

London experts share insights at Toronto Women's Health Forum

Exercise during pregnancy and healthy bacteria to treat vaginal and urinary infection focus of presentations. Only research institute outside of GTA featured at forum.

(January 17, 2007) London, ON - Probiotic yogurt is gaining popularity for digestive health, but did you know that the same concept of healthy bacteria can prevent the vaginal and urinary infections that affect most women throughout their lives? Did you also know that exercise during pregnancy is not only a smart idea for a woman's health, but is proven to improve the health of her baby?

These two issues of research into women's health are the focus of presentations by London research experts at this weekend's Women's Health Matters Forum and Expo, January 19 and 20.

The researchers at Lawson Health Research Institute are the only scientific research delegation from outside the GTA at the expo. They represent the strength of London's medical science community.

Women's Health Matters Forum and Expos is one of Canada's premiere events that showcases the science and technology focused on improving quality of life for women. This is the 11th year of the expo that brings an audience of more than 20,000 women and men to the Metro Toronto Convention Centre.

***The Lawson Health Research Institute** is the research institute of London Health Sciences Centre and St. Joseph's Health Care, London. It is one of the largest hospital-based research institutes in Canada and is dedicated to helping people live healthier lives by advancing knowledge of how to prevent, diagnose and treat disease.*

The media is invited to speak to the Lawson Health Research Institute delegates and speakers in Toronto during the Women's Health Matters Expo or to arrange separate interviews in London, Ontario.

Please arrange all interview requests in advance.

Who:

Dr. Gregor Reid , director of the Canadian Research and Development Centre for Probiotics at Lawson and a professor at the Schulich School of Medicine and Dentistry at The University of Western Ontario is a world leader in probiotic research – the use of healthy bacteria to improve the body's natural defenses to harmful bacteria and viruses. His research has shown benefits in prevention of digestive illness, HIV/AIDS, and other infections.

His presentation will explain the potential to treat and prevent vaginal and urinary infection in women with probiotics.

Dr. Michelle Mottola , associate scientist at Lawson Health Research Institute, is director of the R. Samuel McLaghlin Foundation Exercise and Pregnancy Lab at The University of Western Ontario. Her research has shown that exercise and healthy lifestyle choices during pregnancy are important in the development of healthy babies.

Her presentation will discuss how to be more active during pregnancy and includes the Canadian guidelines for exercise during pregnancy. She will also discuss good food choices.

When:

Dr. Michelle Mottola: Friday, January 19 at 2-3 p.m. (on-site interviews available before and after, please confirm in advance).

Dr. Gregor Reid: Saturday, January 20 at 10-11 a.m. (on-site interview available before and after, please confirm in advance).

Where:

South Building, Metro Toronto Convention Centre

For more information or to schedule an interview, please contact:

In Toronto:

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Before January 18: 519-646-6100 x65516

January 18-20: 519-639-0837 or 888-731-8221

In London:

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