



PRESS RELEASE – immediate release

Local cancer groups provide public rare opportunity

Facing cancer, whether as a patient, carer or member of the family is almost always a life-changing experience. The Bermuda Cancer and Health Centre in partnership with Bermuda Hospitals Board, is hosting a Cancer Forum and Health Fair on Saturday, April 24 at Cedarbridge. This free event will provide the community with a rare chance to seek information ask questions and be face to face with the medical and support groups that care for the island's cancer patients and their family and friends.

The event will kick off with a unique opportunity to “Ask the Dr.” questions you may have about cancer – prevention, diagnosis, treatment and care. At 10:45am in the CedarBridge cafeteria, two visiting Bermudian physician consultants, Dr. Victor Scott and Dr. Malcolm Brock, will give a brief review of their specialties in lung and colon cancer. They will then be joined by locals Dr. Sharon Alikhani, Dr. Betsie Lombard and Mrs. Rhonda Smith-Simmons who will answer questions from the public.

The health fair will open to the public between 11:30am – 3:00pm and will include 20+ exhibitors offering information on a wide range of cancer related support services such as: exercise and nutrition, reiki and massage, health insurance, aging in Bermuda, cancer prevention and early detection screening and support groups. Bermuda's cancer partners will be on hand to discuss specific cancer topics: Bermuda Cancer and Health Centre, Bermuda Hospitals Board, Agape House and Friends of Hospice, Reach to Recovery / Just Between Us, P.A.L.S. and Breast Cancer in Bermuda Genetic Testing through Partners Healthcare International.

A variety of FREE health screenings will be available between 11:30am – 3:00pm in the CedarBridge cafeteria. Knowing your health numbers is important as they can indicate a change in your health and possible life threatening conditions. “Blood pressure and glucose for example can be key indicators that something is wrong” states Rhonda Smith-Simmons, Education Officer at Bermuda Cancer and Health Centre “The good news is small changes can help; by eat a balanced diet, getting regular exercise, and avoiding smoking; you can turn bad numbers around.”

FREE health screenings between 11:30am – 3:00pm include: blood pressure, glucose testing, weight, fat %, BMI, diabetes screening, healthy hearing evaluation, and blood group testing.

For more information visit www.chc.bm or call 236-1001 x1020

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Notes to editors:

- The Bermuda Cancer and Health Centre is one of Bermuda's oldest non-profit Charities #070, and an International Charitable Fund 501c (3)
- Bermuda Cancer and Health Centre is dedicated to educate the community about prevention and early detection of cancer and other health issues impacting Bermuda and to provide access to early detection screening, health supplies, information and educational services
- Hours of operation Bermuda Cancer and Health Centre is open Monday to Friday from 8:00am to 4:30pm
- Appointments are required for all services, but emergency patients will be accommodated.
- Bermuda Cancer and Health Centre also offer:
 - Ultrasound - Offering a full range of ultrasound studies, including; OB/GYN, abdominal, soft tissue (i.e., thyroid) and testicular ultrasounds.
 - Digital Mammography - State-of- the-art Digital Mammography service for screening and diagnostic mammograms continues to offer residents the latest technology in the fight against breast cancer. The Digital Mammography service is accredited by the Canadian Association of Radiologists, an important designations that is attained only at facilities where staff, equipment, radiation dose, and imaging quality meet stringent standards.
 - Bone Densitometry Studies - Assisting in early diagnosis of osteoporosis. Bone density studies with the newly installed Hologic Bone Densitometer.
- **Medical disclaimer**
 - Information on Bermuda Cancer and Health Centre website (www.chc.bm and www.ccis.bm) is intended to be used for general information only and should not replace consultation with healthcare professionals. Consult a qualified healthcare professional before making medical decisions or if you have questions about your individual medical situation.
 - The Bermuda Cancer and Health Centre makes every effort to ensure that the information on www.chc.bm and www.ccis.bm are accurate and reliable, but cannot guarantee that it is error free or complete.
 - The Bermuda Cancer and Health Centre does not endorse any product, treatment or therapy; neither does it evaluate the quality of services operated by other organizations mentioned or linked to on www.chc.bm or www.ccis.bm
- For further information about Bermuda Cancer and Health Centre visit www.chc.bm
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