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# TAKING CARE OF YOURSELF

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*A health promotion column with a difference*

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**Build reader loyalty with a column that answers their VITAL questions:**

- How to make wise sexual decisions
- Should women take hormones after menopause?
- How to protect your children from choking
- How diet affects your risk of developing osteoporosis
- How to care for insect bites
- Precautions women should take while on the streets at night
- How to childproof your home
- How to recognize child abuse
- Treating burns
- Why alcohol and pregnancy don't mix
- A simple check for testicle cancer in men
- Helping kids through divorce



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*Gail Dal-Santo, RN*

## **Community health nurse brings unique perspective to health**

Gail Dal-Santo, RN, is the author of "Taking Care of Yourself", a health promotion column distributed to newspapers throughout British Columbia.

Dal-Santo is well qualified to write about health promotion. She graduated with a Masters of Science in Health Care and Epidemiology from the University of British Columbia and has a wealth of practice experience.

She has been employed with the Vancouver Health Department since 1969. In this capacity, she has specialized in community health nursing and in counselling patients dealing with stress management, smoking cessation, and alcohol and drug abuse. Dal-Santo has also worked in private practice as a counselor.

**This popular column has been featured in these fine newspapers:**

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Chetwynd Echo  
Northern News Advertiser, Kitimat  
The Link, Vancouver  
The Times, Mackenzie  
Coast Mountain News, Hagensborg  
Salmon Arm Observer  
The Ridge/Meadows Times, Maple Ridge-Pitt-Meadows  
The Northerner, Fort St. John  
The Eastside Revue, Vancouver  
Omineca Express, Vanderhoof  
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Oliver Chronicle  
Nelson Daily News  
The North Island News, Courtenay/Campbell River  
The Times, Nanaimo  
The Similkameen Spotlight, Princeton  
The Interior News, Smithers  
The Caledonia Courier, Fort St. James  
The Courier, Campbell River  
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# GOOD HEALTH=GOOD NEWS

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