time period they would like achieve their goals.

That being said, goal-setting is not as easy as it seems. It is important to have positive lifestyle intentions, but where people often fail is following through with the actions to achieve these goals because the goal is vague, unplanned and sometimes unrealistic. Not following through with a goal can leave us feeling inadequate and hopeless. These feelings can, in turn, lead to an increase in unhealthy lifestyle behaviors, which defeats the initial purpose. Once you have achieved the goals you have set out, you will feel strong, organized and motivated and will reinforce the mindset of goal setting for further success and the desire to maintain the success you have achieved.

The SMART principle for goal setting is a simple and effective method that allows you to outline your goals and desires in an accessible and defined manner.

The five silos of the SMART principle that govern each goal are Specific, Measurable, Attainable, Relevant, and are described in detail below:

SPECIFIC: The goal should be as specific as possible, clear and concise. By making the goal specific, you are able to explore the significance of your goal, why is that goal important to you, and how achieving the goal will affect your life.

For example: A general goal would be “Get into shape” or “Get stronger”; A specific goal would be “I want to be able to workout 4 days a week”, “I want to be able to do 40 push ups”.

MEASURABLE: You should be able to clearly measure your goals. In essence, how will you track your progress and how will you know if you have reached your goal? By setting goals that can be measured, you will be motivated by seeing how much have progressed.

For example: A common one is “Lose weight” but a measurable goal would be “I want to lose 12 inches.”

ATTAINABLE: The goals have to be realistic yet phrased in a way that challenge you. One of the mistakes that people make is that they set unattainable goals and once they realize they will not be achieved, they instantaneously abandon their aspirations and will stay frustrated and unfulfilled.

For example: “I want to be able to run 5km’s, is a good goal, but to make this goal more attainable, you should include training details that outline the details of how you will be achieve this goal. Instead, the goal should read something like, “In six weeks, I want to run 5km. I will do this by running four days a week. One of my runs will be slow paced run for 45-50 minutes, and two runs at a faster pace for 30 to 35 minutes. Along with one 30 minute speed interval run.

RELEVANT: Set goals that are important to you in your life right now. Do not set goals because your family and friends are setting the same goals; everyone’s abilities and desires are different and your goals should reflect that.

TIME BOUND: Always include an end point. Setting timelines helps to keep you on track with things.

The most important element of goal-setting is to reward yourself for reaching your goals. Set up both long and short term goals using the SMART principle. However, even your rewards should be Smart; there’s no point in working hard at the gym and maintaining a strict diet to then reward yourself with sugary foods.

In order to live a long, healthy and enjoyable life, exercise must become an essential part of your everyday routine. Even taking the smallest steps to work towards living a healthy lifestyle can make the biggest difference.

Exercise does not have to be a burden, a chore or boring: grab some girlfriends and take a dance class, instead of hitting the bar with guys, grab a football and play a game at the local park or at a family gathering, make everyone go for a walk around neighbourhood. Your body enables you to do all that you have dreamed of; maintain a consistent and effective exercise routine to allow yourself to live an enjoyable and fruitful life.

ANXIETY

*Do you get worried or feel threatened very frequently?
Do you feel restless or nervous all the time?*

This may be anxiety. Anxiety is the feeling of fear or apprehension. It is important to remember that having some anxiety is normal, it is a natural response by our brain and body to deal with stressful situations; it only becomes an issue when it becomes excessive such as avoiding situations, having panic attacks or feel like they cannot breathe, having phobia or being obsessed with certain thoughts or rituals when there is no danger.

According to the DSM-5 (a handbook used around the world by mental health and health care professionals as a guide for diagnosis of mental disorders), anxiety disorders are different from anxiety in that for someone with anxiety disorder, the anxiety is excessive or persists for over six months. People with anxiety disorders typically show signs in their bodies which include fast heart rate and/or perspiration not attributed to other medical conditions or medications. Many anxiety disorders may develop in childhood.

The cause of anxiety disorder is not known. However, it could be due to an imbalance of chemicals in the brain, genetics (hereditary), or traumatic experience.

Anxiety can affect children, youth, and adults and can occur in pregnancy. When we are going through different stages in our lives, for example becoming a new parent, getting a new job, etc., anxiety can become an issue. Adults and children show anxiety in different ways. Children may display it by avoiding school by saying their stomach is upset, or getting angry. They

may be fearful about separation from their parents/caregivers, or that there may be harm or death coming to parents. They may also have frequent nightmares.

