



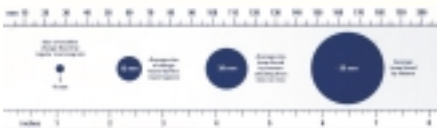
your locally owned electricity lines company

Electra

Caring for Our Community

"We look at health as living, not an illness."

Checking your breasts for lumps is no longer taboo, embarrassing, or something to be avoided – you've just got to do it. BreastScreen Coast to Coast is a free screening programme for women aged 45-69. Their mobile caravan will be in Levin, behind Farmers, until September this year.



Going to the doctor won't detect lumps at the early stage. The circle on the left shows what a regular mammogram can pick up. The 3.5cm circle on the right shows what you or your doctor may detect.

It's taken 10 years to get this free programme up and running. "It's a Rolls Royce service," says Ms Shaw. To make an appointment, call in at the mobile caravan in Levin, or call 0800 270 200.



By artist Jandy Winiata, this artwork represents the coast-to-coast nature of the service. The whariki mat represents the coming together of communities.

From top to bottom, Ann Shaw, Lynda Aldworth, Mary Bartlett and Kararaine Oldridge (staff) and kaupapa supporter Gary Wheipeihana. Co-ordinator, Ann Shaw, says women often don't have their own health as a top priority. "But coming down here isn't scary. It's completely private." You can do it between shopping and paying your bills.



Having a mammogram doesn't hurt. "It can be uncomfortable. But not if you're relaxed," says Ms Shaw.

Being Bold About Your Breasts



House Insulation Means Better Health

Saving money on your energy bill is not the only reason to invest in energy efficiency.

A recent Wellington School of Medicine and Health Sciences study shows that installing insulation in uninsulated houses brings clear health benefits.

These health benefits come in a number of ways:

- Reduced number of visits to GP's
- Reduced number of hospitalisations
- Reduced number of days off school
- Reduced number of days off work
- Plus enhanced physical and emotional well-being from living in a warmer and/or more comfortable dwelling

These results indicate that anything you can do to improve the insulation levels in your home will be beneficial.

Need better insulation in your house?

Phone EnergySmart on

0800 777 111

They can help.



This page is proudly sponsored each fortnight by Electra and its subsidiary companies. www.electra.co.nz

