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DR. ANOOP SAYAL

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Q: What do I do for a Dental Emergency?

A: **Toothache**
First call your dentist. Explain your symptoms and ask to be seen as soon as possible. Then ease the pain. Take an over-the-counter pain medicine that works for you, but do not put the pills on your sore tooth. Hold an ice pack against your face at the spot of the sore tooth.

Do not put a heating pad, a hot water bottle, or any other source of heat on your jaw. Heat will make things worse instead of better.

Chipped or broken tooth

Broken teeth can almost always be saved. Call your dentist and explain what happened. He or she will see you right away. If it's a small break, your dentist may use a white filling to fix the tooth. If the break is serious, a root canal may be needed. Your tooth may also need a crown (also called a cap).

Knocked out tooth

If the knocked-out tooth is an adult (or permanent) tooth, your dentist may be able to put it back. You must act quickly. If the tooth is put back in place within 10 minutes, it has a fair chance of taking root again. After 2 hours, the chances are poor.

If the tooth looks clean, put it back in its place (its socket). If this is not possible, or if there's a chance that the tooth might be swallowed, put it in a container of cold milk. Go to your dentist, or to the nearest dentist, right away. If you get help within ten minutes, there is a fair chance that the tooth will take root again.



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Christoph Summer
Owner/Administrator

Q: When comparing retirement homes, what extra costs should I expect in the line of care?

A: Retirement home information packages should clearly indicate what care services are included in the basic cost of a room.

Generally included are such things as assistance with a weekly shower, administration of medications and emergency response. Many other services may also be included and this information should be "spelled out".

A list of any extra costs should also be readily available whether you require these services now or "down the road". Some services that may incur added costs included: checking blood sugar levels, giving insulin injections, taking blood pressure, blood tests, assistance with dressing/undressing, grooming help and extra showers. Check to see if there is a choice per service or an hourly fee.

Some residences will also charge per "treatment", a term which should be defined along with the costs.

Remember too, that the Community Care Access Centre (CCAC) can be consulted and some assistance may be provided through this avenue.

In short, ask many questions that pertain to your particular situation now, but also ask for a list of **included** care **added** costs so that there are no unpleasant surprises in the future.

Acupuncture & Traditional Chinese Medicine @ HealthSpan Wellness



Carolyn Dew
DIPLOMA, DTCM, RAC, RTCMF

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Q: Does Acupuncture Hurt?

A: This is the most frequently asked question I receive regarding Acupuncture. Fear of the pain from acupuncture needles is one of the most common reasons people forgo acupuncture treatment.

Often to the astonishment of those who take the plunge, acupuncture does not hurt. Acupuncture needles are extremely fine and thin. My goal upon insertion is to cause minimal to no pain. Please note that Acupuncture needles are sterile, single-use, and made of high-grade surgical stainless steel.

The sensation caused by Acupuncture varies from patient to patient. Some people feel minimal discomfort as the needle is inserted while the majority of patients feel nothing at all. Once the needles are in place and no pain or discomfort is felt, most patients find the treatment relaxing and enjoyable as pain is relieved and a natural release of endorphins occur.

For further info regarding Acupuncture and TCM, please check out my website at www.carolyndew.ca

MANON Dulude Ph.D.

COACHING AND COUNSELING SERVICES

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Losing Strategies in Relationships

In his book, "The New Rules of Marriage" author Terrance Real points out that people often use "losing strategies" to get their needs met without realizing it has the opposite effect. Not only will these strategies fail to get you what you want, they will cause damage by attacking the important pillars of a relationship: respect, dignity and compassion. Here are some of those losing strategies:

- 1) needing to be right – the idea that one person in the relationship needs to be right over the other,
- 2) controlling your partner – if you are in control or think you are, be prepared for payback,
- 3) unbridled self expression – exploding in anger or saying mean things that you can't take back,
- 4) retaliation – you hurt me so I get to hurt you back,
- 5) withdrawal – pulling back, shutting yourself down, shutting the other out and/or not confronting the issue,
- 6) being contemptuous and self-righteous – this puts down the other person while trying to prove you're 'right',
- 7) punishing – in a number of ways such as angry outbursts or withdrawing from conversations,
- 8) complaining – while it looks like the complainer is a victim, complaining is an indirect attack to show how the other is failing us. Complaining never contributes to the creation of a solution.

To make a difference in any relationship, adopt a strategy of respect. Decide that no matter what, you will not drop below the line of respectful behaviour toward another human being. By shifting your mindset from protecting yourself to protecting the relationship, you will start shifting your responses and reactions.

SUSAN S. POWELL

BARRISTER & SOLICITOR

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SUSAN S. POWELL

Q: I have been separated from my husband for several months but we still live in the same house. I want to buy another house but someone told me my husband could claim one-half of it? Is this true?

A: If you and your husband have decided to separate you would be considered to be living separate and apart in the matrimonial home. Any assets you acquire after your separation are your assets and your husband can not claim an interest in them.

The new house would be your asset. Be careful though, as you will likely not be able to obtain a mortgage unless you have a Separation Agreement and have divided your property and settled other financial issues such as support. The bank will require a copy of your Separation Agreement before they will advance you the money for your new house.