At least one in four Canadian will suffer from anxiety disorder in their lifetime. Anxiety disorders include generalized anxiety disorder, social anxiety, separation anxiety, substance/ medication-induced anxiety disorder, obsessive compulsive disorder, post traumatic stress disorder, panic disorder, and phobias. It is the most prevalent of all the mental disorders. Some people think that anxiety will just go away eventually and others may feel that it is really affecting their lives. Accepting anxiety is the first step to treating anxiety. Either way it is important to recognize it and seek help or at least start regular exercise and meditation. Self-help strategies or resources from anxietybc.com or Canadian Mental Health Association may also be helpful. Other ways to treat anxiety are to see a doctor or counsellor.

Counsellors can use different types of therapies, suited to the individual's personality, to cope with anxiety. Counselling can also help you to learn to face your fears or breaking the habits which are not allowing you to break your fears. Cognitive behaviour therapy (CBT) and Eye Movement Desensitization Reprocessing (EMDR) are some of the therapies can be used to treat anxiety. Hypnotherapy is also suggested for anxiety as a relaxation technique. Other therapies may be also be used that deem appropriate or more fitting to the clients' needs.

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FRASER HEALTH'S SAHI ENCOURAGES A HEALTHY VAISAKHI

Written by Pardeep Sahota

Fraser Health: promoting culturally sensitive health care for South Asians in Fraser health region

In 2013, Fraser Health launched the South Asian Health Institute (SAHI) to better understand the health needs of the large South Asian population in the Fraser Health region, and to support the implementation of existing Fraser Health programs to enable patients to prevent and manage chronic conditions. Fraser Health has the third largest South Asian population in Canada with over 240,000 South Asian people living in the area served by Fraser Health.

South Asian people have a higher propensity to develop chronic diseases such as heart disease and diabetes due to a combination of hereditary and environmental factors. Through SAHI, Medical Director, Dr. Arun Garg, and Chief Medical Health Officer and VP Population Health, Dr. Victoria Lee, hope to shift the focus to preventing diseases rather than fixing them, and allowing for early detection to better manage chronic disease. SAHI works with Fraser Health programs, services and fosters new partnerships and collaborations aimed at improving

the health and wellness of the South Asian community. With Vaisakhi festivities around the corner, we sat down with Dr. Garg and Dr. Lee to discuss Fraser Health's initiatives with the South Asian community, and how you can stay healthier.

South Asian Health Magazine (SAHM): Tell us how you got involved with South Asian health.

Dr. Garg: Fraser Health has one of the largest South Asian populations under our watch, and aside from looking after people when they are already ill, a large component of what we do is community health, health promotion and illness prevention. We take great pride in this role. When I started getting more involved with the South Asian population, I found that there was a prevalence in certain chronic diseases like diabetes and hypertension in our community. In order to bring awareness, we organized a national conference called Canada India Network Initiative 2010, which was co-hosted by Fraser Health and Simon Fraser University, and organized by the Canada India Network Society (www.thecins.org). At this meeting it was apparent that there was a big opportunity for Fraser Health to get more directly involved in South Asian health, as part of the public health promotion and enhancement of its health programs.. Fraser Health is a very large organization and delivers services on a geographic and service



basis. With such a large South Asian population being impacted by chronic disease, we felt there was a need to deliver culturally appropriate preventative lifestyle choices, early intervention, and management which can reduce the prevalence of chronic disease such as diabetes, coronary disease, and renal disease.

Dr. Lee: As Chief Medical Health Officer and VP Population Health, my goal is to prevent disease, protect health and promote wellness in populations and communities in the Fraser Health region. Most physicians spend their working hours on diagnoses, treatment and rehabilitation, but public health physicians like myself look at how to effectively prevent diseases, keep healthy people healthy, and to reduce risk factors for those at risk of getting ill.

SAHM: Why did Fraser Health create the South Asian Health Institute (SAHI)?

Dr. Garg: Fraser Health's goal with SAHI is to lower the burden of chronic disease, engage the South Asian population and help make people healthier. SAHI came about by having identified a need for health promotion, illness prevention, community engagement, and social behaviour changes in our community. The emphasis is to engage the South Asian population through existing Fraser Health programs and services and help to make them more accessible to the South Asian population. and We have put a large emphasis on seeking partnerships in the community, at all levels. We are working with SFU and UBC to complete population based research, and have quickly become the go-to organization for these universities to collaborate with. We are also working with family and general practitioners who are treating South Asians. It was one of our early goals to build a unique relationship with physicians. In our 2010 and 2014 conferences, a common theme identified was that the role of a physician in the management of chronic diseases is vital. Building on these relationships, we also value our relationship with the South Asian Health Centre (SAHC), a partnership with the Surrey/North Delta Division of Family Practice which formed from an innovative idea. We identified a gap which was that we have a large South Asian population and a problem with chronic diseases, and then addressed how we engage community, physicians and the overall population. The South Asian Health Centre opened in 2013 and through SAHC, South Asians now have access to a more comprehensive, culturally sensitive, multidisciplinary approach to their health, which any expert will tell you is the best approach to management of chronic health problems.



