

Children taught to understand diabetes through new video

A video game that teaches children to understand diabetes has been donated to the pediatrics unit of Peel Memorial Hospital by Connaught Novo Nordisk Inc., a manufacturer of insulin products and services.

The video features Captain Novolin, a superhero with diabetes, and game players manage his diabetes by identifying sugary aliens. It comes with user manuals to enable caregivers to teach children how to use the game.

"This video will be a valuable educational tool to educate children about diet, exercise, medication and self-care," says Ann Speirs, Pediatric nurse manager at Peel Memorial Hospital. "Children can become easily bored and are more likely to remember what they learn by playing a game like Captain Novolin."

Each year, approximately 40 children with diabetes are followed by staff in the hospital's Diabetes Education Centre.

Juvenile diabetes is a chronic condition that impairs the body's ability to use food.



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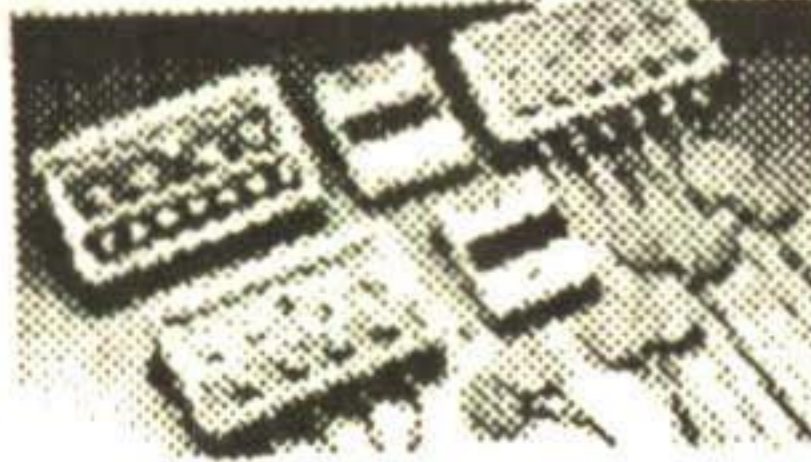
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It may be a life saver

Is someone you know at risk? Would you know what to do to save a life? Jim McLean (left) and Walter Seiz (right)

instructor Bill Nicholson at Ebenezer United Church recently. For more information on the Basic Rescuer practise CPR and artificial respiration techniques with course call 853-3772, after 6 p.m.

Expert advice for busy mothers-to-be

Tips for looking and feeling great during pregnancy and post-partum

Today's mother-to-be has so many concerns beyond having a healthy baby.

For the working woman, for example, crucial issues include job security, maternity policy and benefits, and future child care. Physically and emotionally, there are a variety of changes including mood swings, changes in appearance, fatigue, and the list goes on. These changes can be especially traumatic for a working woman who feels the pressure to look and feel her best on the job.

Fortunately, a wealth of information and expert advice is available to help ease expectant mothers through the transition. The revised and expanded edition of *The Pregnancy and Motherhood Diary: Planning the First Year of Your Second Career*, now available in bookstores nationwide, features a wide range of expert advice. The makers of Q-tips Cotton Swabs have sponsored this revised edition to include the latest facts on maternity and family leave policy (including a summary of the newly passed Family and Medical Leave Act), as well as clever, time-saving fashion and beauty tips for pregnancy and post-partum. For the busy mother-to-be who has both personal and professional responsibilities to juggle, the book also features a handy trimester-by-trimester appointment calendar.

Q-tips consulted with editors from some of the leading women's magazines for expert fashion and beauty advice for busy moms-to-be:

Stephanie Young, "Health & Pregnancy" Editor of *Glamour* magazine, is also mother of a 6-year-old son. She offers this helpful skin-care advice: "To conceal melasma or chloasma (dark patches of skin better known as "the make of pregnancy") apply concealer with a Q-tips swab before applying foundation. Sun exposure will only aggravate the situation, so always use a moisturizer with SPF 15."

Deborah Ritter Berger, Senior Fashion & Beauty Editor of *Working Mother* magazine, and mother of a 3-year-old daughter, offers this great tip: "Hair should never be too short when pregnant. As your body grows, hair should be longer to be in proportion with it. A good working length is from the chin to just above the shoulders. Keep it trimmed and neat so it's easy to blow dry and style."

Linda Moran Evans, Beauty & Fashion Editor of *Family Circle* magazine, and mother of 3-year-old son, offers this helpful grooming tip: "Get regular, professional pedicures during pregnancy. You'll have difficulty reaching, or even seeing, your own feet! Feet will be tired from the added pressure and will appreciate this pampering treat."

Other terrific and time-saving tips from *The Pregnancy and Motherhood Diary*:

To really open eyes and make them appear larger, apply a colored eyeshadow, then use a clean Q-tips cotton swab to apply a dab of pale highlighter shadow on the center of

each lid just above the iris. This is also a great way to camouflage tired, droopy eyes.

