

GRAND ROUNDS

Take action! It's as simple as putting one foot in front of the other.

The second annual RVH Call to Action 5K Run/Walk is set for Saturday, October 13. It will wind its way through the heart of Renfrew, raising awareness of the importance of Breast Screening. The event also supports the Call to Action initiative in its goal to empower individuals in our community to take control of their health and well-being.

All funds raised will once again be directed to RVH's Digital Mammography Fund.

At the inaugural event last fall, runners and walkers raised more than \$5,000 and sparked ongoing conversations throughout Renfrew and area about the program and unique approach to women's health issues.

"Since we began the Call to Action in the spring of last year, it has been a complete partnership with our community. So many people have stepped forward to become involved on our Call to Action

team and take initiative in organizing events like this Run/Walk to support Digital Mammography at RVH," comments Barb Desilets, RVH Foundation Director.

Mammograms are the best tool in detecting breast cancer in its early stages, and digital mammography technology produces detailed digital images of breast tissues that can be easily manipulated and magnified by our radiologists.

"I was blown away by the pictures. The technician showed me my films from before and the new ones. I couldn't believe the difference. We are so lucky to have this technology in Renfrew," comments patient Lesley Murray.

"The difference in quality of the digital images versus conventional analogue is truly amazing," notes Phil Crozier, Head of Diagnostic Imaging.

Patients receive less radiation than with conventional mammography and since the exam process is quicker, more patients can be seen in a day for screening.

RVH has already installed the state-of-the-art Digital Mammography imaging equipment and opened a completely renovated Digital Mammography Suite in March. More than 1,400 patients have experienced breast screening exams at RVH with the benefit of the new technology.

Yet the fundraising efforts continue. In the past year and a half, our community has already raised more than \$400,000 through a variety of efforts. We are approaching the final project costs, which have come in under budget.

The Run/Walk committee members—Diana Freitag, Charlene Nolan, Annette Miller and Crystal Cayen—are encouraging friends, families and groups of women in particular to spend a couple of hours getting some exercise all for a great cause on October 13.

"It's all about promoting the Learn, Know, Act components of our Call to Action initiative and helping women take health care into their own hands," says Freitag.

The event is open to women, men and youth runners and walkers of all ages. Participants can meet up at the starting

point in front of Renfrew Town Hall and will make their way downtown towards Opeongo Road, around Airth Blvd., over to Barnett Blvd., back along the Millenium Trail and return to Town Hall to complete the five-kilometre loop.

Registration begins at 8:30 a.m. and the fun will get underway at 9 a.m. with a little morning stretching before the running shoes hit the pavement.

Entry fee is \$30 for adults and \$20 for students, or participation is free with pledges totalling \$60 or more. Entry forms and pledge sheets are available now at Ottawa Valley Physiotherapy, Employment Networks and the RVH Foundation Office.

For more information, contact Diana in the Foundation Office at 613-432-4851 ext. 276.



Participants take off from the starting line of the first annual RVH 5K Run/Walk to support the digital mammography project. The second annual event will take place on October 13.

Call to Action

LEARN  KNOW  ACT