

Healthy Living

R&CENTRAL
 YOUNG'S PHARMACY & HOMECARE
 877-2711
 DOWNTOWN GEORGETOWN

TAXI
 877-1234

AQUAFINE YOUR LOCAL WATER SPECIALISTS



TO TASTE THE DIFFERENCE

Please Call 877-6242 or 1-800-265-2857

MEDICINE CABINET CLEAN UP....

Bring your old medicines to
SHOPPERS DRUG MART

April 10 to April 18 for safe and proper disposal.

Call 877-2291 for more information

Tooth Chatter



by **ALEX TRENTON DENTURIST**

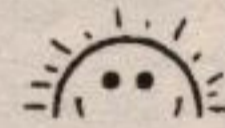
A **REMOVABLE PARTIAL** denture is held in place by clasps that attach to neighbouring natural teeth. It replaces one or several teeth which may have been lost to gum disease.

COMPLETE DENTURES (OR FULL DENTURES) replace all natural teeth when there has been severe gum disease or other problems. It's very important to care for replacements for missing teeth, just as you would have your own natural teeth.

CLEAN DENTURES regularly. Plaque and tartar build up on dentures as easily as they do on natural teeth. Unless removed from your dentures, plaque and tartar can spread to your natural teeth and gums.

If you have any questions or concerns regarding your dentures, give us a call.

REMEMBER YOU DO NOT NEED A REFERRAL; SIMPLY CALL OUR OFFICE DIRECT.



WE BUILD BEAUTIFUL SMILES!
 Alexander Trenton, D.D., F.C.A.D. (A)
 Denturist
 Georgetown Denture Clinic,
 18 Church Street,
 Georgetown, Ontario
 (905) 877-2359
 (Across from the Library and Cultural Centre)

Plan that pregnancy to avoid problems

Whether you have immediate plans to start a family or you are only at the "someday" stage, you should know that recent scientific research has changed the way pregnancies are being planned.

Don't wait until you are pregnant...learn things that can be done before pregnancy to increase your chances of having a healthy baby.

In 1993 Health Canada released the following recommendation: all women of child bearing age should follow Canada's Food Guide to Healthy Eating and take care to choose foods higher in folate. Folic acid, folate and folacin all refer to the same B vitamin. Look for the term folacin on Canadian food packages with nutrition information.

Health and Welfare Canada recommends that a woman's diet provide 0.4 mg of folic acid daily for at least one month prior to conception (fertilization of egg by sperm), and through the first three months of pregnancy.

Smoking cigarettes can cause miscarriage, bleeding during pregnancy and low birth weight babies. It is best to stop smoking before pregnancy to help avoid these problems.

Alcohol can cause birth defects. It is best to stop drinking all alcohol before you become pregnant.

Lead and some chemicals can cause birth defects. Talk to your health care provider about any chemicals you might be exposed to before becoming pregnant.

It is possible for any type of drug to harm a growing baby especially in the first three months of pregnancy. Check with your health care provider about any drugs you take before becoming pregnant.

Sexually transmitted diseases that either you or a former partner may have had can affect your chances of becoming pregnant or change the outcome of your pregnancy. Sharing your sexual history with your partner and health care provider is important before becoming pregnant.

It is important to know about inherited conditions. By learning about your family histories and talking to your health care provider before you are pregnant can prepare you for any problems that may be passed on to your child.

If you would like more information on planning for your pregnancy contact 905-825-6060, ext. 7837 at the Halton Regional Health Department.

—Health Notes is prepared by Halton Regional Health Department staff.

CULLIGAN

"The World's Source for Better Water"
 Tired of Hard Water Problems???

COME TO THE
GEORGETOWN MARKETPLACE MALL

April 6, 7, 8

TALK TO
 YOUR LOCAL
 REPRESENTATIVES



Culligan Man



Culligan Jan



FREE
 IN-HOME CONSULTATIONS
 EASY PAYMENT PLANS

905-874-3044 (area) (519) 1-800-463-3622

ST. JOHN AMBULANCE

Upcoming
 St. John Ambulance Courses

Some of the Other Courses and
 Programs we Offer are:

Standard First Aid (Evenings)
 April 7, 9, 14, 16
 Standard First Aid (Weekends)
 April 12, 13
 C.P.R. Course April 19, 20
 First Aid/C.P.R.
 for New Parents May 31
 C.P.R. Recertification April 27
 First Aid W/C.P.R. May 3, 4

- Infant/child C.P.R.
- What Every Babysitter Should Know
- Advanced First Aid
- Wilderness First Aid
- Home Health Care
- Private Courses Available for Groups of 8 or More
- Corporate Discounts

WITH SUCCESSFUL COMPLETION OF YOUR ST. JOHN AMBULANCE COURSE YOU WILL BE COVERED FOR \$1,000,000.00 IN GENERAL LIABILITY INSURANCE

TO BOOK YOUR COURSE CALL (905)873-8442 AND LEAVE A MESSAGE

THE ARTHRITIS SOCIETY



Ontario Division

KIDS GET ARTHRITIS TOO.

Please help us find the cure! To donate, or for more information, call

1-800-321-1433