

Does Skin Care Cause CANCER?

According to numerous sources including www.breastcancerfund.org, there are many cancer causing ingredients, such as parabens being used in modern skincare.

People have become concerned about what their skin is absorbing from beauty products. For over 10 years Nature's Creations has been committed to educating consumers on the hazards of toxic synthetic ingredients in skin care products. "It's very serious, and women are starting to take it seriously," says Suzanne Laurin-Seale of Nature's Creations Aromatherapy and Natural Day Spa. **"The average North American woman exposes herself to over 200 synthetic toxic chemicals a day."**

Buyer Beware. Many companies have jumped on the "natural" band wagon promoting purity. However, to call a product natural it only has to legally contain 10% natural ingredients. Read labels and ask questions.

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a-block full of 100% natural products. They produce a line appropriately called Natural Beauty Skincare® that is 100% natural and delivers fantastic results.

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Products are also available at **WHOLE FOODS**

live

Facing the emotions in grief



QUESTION:

My husband of 34 years died two months ago and people keep telling me I'll get over it. I can't imagine never seeing him again and when I try to, I just feel scared that I'll lose my mind altogether. Will my grief make me crazy?

Answer:

Any major loss causes a tremendous upheaval in a person's life, so your reaction to your

loss is actually normal and appropriate. If you've never had a loss on this large a scale before, you may feel very disoriented and even find yourself doing or saying things that seem uncharacteristic of you. For instance, you might find yourself snapping at a bank teller when you are normally very patient, feeling panicky with little apparent cause or letting your house get messy when you're normally very neat. The fact is, without that crucial person in your life, you may feel cut loose from your moorings. You are navigating new waters without the aid of a map, compass or instruction book.

For this reason, many people find the emotions in grief hard to face, and they worry, "If I really let myself feel what I am feeling, I'll go crazy because it's unbearable." This concern isn't helped by notions promoted in art, literature and popular culture of people going

"mad with grief." Everything from Shakespeare plays to tabloids would have us believe this happens regularly, when in fact, avoidance of grief is far more likely to lead to out-of-control actions — as well as stress-related illnesses. Another common fear goes like this: "If I really let myself cry, I'll become depressed and never get out of my depression." Be assured that expressing grief does not lead to depression; on the contrary, crying, scribbling, journaling or talking to someone you trust all help to release painful feelings and actually lessen the likelihood of becoming depressed.

Extreme forgetfulness and absentmindedness — another sign of grief-related distress — also leads people to worry about their sanity. In those first few weeks or months after a major loss, it wouldn't be abnormal if you forgot your own phone number, couldn't

remember whether you fed the dog or even whether you had eaten dinner. Many people don't have an appetite during the early days of grief; eating is something they do on automatic pilot and is therefore not memorable.

Often, people don't know what to do with themselves. They go out but wish they'd stayed in; or seek out company but suddenly wish they were alone. This too can lead to the questions like "what's wrong with me?" or "why can't I make up my mind?" They don't realize that indecisiveness is natural during this time. The common advice to grievers to not make major decisions during their first year of bereavement, such as about moving or selling a home, is given because it's hard enough to decide what kind of cereal to buy or which coat to wear outside.

If these reactions are so *See Death page 17*

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health notes

MTWTFSS

The Caregiver's Journey:
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Resources presents two sessions, a free educational program for family caregivers, Tuesday, April 8, 12:30-2:30 p.m. at 201-935 Capilano Mall, North Vancouver; Thursday, April 10, 7-9 p.m. at Mollie Nye House, 940 Lynn Valley Rd., North Vancouver. Registration and info: Cindy, 604-982-3320.

Blood Donor Clinics:
 Wednesday, April 9 and 23, 2-4 p.m. and Saturday, April 5, 10 a.m.-4:30 p.m. at St.

See more page 21

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With night time temperatures on the upswing, your blankets are, one by one, finding their way to your closets probably after being cleaned. Most blankets can either be washed or drycleaned, except for electric blankets which should never be drycleaned. When washed at home, wool blankets can experience felting and shrinkage. A professional cleaner, on the other hand, has the special equipment to process wool blankets safely, without shrinkage. A professional cleaner can keep your blankets looking & feeling good.

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NEWS photo Mike Wakefield

WEST Vancouver resident Art Kirkby checks his blood pressure in his bedroom which is equipped with a home hemodialysis system.

Home dialysis making a difference

Erin McPhee

emcphee@nsnews.com

WHEN West Vancouver resident Art Kirkby goes to sleep at night, he doesn't just dream, he dialyzes.

One of approximately 55 people in the Lower Mainland who undergo home hemodialysis before hitting the hay, five to six times per week, he primes his machine and plugs himself in.

For individuals diagnosed with kidney disease and who've experienced kidney failure, dialysis is a way of life. For individuals like Kirkby, 61, being able to dialyze at home nocturnally has allowed him to return to a more regular life.

"I feel quite rested at the end of the night and am given the opportunity to do a lot more things," he says.

Waking up refreshed, he's ready to take on his day and do all the active things he enjoys like putting in his yard doing wood and rock working, and completing home renovation projects. Also, he's able to eat what he wants, as this particular type of dialysis doesn't require as restricted a diet as some others.

Bev Sondrup, a nurse and patient educator with Providence Health Care which offers training out of the North Shore

Community Dialysis Unit in North Vancouver, has known Kirkby for a number of years. She says his health is great these days and she's happy to see him enjoying his new-found energy.

According to Sondrup, the Innovative Approaches to the Management of Hemodialysis program is a provincial initiative offered through the B.C. Provincial Renal Agency. It began being offered in 2004 as an alternative to what's offered in community dialysis units and hospitals.

"You and I, our kidneys work 24 hours a day, seven days a week," says Sondrup. "It was recognized through research that the more people dialyze the better their health is. Because of the limitations of dialysis schedules and staffing, etc., we had to be a little bit creative in how we could get people more dialysis and the home approach became a standard."

Before being able to take their units home, users like Kirkby must undergo six-12 weeks of training on the machine. Once they've mastered its intricacies, they're sent home with their own unit and supplies. Support is maintained.

"We continue to monitor their blood work and they come in for clinics once a month," says Sondrup.

See *Kidney page 18*

Death, bereavement taboo topics in society

From page 16

common, why do we not hear more about them? Mainly because, unbelievably, death and bereavement are still fairly taboo topics in our culture. People who have not suffered a major loss do not generally want to know about yours; they would rather not be reminded that someday such a thing will likely befall them. There is much less familiarity with death now than even 60 years ago when there were fewer effective drugs to treat illnesses, more extended families living together so children would see grandparents age and fall ill and a higher infant mortality rate — to say nothing of deaths caused by the Second World War.

Grievors often feel quite isolated — that is, until they find a friend or two who will listen, books about grief, caring professionals or a support group. You will need to become assertive about your needs, reaching out and letting others know how you're really doing. Although this may feel hard to do, your efforts will be rewarded as the more support and understanding you receive, the more you'll realize how normal you really are.

Eye Abrams, M.A., R.C.C., works as a counsellor at Family Services of the North Shore in loss and grief services. She does one-to-one bereavement counselling and facilitates the adult grief support group at Lions Gate Hospital and works in FSNS' Stopping the Violence Program. Questions? onthecouch@familyservices.bc.ca or 604-988-5281.



To most kids, this is a penguin.

To a Brockton student, it's a flightless aquatic wonder found exclusively in the southern hemisphere. A member of the spheniscidae family, it can grow to over 1.2 metres tall and weigh over 35 kilos. It operates in close, complex social networks, feeds mainly on fish and disapproves of tap dancing.



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