

Healthy Living



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

LOSS OF HEARING DUE TO NON-AGING FACTORS

Hearing loss due to aging can be compounded by other things. A few of these include noise exposure, disease, and ear infections.

Hearing loss due to age and noise are cumulative. That is, hearing loss from noise exposure will be added on to hearing loss due to aging. Neither are not medically correctable. There is something to be said for protecting the hearing that we have left by wearing hearing protectors when exposed to noisy environments.

Each of us reacts differently to hearing loss. We may totally or partially deny that a problem exists. Typical "denial" statements are "you're mumbling again", or "I was not paying attention", and can be a way of concealing hearing difficulties.

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Health Department begins tracking for West Nile Virus

Halton Region Health Department will be tracking dead bird this year, looking for evidence of West Nile Virus. Surveillance started May 16.

West Nile Virus (WNV) disease affects wild birds, especially crows, and can be transmitted to humans through the bite of an infected mosquito. If you find a dead bird, do not touch it until after you have contacted the Health Department at 905-825-6060, or 1-866-

442-5866 or call the West Nile Virus line 905-825-6187. All dead bird calls are recorded, but only some crows will be picked up. Staff from the Health Department will assess the report and if necessary, pick up the crow and submit it to a lab for testing. You can view bird species @ www.region.halton.on.ca/health.

Most people who get infected with West Nile Virus do not get sick. Those most at risk include seniors, infants/tots and those per-

sons with weakened immune system. Symptoms include mild fever, headache, stiff neck, muscle weakness, skin rash and swollen lymph glands. In rare cases, the illness may be more serious causing encephalitis (inflammation of the brain). There is no specific treatment and no vaccine against West Nile Virus.

Last year in Halton, seven birds were found positive with the disease. There have been no reported human cases in Halton.

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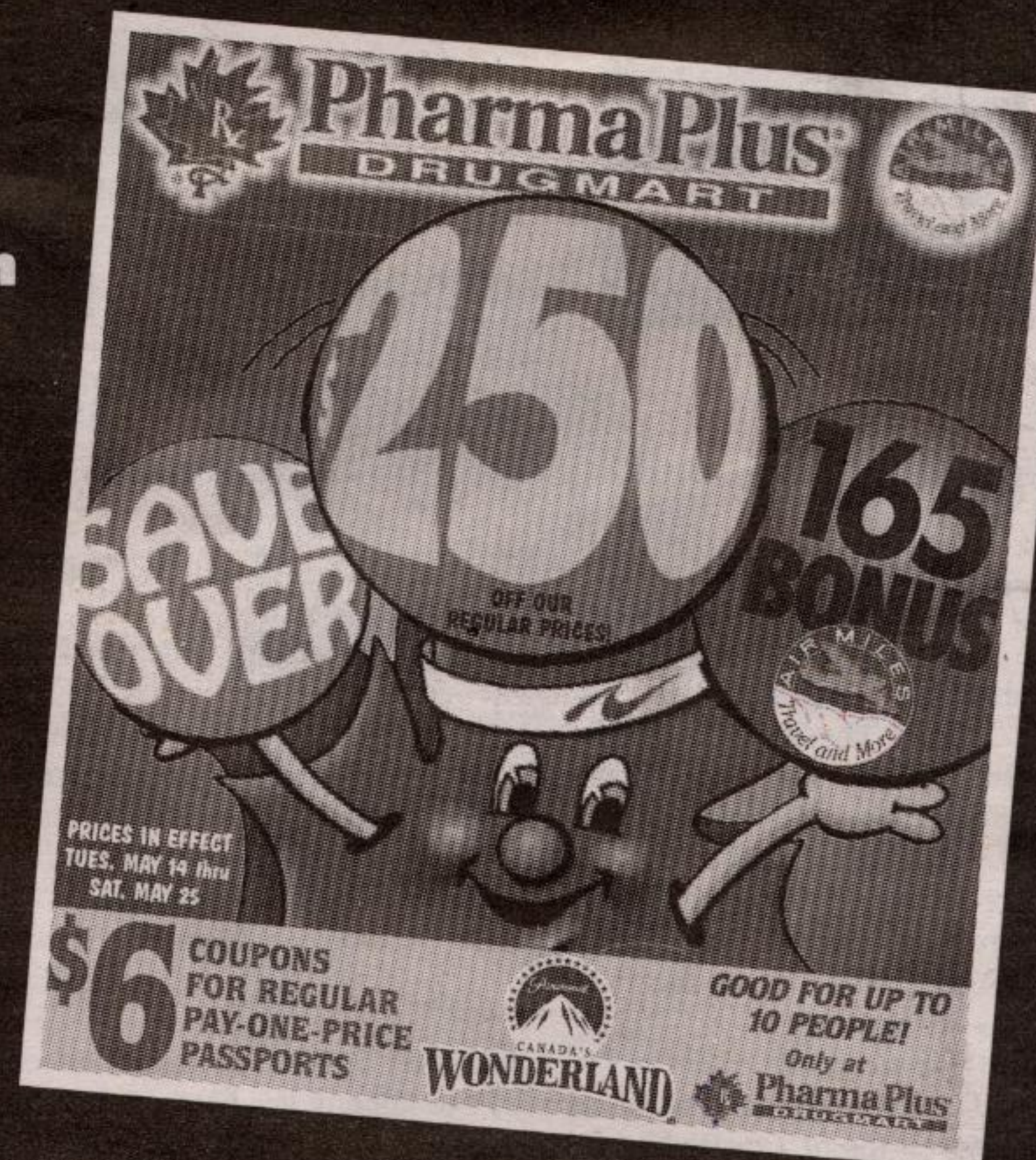
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