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**DROP INTO LEATHERTOWN LUMBER FOR LUCKY DEALS**



**HAPPY ST. PATRICK'S DAY!**

**DOOR BUSTERS**



**\$4.99** WAS: \$7.99

1-In. x 25-Ft. Tape Rule  
Durable textured, high-visibility yellow case for non-slip grip. Polymer coated blade.  
6210140

**DOOR BUSTERS**

**HOT BUY**



**\$79.99** WAS: \$119.99

12-In. Combo Circular Saw Blade Pack  
Includes 12" 32-tooth and 12" 80-tooth circular saw blades.  
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**DOOR BUSTERS**

**\$3.99** WAS: \$6.49

Sharpie® Magnum 44 Permanent Marker  
Oversized felt chisel tip for extra-wide, highly visible lines on corrugate, wood, metal, foil, stone, plastic and leather and more.  
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[www.leathertownlumber.ca](http://www.leathertownlumber.ca)

**bridal blowout SALE**

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**SERVING YOU IN HALTON HILLS**



Wellington-Halton Hills MPP Ted Arnott schedules meetings with constituents in Georgetown on a regular basis in the Homecoming Room, Lower Level of the Halton Hills Public Library, 9 Church Street.

To arrange a meeting, please call the Wellington-Halton Hills Provincial Riding Office at 1-800-265-2366.



**TED ARNOTT, MPP**  
**WELLINGTON-HALTON HILLS**  
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**Q:** How does snoring affect my heart? I know it is annoying but can it really kill me?

**A:** As surprising as it seems, if you snore there is a good chance that your cardiac health is suffering.

Snoring is an indication of a narrowed airway. If an airway is very small or closes completely while you sleep it is called sleep disordered breathing or obstructive sleep apnea. Smaller airway means less oxygen and your brain recognizes the depleted oxygen levels in your blood. Your brain does not like this situation. Keeping itself fed with oxygen is its main job. On a side note, its secondary jobs can include but are not limited to remembering the words to "Night Fever" by The Bee Gees.

So when oxygen gets low, your brain 'pushes the panic button' and raises your heart rate and blood pressure at a time when they should be slow and low.

In individuals with sleep disordered breathing or sleep apnea, this will happen multiple times an hour. During these episodes there is an increased risk of nocturnal heart attack and stroke.

On top of all this, there is evidence that lower blood oxygen levels increase the likelihood of plaque formation on arteries leading to higher cardiac risk.

It may sound far fetched but snoring can be dangerous. If you want to check to see if you are at risk, speak with your doctor or contact my office for more information.

**ROSS**...Bounce Back

Ross Physiotherapy Solutions

**905-873-7677**

318 Guelph St.,  
Georgetown



Gerry Ross  
H.B.Sc. PT, MCPA,  
FCAMT

**Q:** Can I trust the internet for health information?

**A:** Our clinic's website [www.rossphysio.com](http://www.rossphysio.com) has a clinical library with hundreds of great articles written by registered physiotherapists (including yours truly) often with the scientific references noted for the article. There is a body map and a folder system so you can find what you are interested in quickly. You can also choose areas that you are interested in and be notified when a new article is added to that section of the site. A word of caution though – partner with a Physiotherapist during your rehab to avoid disappointing results or injury. Please take advantage of this information and stay well.