SAHM:

What types of diseases are South Asians predisposed to?

Dr. Lee: Early onset of diabetes, hypertension, chronic renal disease and a higher likelihood of and heart diseases. A lot of these chronic conditions, have modifiable risk factors such as physical inactivity, unhealthy eating, obesity, smoking and harmful alcohol usage. One of the areas that we have targeted our efforts k is in healthy eating. We have to remember that healthy eating is not only at the individual level, but that there are other factors like culturally appropriate nutritional information and access to healthy foods. As with upcoming Vaisakhi, we know that celebrating and eating often go hand in hand. But celebrating and eating healthy are not mutually exclusive. It's important for us to make sure that healthier options are more readily available and at the same time make our favourite foods healthier. It can be simple like changing from lard to olive oil, or from full fat (heavy cream) to reduced fat (skim milk). We know there is a cultural preference for certain types of food, that can make healthy options more difficult, but with support we hope it can be done.



SAHM: Vaisakhi is a celebration of the Spring harvest and inevitably leads to consuming unhealthy food. With all the festivities celebrated in the culture through rich food, including weddings, how can we manage our intake and take the necessary precautions to prevent the onset of the diseases we discussed.

Dr. Garg: Our culture and community loves to celebrate, and with these celebrations food plays such a big role. It is timely to talk about food, and the role food plays in health. You are what you eat is a somewhat dated phrase, but in the context of Indian food, we have come up with you are what you eat, how you eat, when you eat, how much you eat, and why you eat. That is more important than anything else. Portion control/ calorie control is so important. Obesity is increasing in North America, and South Asians are also at high risk of obesity. If you look at this closely, it is due to increasing caloric count but not enough caloric expenditures associated with that. It's important to watch how much you eat, and because we tend to eat in a 'family style' atmosphere as opposed to plated, portion-controlled meals, we overeat. The other thing about food is basic understanding of protein, carbohydrates, and fat. Carbs are the biggest issue in terms of diabetes. Our foods are very high in simple carbs and we add sugar to our foods on top of that. This Vaisakhi and wedding season, try not to add sugar to your food, tea or coffee. Sugar is loaded with calories, and cutting the sugar makes a huge difference in health, and preventing chronic disease. Another factor is the time that we

eat - South Asians eat quite late and it is better for your health to eat earlier. Other than these tips, I'm not too hard on what we eat, as long as it is in moderation.

SAHM: What type of chronic disease prevention services are available through Fraser Health?

Dr. Lee: Health promotion and chronic disease prevention strategies are most effective when they are delivered across a person's life span. Prevention starts at birth with breastfeeding - our public health units provide pregnancy care for new mothers as well as breastfeeding support to ensure a healthy beginning for babies. There are many initiatives underway across our communities to promote eating well, being active, living tobacco free and to prevent alcohol misuse. Public health professionals also work with municipalities and community groups to promote healthy public policies that make healthier choices easier for all residents living in the Fraser Health region. Some examples of this work include making healthy foods readily available through farm to school programs, developing connected walking and cycling routes to increase physical activity and enhancing tobacco bylaws in our communities. These are some of the ways we are helping to reduce one's risk for developing a chronic disease.

SAHM: On a personal level, what can we do as a community to raise awareness of chronic diseases?

Dr. Lee: We are working with many partners for the upcoming Vaisakhi to raise awareness about preventing chronic diseases. At Fraser Health, we work very closely with municipalities and community groups to ensure that there are supportive services and infrastructure to make the populations healthier and able to access healthier options. In addition to healthcare, individual health behaviours as well as the physical and social environments in which one lives contribute greatly to overall health status. Healthy food options in schools/temples, giving children more outside time to play, having ample park and walking trails, and for people of all ages to be active are some examples. The community has a critical role to play not only in raising awareness about chronic diseases but also implementing preventative measures.





For more information, please visit www.fraserhealth.ca/sahi

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Biochemical **	Clinical ***
70%	65%

Note: To date, our delivery rate for 2013 in this group is 55%. Statistics are continually being collected.

