

Outlook on Lifestyle

Understanding a sugar problem

By Peter H. Gott, M.D.

DEAR DR. GOTT: Last year the doctor told my mother to cut down her sugar. She did, and lost 15 pounds. Six months later he put her on sugar pills, 250 milligrams. She's gained weight and is tired all the time. Should she stop the pills?

DEAR READER: I'm not clear why your mother's doctor took her off sugar and then prescribed sugar pills. This seems like a very unusual sequence of events. I don't remember ever prescribing pills for the express purpose of increasing a patient's sugar intake; usually, it's far too easy for most people to obtain all the sugar they want from processed foods.

If your mother feels worse taking the pills, she ought to bring this to her doctor's attention.

I suspect that rather than giving your mother sugar pills, the physician actually prescribed anti-diabetes, sugar-lowering pills. Several such medicines are presently available; they stimulate the body's own production of insulin and are useful in treating diabetes, without the need for in-

DR. GOTT



PETER GOTT, M.D.

ulin injections.

Still, I'm concerned that your mother has gained weight and feels unwell. Maybe the diabetes pills are not reacting properly in her system — or perhaps, if she is diabetic, the pills aren't doing an efficient job of keeping the disease under control. Remember that diet (primarily, the avoidance of refined sugar) remains the mainstay of diabetic therapy. Even with anti-diabetes pills, your mother should still follow a diet and attempt to reach (and maintain) her ideal weight.

Again, this is a subject that your mother should take up with her doctor.

For more information, I am sending you copies of my Health Reports "Consumer Tips on Medicine" and "Diabetes Mellitus." Other readers who would like a copy of either publication should send \$1 for each with their name and address to P.O. Box 91369, Cleveland, OH 44101-3369. Be sure to mention the title.

DEAR DR. GOTT: What's the difference between an arteriogram and an angiogram?

DEAR READER: The difference is largely semantic; ordinarily, the two terms are used interchangeably.

Technically, an arteriogram is an X-ray study of an artery — or group of arteries — that has been injected with a substance (dye) that shows up on radiographic film.

An angiogram is a similar study of the heart and the major blood vessels near it. Either term is acceptable in describing the X-ray technique that investigates the lining of the arteries.

DEAR DR. GOTT: Can emptying

washing machine water onto a vegetable garden be injurious to your health if you eat the produce?

DEAR READER: Washing machine water contains many compounds, such as fabric-softener, detergent,

phosphates and so forth. Some of these substances may retard growth of plants. However, if you can get your garden to grow despite a diet of dirty water, the produce will be safe to eat. Wash it thoroughly first and put it in the spin cycle.

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Home Post Scripts

By Glenda Hughes, Sales Rep. 873-0300

Another bright new year is upon us, filled with promise and hopes for a continued prosperous 1989. Each year, like many of you, I wonder just what is in store for me; what obstacles I will have to overcome this year, and what joys await me. Professionally, I always look at the year with renewed challenge, setting my goals just a little higher than before, because I firmly believe that you must have something to work towards, something that seems just a little out of your grasp at the moment, but with diligence, it can be had!

If this is the year that you are thinking of making a change in your accommodation, Georgetown will certainly have a new face this time next year. Our new subdivision is showing signs of development and that should make a lot of you very happy. Several new estate developments on the fringe of town will soon be underway, and all this adds up to an exciting year for those who are involved.

Certainly our economy looks pretty strong and real estate is no backbencher in this regard. Actually Halton Hills as a whole will be spreading its wings this year - and it's about time! Our prices are remaining on the high side - good news for present homeowners - not so good for first time buyers - and excellent news for the investors - big or small. Maybe if you are not thinking of changing residences this year - you might think about trying to put some money into a small investment property, for this town seems to be excellent for return on your hard earned dollar. There are several ways to do this, depending upon what road looks the most interesting to you and I think the risks are very small. If you don't have enough money to make that plunge all on your own, why not think about a small investors club, made up of friends, family or neighbors. Between all of you, you could probably come up with enough of a down payment on a small property to get yourself started. If you look at the return you stand to make over a year or two, it certainly is more than your bonds will make or your interest from the bank - and a lot more fun to boot! Give it some thought - make 1989 a year to get your foot on the ladder and a new goal to work towards.

May all your dreams come true this year!

Recycling helps our environment

DEAR POLLY — My sister's home town (20 miles away) recycles glass, paper and aluminum, so I save mine and bring it there. You'd be surprised at how much you can accumulate in a few weeks' time. I even talked my mother-in-law into saving her refuse and I take it for her too.

This really reduces my garbage collection bill (it's only a quarter of what it used to be!) and it helps my sister's community because the money is used to maintain their town swimming pool. It also helps the environment by reducing the overload of dumping sites and saves our natural resources.

I have a good feeling because I'm not wasting anything, and it's always a good excuse to go visit my sister! — VIOLETTE

DEAR VIOLETTE — Bravo! Recycling is an absolutely necessary measure to get America out from under the mountain of garbage that is piling up in our landfills. It takes a little bit of effort to save, separate and prepare recyclables, but if you have a re-

POLLY'S POINTERS



POLLY FISHER

cycling site nearby, definitely make use of it.

Your helpful pointer earns you the Pointer of the Week award, a copy of my book "Polly's Pointers: 1,081 Helpful Hints for Making Everything Last Longer." Others may order it for \$6.50. Make your check payable to POLLY'S POINTERS and send to POLLY'S POINTERS, P.O. Box 93863, Cleveland, OH 44101-5863. — POLLY

DEAR POLLY — I'd like to pass along my way of using the plastic shopping bags with handles that you get in grocery stores, etc. Having a chest-type freezer, I put all of the

same kind of vegetable packages in one of these bags, another kind in another bag, and so on. I also do this with the various types of meats and keep my seafood separate in the same way.

Now it's easier to find these items. Also, it makes for easier rotation of foods, and simplifies removing and reloading the freezer at defrosting time. It's a simple matter of lifting the bags out, and it really cuts down on time and effort. — DS.

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