

Visit the Region's travel health clinic

This time of year many individuals are planning winter vacations to various travel destinations. However, many areas of the world, including the Caribbean, can pose significant health risks that place travellers at an increased risk for illness and disease.

Obtaining health advice, including recommended vaccinations and medications in advance from your family doctor or a travel health clinic, as well as practicing protective behaviours while travelling, are important.

Halton Region operates a travel health clinic which provides:

- Personalized health and safety advice based on travel plans.
- Routine and travel immunizations including yellow fever.
- Recommendations for preventative medications (i.e. malaria).

Travellers within Canada, to the United States, most of Western Europe, Australia and New Zealand are considered low risk. Travellers to these areas should have a tetanus and diphtheria (Td) booster every 10 years, and check that they have had immunization for measles, mumps and rubella. Influenza (flu) immunization is also recommended.

Travellers to destinations outside Canada, the United States, Western Europe, Australia, or New Zealand may be at a higher risk of



Gary Carr

exposure to certain diseases and often require additional vaccinations. The risk increases depending on many factors such as country of destination, length of stay, planned activities and is highest for those who stay in or visit rural areas or trek in back country. Eating or drinking in local restaurants and bars can also be a health risk.

There are fees for the travel health clinic and appointments should be booked 6-8 weeks prior to departure to allow adequate time for immunizations to become effective. Planning ahead and taking the appropriate precautions will help to ensure a safe and memorable vacation!

For more information on travel health, or to book an appointment contact Halton Region at 905-825-6000, toll free 1-866-4HALTON (1-866-442-5866) or visit www.halton.ca.

—Gary Carr is the chairman of Halton Region

... Lend Me Your Ears
By Cory Soal
R.H.A.D.

IS IT TIME FOR A HEARING AID?

If you feel as if you are missing out - on conversations, movies, plays or public meetings - or if your loved ones are getting tires of constantly repeating themselves, it's time to get your hearing tested.

And if your vanity has you balking at the idea of wearing a hearing aid, you should know that they're smaller and better than ever, thanks to technological developments such as digitization and background noise filtering. More importantly, while hearing aids are still considered a "device" they have significantly improved the quality of life for many users.

Not only do more than 50 per cent of senior citizens need at least one hearing aid, so do many other Canadians. These include younger adults exposed to long-term damaging noise, children who are "higher risk" at birth and people of all ages whose hearing is affected by injury or disease, such as meningitis.

The Georgetown 
HEARING CLINIC
We care about your hearing!
Professional Arts Building
99 Sinclair Ave., Suite 210
Georgetown
(905) 873-6642

Tooth Chatter

by
ALEX TRENTON DENTURIST

CLEANING YOUR DENTURES

Keeping your dentures clean is the most important patient responsibility in good oral health. Dentures, like natural teeth, attract plaque, become stained and collect food particles that can cause bad breath. The two best methods of cleaning dentures are brushing and soaking.

SOAKING
Soaking your dentures every night with an effervescent tablet will effectively cleanse away food particles from crevices and spaces between the teeth. It will remove plaque and odour-causing film, and eliminate virtually all micro-organisms.

BRUSHING
The most effective cleansing method is brushing with a special denture brush and paste. Use a special denture paste, as regular toothpaste may be too abrasive, and can damage the acrylic surface of your dentures. Brushing daily will maintain the bright natural appearance, as well as leaving your mouth feeling fresh. Brushing is recommended for removal of plaque. The best cleaning method is to combine both brushing and soaking.

We can clean your dentures professionally for stubborn stains and build up. Also, "Lavdent denture Cleanser" is available through our office, and is the next best thing to Professional denture cleaning

You do not need a referral; simply call our office direct.

Creating confident smiles since 1982. 

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)
www.georgetowndentureclinic.com

Man, 44, beaten as thieves steal iPod

A 44-year-old Georgetown man was injured when he was robbed while walking along Princess Anne Drive Friday evening.

Halton Police report at about 11 p.m. the man was walking from a friend's house while listening to his iPod Nano when he was approached from behind and punched in the head. His iPod and headphones, valued at \$300, were taken.

Police say the man was punched several times

and suffered a cut to his cheek, a swollen eye and a sore back.

The man doesn't know how many people were involved in the robbery but told police he saw three males in the area before he was assaulted.

One of the suspects is described as male, white, 18, wearing a jean jacket with a patch on the back, and a spiked belt.

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