



New Members!

by Wendy Hue, Partners in Progress

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Q: My teenage daughter is going through a rough time. She seems very unhappy but won't talk to me about why she feels that way. What do I do??

A: The teen years are not easy ones to navigate. Teens struggle with major developmental and maturation changes, social issues and individuation from parents. Her unhappiness could be related to many different things making it difficult for you to know where to begin. As well, because teens are trying to differentiate from their parents, they don't always want to discuss what is bothering them. They may be concerned that you won't understand, may become upset, or in some cases, have been threatened not to discuss the issue such as in situations of abuse. See if your daughter will speak to a counsellor because sometimes talking to someone you don't know, and someone who can be objective, is easier. She could see one of our counsellors, or the social worker or guidance counsellor at the school.

DR. ANOOP SAYAL
 Family and Cosmetic Dentistry



located in
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DR. ANOOP SAYAL

(905) 877-CARE (2273)

Q: Can children develop 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 to good oral hygiene in their children. Gum, or periodontal, disease is a serious business. It's made even more dangerous by the fact that it's 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 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 lose 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.

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Theresa Portelli B.Sc.Pharm.
 Pharmacist

Q: My doctor has just told me that I have type 2 diabetes. What does this mean?

A: Diabetes is often thought of as a condition in which the body has too much 'sugar' in the blood. This is partly true. Diabetes is a group of metabolic diseases, the most obvious symptom being an abnormally high blood sugar or hyperglycemia. This is caused by a deficiency in the body's secretion of insulin, which is the hormone that allows the body to use this 'sugar' (also known as glucose) which is an important fuel for the body. There are two types of diabetes: Type 1 and Type 2. Type 2 Diabetes (this is more common than Type 1 - about 80% of people diagnosed with diabetes will be type 2) was formerly known as Adult Onset Diabetes but this is no longer accurate because more children and teenagers are now being diagnosed with it. In Type 2, the body is producing insulin but it may not be enough or the insulin's action in the body is not strong enough. Your doctor may recommend a change in diet and lifestyle to help correct this and if this does not work, medications are then prescribed. In Type 1 Diabetes, the pancreas (which is the insulin producing organ in the body) does not produce any insulin at all and a person must then inject insulin on a daily basis to enable the body to absorb and use glucose as fuel. If you are diagnosed with diabetes, it is important for you to see your doctor and your local diabetes educator regularly to maintain healthy blood glucose levels and to also monitor your blood pressure, cholesterol, vision and in some cases, weight. Your best defense is a good offense and living a healthy lifestyle with plenty of exercise and a healthy diet (in some cases a moderate weight loss) can greatly reduce the risk of developing diabetes and its complications. Your pharmacist, doctor and diabetes educator are excellent sources of information to help you. Theresa Portelli is a pharmacist with Shoppers Drug Mart, Georgetown Market Place and a Certified Diabetes Educator.

Mountainview Residence

owned and operated by the Summer family
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Christoph Summer
 Owner/Administrator

Q: What is the difference between a nursing home and a retirement home? Why are there so many choices?

A: We all want choices. When you bought your first house, you were offered an array of locations, housing types, neighbourhoods, floor layouts, ownership types etc. The same is true of specialty housing for seniors. Chooses not just what you need, but what you WANT. Nursing homes are partially funded by the government and offer a range of accommodations from ward to private rooms and have generally higher care levels than retirement homes. Nursing homes are rarely chosen by the individual, they are almost always accepted as a placement due to an imminent need or when there are no other viable alternatives. Retirement homes, on the other hand are almost always chosen. Each retirement home reflects the personality and style of those who own and operate it. Look for the best - look for the warmth, personality and accommodation style that best meets your needs.