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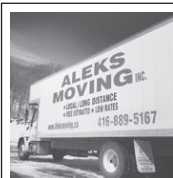
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Q: Are my children at risk for Gum Disease?

A: It's a sad fact. Children are affected by gum disease just as adults are. For some, it's a matter of neglecting proper care of the teeth. For others, it's a matter of the parents not understanding the importance of oral hygiene in their children. Gum, or periodontal, disease is a serious business. It's made even more dangerous by the fact that it is often painless. It is caused by plaque. This sticky film produces toxins which can damage the gums. As a parent, you should make it a point to check your children's teeth periodically for the signs of gum disease. Look for redness, tenderness and swelling at the gumline. Diseased gums bleed easily and may lead to persistent bad breath and loose teeth. Encourage your child to brush at least twice daily. Flavoured children's toothpaste can help encourage this habit. Teach your children to floss regularly, it's possible even at young ages. Model a good diet by balancing it with a broad variety of foods and placing limits on sweets and between meal snacks.

Carolyn Dew

Acupuncture & Traditional Chinese Medicine
@ HealthSpan Wellness



BPHE, R.A.C, R.TCMP

71 Mountainview Rd N
Georgetown
905-873-8729
www.healthspan.ca

Q: What kind of conditions can be treated by Acupuncture?

A: Traditional Chinese Medicine (TCM) is one of the oldest medical systems in the world and has been used to treat any and all health complaints. The NIH and WHO have determined that acupuncture is effective in treating many disease categories including ears, nose, throat disorders, respiratory problems, gastrointestinal disorders, circulation problems, urogenital disorders, gynecological issues, musculoskeletal disorders, neurological problems, and emotional disorders.

I have a special interest in Women's Health and Pain conditions and have completed extensive post-graduate training within these fields. I greatly enjoy working with pregnancy, fertility, and hormonal health as well as assisting those suffering from chronic pain conditions and sports injuries.

Acupuncture provides relief from many different conditions due to its ability to relax the nervous system into the parasympathetic nervous system, promote blood, lymph and nerve circulation, as well as by stimulating special nerve groups that help connect with the internal organs, sensory organs, and the brain. For further information, please check out www.carolyndew.ca or www.healthspan.ca