*Elective single day-five embryo transfer.

**Biochemical pregnancy rates are defined as positive blood tests done 17 days after the embryo transfer.

***Clinical pregnancy rates are defined as pregnancies confirmed by transvaginal ultrasounds with at least a pregnancy sac present and most often a fetal heartbeat.

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WHAT IS INFERTILITY?

Written by Dr. Sonya Kashyap and Jas Pooni

In Canada, one-in-six couples are diagnosed with infertility. Infertility is defined as the inability to achieve a pregnancy after one year of unprotected intercourse. Patients at this stage should consider having a fertility evaluation done by a Fertility Specialist. It is important to find a reputable fertility clinic that you trust, are comfortable with and one that fits your needs.

Infertility can be daunting but sometimes the factors effecting infertility are easy to detect and treat whereas some may require further investigation. A Fertility evaluation will typically include blood tests to measure hormone levels. An examination of the Fallopian tubes and uterus with a special x-ray called a Hysterosalpingogram (HSG) will be performed.

Some common female infertility factors are an ovulation disorder or decreased egg counts. Others include blocked fallopian tubes, which can occur when a woman has had pelvic inflammatory disease or endometriosis (a sometimes painful condition causing adhesions and cysts). Congenital anomalies (birth defects) involving the structure of the uterus and uterine fibroids are associated with repeated miscarriages. This information, along with the results of other infertility investigations will be used to plan the best individual treatment to help you conceive.

As 40% of fertility problems are due to male factor, it is important for a male patient to have a specialized sperm test done in order to determine the quantity and quality of the sperm. Some male infertility factors include azoospermia (no sperm cells are produced) and oligospermia (few sperm cells are produced). Sometimes, sperm cells are malformed (poor morphology) or they die before they can reach the egg. In rarer cases, infertility in men is caused by a genetic disease such as cystic fibrosis or a chromosomal abnormality. Treatments such as chemotherapy and radiation therapy can interfere with your future fertility therefore many men decide to freeze sperm or women decide to freeze eggs as a safeguard in such future circumstances.

These days specialized techniques such as genetic screening of embryos, advanced freezing methods and embryo culture methods have improved success rates up to 80% in individual circumstances. Still egg age remains the most difficult factor to overcome and therefore time to diagnosis and treatment can be of the essence in maximizing the chances for success.



Delaying pregnancy is now a common choice for couples in today's age. There are now a broad range of services available to help preserve fertility for future use. Many women who need to delay pregnancy can opt to have egg freezing done by vitrification or choose to have IVF with embryos frozen using her partner's sperm or donor sperm. These embryos will remain frozen in liquid nitrogen until desired use.

Specialists understand that the procedures and sensitive questions involved in an infertility evaluation can be difficult. It is important to remember that you are not alone. It is always important to ask questions and express any concerns. At Genesis Fertility Centre, we are sensitive to the fact that every individual is different and there are culture sensitivities that are important to consider during treatment. You may also benefit from seeing an experienced reproductive health & fertility counsellor who can help you cope with any challenges that may arise. If you suspect you may have a problem – a history of endometriosis, pelvic infection, tubal pregnancy, irregular cycles or other, you can request an evaluation sooner. We are fortunate in BC that the initial consultation is covered by the BC medical plan.

You're only a click away from saving a life

You can do almost anything online! Shopping, banking and even watching your favourite TV shows, but when was the last time you used the internet to save a life?

The need for blood is constant, with more than 33,000 appointments available per week, thanks to Canadian Blood Services' exciting new digital options, it has never been easier to give.

Saving a life is as simple as pulling out your smart phone thanks to Canadian Blood Services' award-winning GiveBlood app (available for iOS in the App Store and Android via Google Play) and an enhanced mobile-friendly version of www.blood.ca. The app gives you quick and easy access to clinic locations, creating or updating a profile, even puts reminders right in your calendar.

No smartphone? No problem, the power to book or reschedule an appointment is now at your fingertips on any device; the freshly redesigned www.blood.ca will satisfy your appointment and profile updates with the click of a button. And now, you also

"I love GiveBlood because it's very easy to use. Love being able to book my appointments directly on this and not having to call in. Great idea for an app!!"

have the convenience of receiving text messages for appointment reminders and updates.

