

Ball to raise much-needed funds

CITY of Greater Geelong Mayor, John Mitchell, is calling on the local community to help raise much-needed funds for hospital care for local kids by attending the Mayoral Ball this August.

Mitchell selected the Geelong Hospital Children's Ward and the St John of God Hospital Special Care Nursery as the beneficiaries of the new event.

To be held on Saturday, August 20 at the Geelong Arena, the Ball will celebrate Geelong with a night of wonderful entertainment, great music, prizes, a three-course dinner, fine local wines and a few surprises.

The evening will include an auction with a variety of items suiting all tastes and budgets.

Mitchell called on businesses and the local community to support the event.

"Choosing the Geelong Hospital Children's Ward and St John of God Special Care Nursery as beneficiaries of the Mayoral Ball was a no brainer," he said.

"So many people in our community rely on these vital services every day. It's a cause that we, as a community, need to give back to.

"As a parent and a grandparent, I am passionate about helping ensure Geelong's medical facilities are equipped with the latest technologies to give our region's kids the best start in life."

Mitchell called on businesses and people

throughout the region to get a group together and book a table for the evening.

"It will be a really fun night out for a group of friends or business associates, plus you'll be supporting a great local cause at the same time. And if you book before July 1, you can take advantage of the early bird ticket price of \$110," Mitchell said.

Barwon Health chief executive officer, Dr David Ashbridge, asked the community to get behind this worthy event.

"I am pleased that the mayor has chosen the Geelong Hospital's Children's Ward as a beneficiary of this event. I urge the Geelong community to get behind the Mayoral Ball and help support the

redevelopment of the Children's Ward," he said.

St John of God Hospital chief executive officer, Stephen Roberts, said the Special Care Nursery was also delighted to be a beneficiary.

"Every year the St John of God Special Care Nursery provides vital care to more than 200 sick newborns," he said.

"The Geelong community has been very generous in supporting this vital facility and we look forward to their continued support through the Mayoral Ball."

Ball tickets cost \$120, but \$110 if purchased before July 1. Tickets are on sale now at City of Greater Geelong customer service centres or online at www.geelongaustralia.com.au

Beware of the warning signs



Dr Jason Gray says gum disease is easily preventable.

BY DR JASON GRAY

IN OUR last article we discussed how gum disease is a major cause of tooth loss that is completely preventable with good oral hygiene, regular professional cleaning of the teeth by a dental hygienist and removal of risk factors such as smoking.

By the way, smokers are 20 times more likely to have gum disease than non smokers!

More frightening than just tooth loss is the strong association between gum disease and other chronic inflammatory conditions such as cardiovascular disease, stroke, diabetes, osteoporosis, pregnancy problems and some respiratory diseases.

Individuals with gum disease are:

- Twice as likely to suffer from coronary artery disease and stroke
- More likely to develop diabetes
- Have greater bone loss if they also have osteoporosis
- Seven times more likely to have a premature and underweight baby.

The following are warning signs for gum disease: Red, swollen, or tender gums; bleeding gums whilst brushing, flossing or spontaneously; gums that are receding or pulling away from the teeth; loose or separating teeth, pus, persistent bad breath, and a change in the way your teeth fit together.

Remember, all this is preventable and may also be reversible with optimal oral hygiene and regular visits to your dental hygienist and dentist.

MS in focus

AUSTRALIAN of the Year Simon McKeon will be the face of a campaign launched on World MS Day tomorrow by MS Australia urging government and employers to play their part in ensuring people living with multiple sclerosis (MS) can maintain their employment and productivity.

Australian research shows that people with the disease have less chance of being in paid employment than those with other chronic illnesses. More than 80 per cent of people living with the disease lose their job within ten years of diagnosis, despite the fact that most people are diagnosed in their 20s and 30s.

For more, visit www.msaustralia.org.au

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