

Got Pain? Get Acupuncture

Acupuncture is an effective therapy for many different types of pain syndromes including neck & back pain, headaches, nerve pain, tendonitis, and sports injuries.

Carolyn Dew

Practitioner of Acupuncture and Chinese Medicine

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KINSMEN KINDNESS: The Georgetown Kinsmen Club, represented by Kinsmen (from the left) Rick Armstrong, president Mark Maramieri and John Winger, present Bruce Sutton of the Georgetown Bread Basket a cheque for \$4,000. The donation is to be put toward fresh fruit and vegetables the Bread Basket purchases and provides to their clients in order to provide healthy and well-rounded meals.

Photo by Ron Stiel

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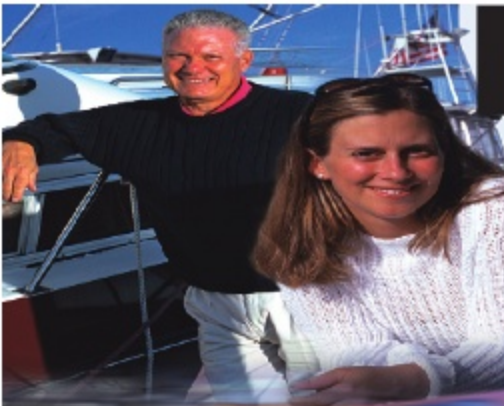
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F I N L H L H M N H

Unleash a smile



K p o p l ppl in fi ip

For us humans, having dental problems usually means having cavities, but the situation is different for our pets. Fido and Mittens are more prone to gum infections, which can lead to tooth loss among other complications. An accumulation of bacteria in animals mouths can end up in their bloodstream and eventually infect their organs. Since February is National Pet Dental Health Month, here are a few tips to ensure that your four-legged friends pearly whites are in top condition.

- 1. Brush your pets teeth every day.** Get your pets used to having their faces touched while they're young. Then, have them taste pet toothpaste and slowly introduce the toothbrush, progressively lengthening the duration of each dental care session. You only need to brush the outside of their teeth as their tongue moves enough to prevent tartar buildup on the inner surface. Remember to reward your pets after each session!
- 2. Feed your pets quality food.** A healthy diet is the key to healthy teeth - for your pets and for you!
- 3. Give your pets something to chew on.** Chew toys and treats help dislodge tartar.
- 4. Be aware of symptoms.** Bad breath, red or bleeding gums, the loss of tooth or even a change in your pet's eating habits can all indicate a dental health issue.
- 5. Visit your vet.** It's a good idea to bring your pets to the veterinary clinic for a dental checkup once a year, even if you take good care of their teeth - some parts of their mouth are hard to reach with a toothbrush.

To keep your pets healthy,
have their teeth examined
once a year.

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REMEMBER YOUR EQUINE PETS

they need an annual dental exam for
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