

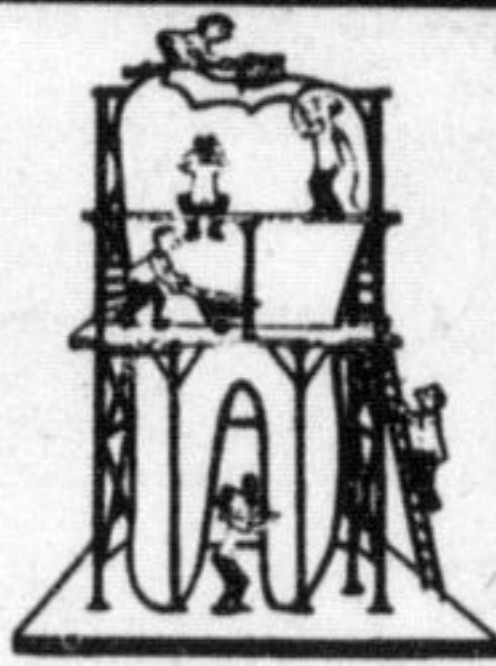
Ask The Professionals

If you have any questions these professionals can answer, please write to:

"Ask The Professionals"
c/o The Canadian Champion
191 Main Street E.
Milton, Ontario L9T 4N9
or Fax to: 878-4943



**Dr. Tony Wan's
Tooth Talk**
Towne Dental Group
Milton, Mall - 55 Ontario St.
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Tony H. Wan
B.Sc., D.D.S.

Dental Care For Adults

Like the rest of your body, your smile will need special care as you get older. While cavities are the number one problem for kids, gum disease is the primary concern for adults. It develops very slowly and often painlessly but becomes more apparent in middle age. Left untreated, infection may destroy the gum tissue and bone that keeps your teeth in place. Gum disease is the main cause of tooth loss in older adults and needs the attention of a dentist.

Luckily, gum disease is usually preventable, treatable and sometimes reversible, especially if you clean your teeth well at home. Brush your teeth at least twice a day to remove the plaque that causes gum disease. Flossing helps to clean out the places your brush can't reach. In fact, if you're not flossing, you're missing 35 percent of every tooth.

Good home care doesn't just apply to natural teeth. Crowns, bridges and dentures should also be cleaned regularly. If you don't, the plaque and bacteria that builds up on these artificial teeth can spread to your natural teeth. Be sure to soak your dentures overnight and to clean and massage your gums. Dental implants can be treated more like natural teeth, but they require a little more diligence when brushing and flossing.

Gum disease is especially troublesome to people who have crooked or overlapping teeth. These people have a much harder time keeping these teeth clean. People who smoke are also more susceptible to gum disease. As are people that are placed on long term medications that have side effect of giving them dry mouth.

Good home dental care will go a long way in preserving your smile for a lifetime, but remember to have regular dental checkups and to let us know about any changes to your general health. It is a common misconception that tooth loss is a consequence of aging. The truth is that tooth loss is a disease that can be prevented.



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Debbie Hawkins
B. Sc., DVM

Q: What is von Willebrands Disease?

A: This disorder is prevalent in many breeds of dogs as a hereditary abnormality. Most often it will manifest itself in puppies under a year of age, who have undergone some form of trauma to the body, whether it be from a torn toe nail, losing a baby tooth, a skin laceration or surgery. However, many breeds have a higher genetic incidence, and a few examples of such breeds are Shelties, Scottish Terriers, and Dobermans.

If you have recently acquired a new puppy, at first check up, consult with your veterinarian as to the likelihood of this condition existing.

If your puppy is a high incidence breed, he or she should have a blood test before any elective surgery is performed. This would include spaying and neutering.

Dogs that have von Willebrands disease have blood that clots very slowly, which could cause them quite easily to bleed to death after any surgical procedure. By detecting this disease beforehand, your veterinarian can take certain actions to prevent this type of blood loss from occurring. Forewarned is forearmed.

To answer another recent and frequent question - Yes, I only work at my Animal Hospital in Milton. In error, Yellow Pages in their 1999/2000 edition, also entered my name under another veterinary hospital, here in town.

Wishing you and your pets good health and happiness.



Marion Healy
R.N.C.