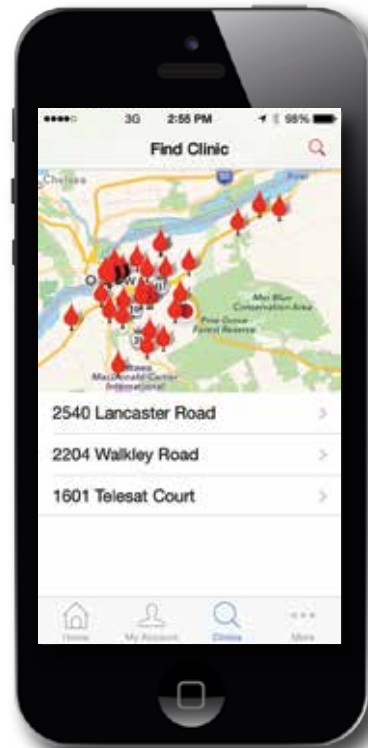
Join the more than 100,000 Canadians who have already responded by downloading the app after it launched last year. It's fast becoming the easiest way to set up an appointment. In fact, over 46,000 appointments have already been booked using the new app.

"It's so easy to schedule and reschedule appointments! I use my phone for everything so the app is so convenient! I love how it automatically updates my appointment time in my personal calendar. This app has made donating even easier than before!"

"We are on a journey to deepen our connections with donors and make blood donation more accessible. This means introducing things such as mobile apps, text messaging and a dynamic website that works with any device. That way donors can engage with us when and how they want," says Mark Donnison, vice-president of donor relations at Canadian Blood Services.

Don't wait for a phone call. Save a life now at www.blood.ca/book.

Get GiveBlood.



GiveBlood is the Canadian Blood Services mobile app for Canadians looking to save lives. Quickly and easily find a clinic and book an appointment. Not only will this app automatically place a reminder in your calendar, it will track your donations each and every time, keeping your life saving gift top of mind all the time. With instant reminders, dynamic location services and embedded social networking, all you need to do is log in and find an open appointment slot.

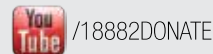
So why not save a life today? It's in you to give.



GiveBlood App Facts:

- ◆ Downloaded over 100,000 times
- ◆ Over 46,000 appointments booked
- ◆ Uses your phone's GPS to quickly find the clinic nearest you
- ◆ Automatic calendar updates
- ◆ Works on iOS and Android (download at the App Store and Google Play)

Join the conversation by following Canadian Blood Services on social media:



AMAR KARMA ORGAN DONATION SOCIETY



Amar Karma was founded in 2010 but started its official campaign in January 2011 in Ontario and launched in B.C in April 2014. Amar Karma Organ Donation Society is Canada's first South Asian non-profit organization that has pledged to create awareness in imperative need of organ donation to ensure that organs for transplant will be available to those who are on a large waiting list to receive a call from 'life'.

Our mission is to highlight the vital need of organ donation by involving communities. The south Asian community falls among the lowest when it comes to organ donation registration rate.

Since we started our campaign, it has become one of the least talked subjects among the South Asian Community. The echo of our passion has reached India, and many groups are doing the ground-work to start advocating organ donation in many parts of Punjab and Delhi. Our goal is to normalize organ donation. It is not only about the number of people we sign up, but how many people hear our message before the subject becomes a common one. Our goal is to eliminate the taboos and myths that prevent people from signing up.

There are over 400 people waiting for an organ transplant just in B.C alone! (over 4300 all over Canada) And many of those die while waiting for a suitable transplant. Because there is a shortage of people signing up to an organ donor and most of the organs that could be available are lost.

Even though, 90% of Canadians support organ donation but less than 25% have made plans to donate. Only 15% in B.C. And Out of that 15%, only Less than 1% of those will die in a way that leads to organ donation, because In order to take organs, a patient must be declared brain dead. Of those 1%, the majority will be unsuitable for transplant, creating a huge shortage of organs for transplant.

We are inviting non-profits, and business, and individuals to join our Karma Circle, to form partnership with us to provide us monetary support as well as add organ & tissue donation to their mandate. To request for information or if you would like to volunteer with us Call: Jazz Gill 604-721-8063 or email us: actions@amarkarma.org



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FACTS:

- One organ donor can save up to 8 lives.
- You are more likely to need a transplant than you are to become an organ donor.
- Age doesn't matter - Canada's oldest organ donor was 93 years old.
- Donation is considered only after all life saving efforts are made and its certain you will not survive.
- 2 doctors , not involved in transplant, must declare your death before organ donation can proceed
- Most religions support and encourage organ donation as an act of life saving.



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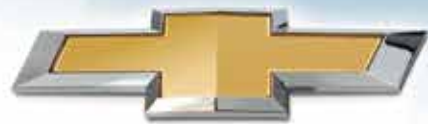
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