

How to stay safe during tick season

Lyme disease is the fastest growing infectious disease in North America. The United States reports over 30,000 cases annually, and estimates the disease can be under-reported several fold. Disease carrying ticks are becoming more and more prevalent in Canada and are on the move. They are found Canada wide. The species of tick that transmits Lyme disease to humans is only about the size of a poppy seed when they are in the nymphal stage, and only

about three-mm in length in the adult phase. Different species of ticks are capable of transmitting several different diseases to humans including Lyme disease. These ticks are transported randomly throughout Canada by our friendly migratory birds, who can also harbour Lyme disease and other diseases in their blood.

Remember, no tick is a safe tick.

Lyme disease can cause long-term health issues if not identified and treat-



ed early. It can affect the brain, eyesight, hearing, heart, nervous system, muscles, joints, digestive tract, and lymph nodes. Because Lyme disease is a multi-system disorder, many systems of the body

can be affected at once, therefore, it can often be misdiagnosed. Lyme disease is being missed in Canada. One reason is doctors are not told of the limitations of blood tests used here, and are not edu-

cated as to the complex symptoms that result if not caught and treated early. Lyme disease has been misdiagnosed as multiple sclerosis, Parkinson's disease, ALS (Lou Gehrig's disease), several forms of arthritis, chronic fatigue syndrome, fibromyalgia, bowel disorders, and many other diagnoses.

Ticks can be found in your lawn, on your pets, in tall grass or brush, on logs or woodpiles. If outside, do not brush up against brush or tall grass, walk in the centre area of trails, and wear a repellent containing DEET. Pets can carry ticks into your home. Talk to your veterinarian about protecting your pets.

Use fine tipped tweezers to remove an attached

tick, being careful not to touch the body of the tick (get as close to the skin as possible then pull backwards). Apply antiseptic to the area immediately. Save the tick if possible and call your local health department. Waiting for blood tests is the wrong way to deal with possible Lyme disease as detectable antibodies do not develop for several weeks, when the disease has disseminated into deep tissue making treatment much more difficult.

Prevention is the best medicine. Be tick aware, no tick is a safe tick!

For more information on prevention contact the Canadian Lyme Disease Foundation 250-768-0978 or visit www.canlyme.com/prevention.html



BAKE SALE FUNDRAISER: Erin TD Canada Trust manager Mary Cunningham organized a bake sale at the branch to raise pledges for the Shamrock Shuffle, on Sunday in Erin. Proceeds will benefit the athletic department at Erin District High School and the East Wellington Community Services. — Submitted photo

Turn off the television for better language development

Recent studies indicate that young children exposed to television viewing from infancy can experience a delay in speech and know fewer words than children who didn't watch television. But up until very recently it really wasn't understood why. Research points to fewer words being uttered around the house by caregivers in the presence of audible television. Therefore, turning off the TV can promote better language skills for children and adults alike.

A total of 329 children were observed in a home-based study led by researcher Dimitri A. Christakis, MD, MPH, director of the Center for Child Health, Behaviour and Development at Seattle Children's Research Institute and professor of pediatrics at the University of Washington School of Medicine.

The children wore a small, business card-sized recorder on random days monthly for up to two years. The recorder captured everything the child said and also heard during continuous 12- to 16-hour periods. The recorders were removed only for naps, baths, night time sleep, and car rides. A speech identification software program processed the recorded files to analyze sounds children were exposed to in their environment, as well as the sounds and utterances they made.

The results of the study, published in June 2009, were eye-opening. During each hour of audible television, significant reductions in child vocalizations, vocalization duration and conversational turns occurred. On average, each additional hour of television exposure was also associated with a decrease of 770 words the child heard from an adult during the recording session. From 500 to 1,000 fewer adult words were spoken per hour of audible television. Adults generally speak more than 900 words per hour. However, that amount is nearly obliterated when the TV is on.

According to recommendations by the American Academy of Pediatrics (AAP), children under the age of two should not watch television. Instead, spend time reading, talking and singing to your child to promote brain and verbal development.

After age two is reached, children can watch age-appropriate programming, but keep it to a minimum -- no more than two hours per day. Here are other recommendations to follow.

* During meal times, keep the TV turned off and engage in conversation.

* Don't leave the television on for background noise. When it is not being watched, keep it off.

* If you are watching television together, talk about what you are watching. Make TV viewing a chance to talk and interact as well.

* Don't have a television in your child's bedroom. Otherwise you may have difficulty monitoring how much and what is being watched.

Queen of Credit

I WILL FINANCE YOU!
Anyone, Anytime, Anywhere
I'LL MAKE YOUR FIRST 3 PAYMENTS

100% APPROVAL RATING!

YOUR JOB IS YOUR CREDIT

Vehicles from \$5000-\$25000
whatever you need!

IF YOU HAVE AN INCOME
...YOU'RE APPROVED!

PROBLEMS = SOLUTIONS

- On Disability • Divorced
- Late Payments • 0 Down
- No Credit • Bankrupt
- No Money

Lowest Interest Rates • Credit Counselling
YOU'RE APPROVED




Low as **\$37** per wk.
\$0 DOWN! SAME DAY DELIVERY

GIANT USED CAR CLEARANCE

- TRUCKS • VANS • SUBS • CARS
- WHATEVER - 2,500 TO CLEAR

Specializing in 100% Credit Re-establishment
IF WE DON'T HAVE IT - WE WILL GET IT!
1-866-367-7390



Looking Great At 70!

Happy Birthday

Love your family.

"Your Hometown REALTOR®"

Call me for a Complimentary Home Valuation

KATE BANKS

Sales Representative, B.A.





www.BANKonBANKS.ca

ROYAL LEPAGE

Bus: 519-853-8467

Meadowtowne Realty

Dir: 416-997-4161

Independently Owned and Operated

Fax: 905-877-0702