BEVERLY HILLS
Weight Management & Nutrition Centres
MARION HEALY
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Protein Vs. Carbohydrates

There is a popular misconception that unless a diet contains substantial amounts of carbohydrates, it will inevitably result in tired and listless people who have no "zip or energy"

The cynical among us tend to believe that such rumors might originate from companies who are incapable of producing high quality protein diet products (which are very difficult to formulate and expensive to produce), but are quite capable of making decent carbohydrate (sugar) snacks (easy to formulate and very cheap to make).

Everyone knows at least one small fact about nutrition and physiology, namely that the body uses glucose (i.e. sugar) for energy, and thus the major assumption is that carbohydrates must be consumed if one is to feel energetic!

Understanding the way the body handles food, and the nutrients they contain, are important factors in weight reduction.

Foods, (whether conventional or special dietary products) are not available to the body as such and must be broken down. The digestive processes occur mainly in the stomach and small intestine, and are brought about by enzymes which break down protein (into amino acids), carbohydrates (into simple sugars such as glucose, fructose and galactose) and fats (into fatty acids, glycerol, mono and diglycerides). The salivary enzymes can break down starch, but food is not usually chewed long enough for this to make a major contribution. Essentially all the bi-products of digestion are now in a form which can be absorbed from the intestine and be further processed.

The absorption of these simple nutrients also requires work and therefore costs energy. Thus by the time your nutrients have been absorbed, you have already invested quite a lot of energy in them.

A major study found that the minimal protein intake required to prevent loss of lean body mass (i.e. muscle) on a low calorie diet was 1.26 grams of protein per kilogram of body weight per day. They also reported that the high protein intake also improved weight loss in all their subjects, when compared to rates of loss on a low protein, high carbohydrate calorie diet. The protein content makes the greatest contribution to maintaining the ability to perform physical exertion (keeps the "zip" in the individual) and enhance weight reduction. Individuals on the high protein diet had significantly less hunger, and were also much less pre-occupied with food. A further consequence of diets in which carbohydrate has been used to replace protein is the potential of exposing users to the risk of loss of lean body mass (muscle). One of the main findings into the composition of weight loss diets is that the diet must preserve the lean body mass (i.e. muscle) by making sure that the nitrogen balance is positive. In other words, in order to protect muscle tissue, an individual must maintain an adequate intake of protein. Furthermore, high carbohydrate diets may cause loss of muscle tissue, increase appetite, and may even result in deposition of extra fat. To date, research has indicated that a diet moderately high in protein may:

- improve weight reduction • preserve/protect muscle tissue • reduce sensation of hunger
- increase level of energy • increase metabolic rate.



**Dr. R.N. Strohan
OPTOMETRIST**
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Hours: Mon. 9-6, Tues. 9-7:30, Wed., Thurs., Fri. 9-5
Evening and Saturday Appointments Available

Q: Why are my eyes so tired when I work on the computer, and what can I do for them?

A: The eye has many intricate muscles involved in the motion of the eye. When reading, you are taking in information, your eyes must work efficiently. Think of your eyes like any other muscular dependent part of your body. Your eyes are constantly moving, focusing, scanning, and adjusting to lighting conditions. Proper rest and working conditions are necessary for your eyes to work efficiently.

The eye lids must blink in order to provide a rewetting of the tear layer over the cornea. When a person looks at a computer screen, or any visual task, the blink rate reduces to about 50%. Thus the dryness of the cornea can aggravate the endurance of your visual task.

Our ability to function accurately, and efficiently depends on the ability to see clearly. Each color on your color monitor requires a different amount of focus. Therefore if the eyes do not see the image clearly at the distance you are working, any strain will cause some level of fatigue which wears down your endurance. And remember, we have two eyes, they are meant to work together. Covering one eye to see if it sees the image as clear as the other will tell you if both eyes are working efficiently together. Sometimes specific optical corrective lenses, or eye exercises may be required to help tone your eye's muscular coordination. Your optometrist determines this in your regular ocular health assessment.

Your eyes respond to your posture. If you are in an uncomfortable position, physically, then your eyes will demonstrate similar difficulties in adapting to your posture, since they move in relation to the positioning of your body. Positioning of your monitor slightly lower than your direct level of sight while sitting upright is easier for your eyes to function. And room lighting should never be any darker, or lighter than the monitor. Reduction of glare and reflections is also important both on the monitor, as well as in any pair of glasses you may be wearing.