Sheer, natural nail color is the best bet - it's appropriate for the office, and pale colors require less maintenance because chips and imperfections are barely noticeable.

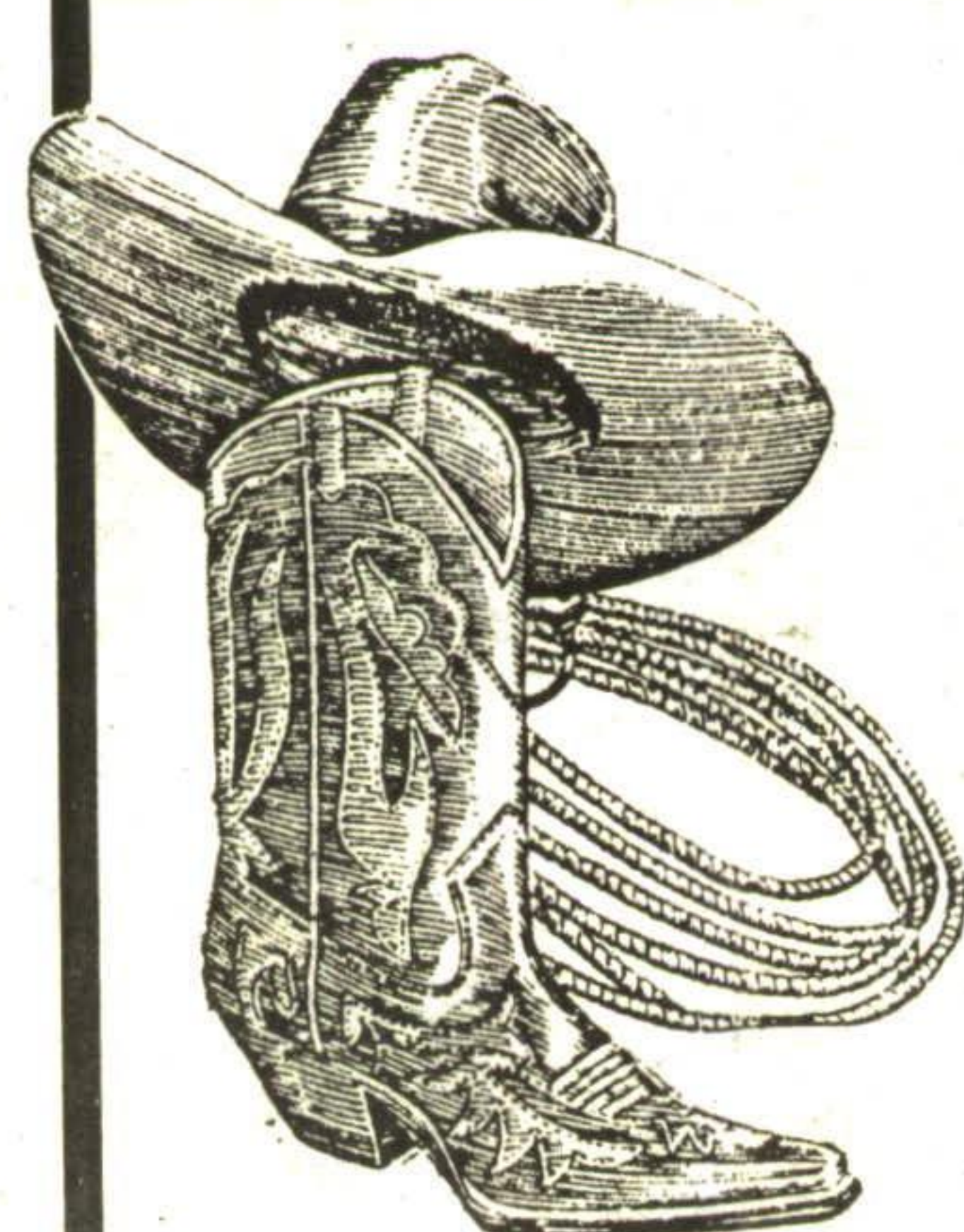
A growing trend - renting maternity clothing is a great alternative to spending a fortune on a maternity wardrobe with limited use.

In the later stage of pregnancy, twisting at the waist becomes difficult, so avoid clothing with back closures or zippers. Bending at the waist may also be difficult, so opt for shoes that slip on, rather than those with laces or buckles, which need fastening.

Ordinary nursery items, such as baby oil, glycerin soaps, cornstarch, Q-tips Cotton Swabs and Vaseline Petroleum Jelly, are excellent dual-purpose items that are essential for baby care, yet also have a multitude of personal care uses for mothers.

Do you have any clever or unique suggestions for using Q-tips Cotton Swabs? For family or personal grooming, health or beauty, write in and share your expert advice! Respondents will receive a free copy of *The Pregnancy and Motherhood Diary* and a sample of Q-tips Cotton Swabs. (Supplies are limited and offer is valid while quantities last.)

Just send your tips, with your name and mailing address, to: Q-tips Family Care, 641 Lexington Avenue, 12th Floor, New York NY 10022.



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