Giving your eyes, and your mind proper rest: 5 minutes' away from the screen every 20 to 30 minutes will relieve the stresses we put on our visual system. So get away, and get some physical exercise while getting a cool drink of water will do wonders for your eyes. You may even come back and shed a different light to a frustrating situation when you return to the screen and keyboard.

Comfortable vision, lighting, posture, and good quality optical and computer products make your life easier, and more efficient in the computer work place. Keeping this in mind, your overall attitude to your health and well being are necessary for your visual health. Keeping your eyes physically well tuned will allow you to surf the web quicker, obtaining information quicker and easier.

We're on the WEB ... <http://www.globalserve.net/~optometry/milton.htm>
Information concerning your eyes and their health. i-care for you!



Geraldine Hesketh

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Q: What is laminate flooring good for?

A: Absolutely everything! Although considered a new concept here, laminate flooring has been very successful in Europe for a number of years.

Available in various effects from wood planks to ceramic, even a tumbled marble look will be available soon.

Formica and Wilsonart have co-ordinating countertops for some designs giving that complete designer finish. If using in adjoining areas or large spaces, one can integrate between the wood and ceramic, or even create a border. Mannington boasts an historical collection for that warm feeling of yesteryear.

The biggest selling feature, of course, is its floating floor system enabling it to loose lay over level existing floors, be it ceramic, wood or vinyl, without the headache of a rip out or new subfloor. As it is dimensionally stable it can be used on a number of sites: below grade, cottages, sunrooms, and Formica with its 15 yr. waterproof warranty is great for bathrooms too.

The benefits range from the warmth over ceramics, (certainly a perfect choice where allergies are a factor) high resiliency (4 times tougher than hardwood so stands up to the traffic of our little darlings, 4 legged ones included)

For the do-it-yourself enthusiast we at Comfi Interiors have videos on how to install it. Beats TV and dare we say hockey night.

Pop in and take a peek at the choices we offer ranging from entry level medium wear to high resilient products.



Tina Doney
Connie Francoz
PHYSIOTHERAPISTS



86 Main St., Milton
876-1515

Q: I have tennis elbow that will not go away! I even have a tennis elbow strap that I wear, but it still does not help. What can I do?

A: Tennis elbow, also known as lateral epicondylitis, can have many causes. Most often it occurs by overusing the muscles of the outside of the forearm. Activities that commonly cause the muscles to fatigue include some sports like tennis or squash, heavy lifting in your job, repetitive hammering-type activities or typing at a computer terminal for many hours. Any activity that involves repetitive arm movements of the lower arm muscles can cause tennis elbow.

Tennis elbow starts when there is micro-tearing of the muscles where they attach to the bone at the lateral epicondyle (the outside part of the elbow). These muscles function to extend the wrist and bend the elbow. Some of the muscles that could be involved are the extensor digitorum communis, extensor carpi radialis longus, and extensor carpi radialis brevis. They all attach on the outside of the elbow. With overuse, some of the muscle fibres start to slowly tear away from the bone causing pain, inflammation, and over time, weakness.

Common signs and symptoms are tenderness, pain with resisted movement, especially after the arm has been resting for awhile, weakness in grip strength, swelling and warmth at the elbow area.

Sometimes, tennis elbow is not an elbow problem at all. Tennis elbow-like symptoms can result from problems with the neck. Sometimes poor posture or a loss of range of motion at the neck can cause muscle, joint, or nerve changes which make us perceive that there is pain at the elbow, when actually, the problem arises from the neck. This can occur even without symptoms of pain in the neck.

True tennis elbow can be treated by ice, massage to the tender area to help break up scar tissue, and stretching of the forearm muscles by keeping your elbow straight, and using your other hand to flex the wrist down. This should be held for at least 30 seconds, and repeated throughout the day. If it does not go away in a few weeks, you may need to see your physician or a physiotherapist, who can assess further to find the true reason for the problem.

Helpful hints brought to you by Connie and Tina, physiotherapists from the Halton Community Rehabilitation Centre, 86 Main Street West, Milton 876-1515.