

Ask The Professionals

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

"Ask The Professionals"
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**Dr. Tony Wan's
Tooth Talk**
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Canker Sores – What are they?

Canker sores (mouth ulcers) plague the lives of millions, affecting nearly 20 percent of the population. Medically, this condition is known as Recurrent Aphthous (RAS) or also Aphthous Ulcers. Canker sores are actual ulcerations or breaks in the skin lining the inside of the mouth. As a result, the sensitive tissue underneath is exposed to the contents of the mouth. Imagine if you were to rub the skin off your arm and then apply salt water to the affected area. This is basically what is happening inside your mouth with your canker sores. While for some, these small oral ulcerations present only a minor nuisance, for others, canker sores make life nearly unbearable. The situation is often made worse when a patient's doctor or dentist does not know how to treat or prevent these ulcers leaving the patient frustrated and in pain.

The good news is that while much remains unknown about canker sores, much effort has been made into effectively preventing and treating these nuisances.

Often, canker sores are confused with fever blisters (cold sores). While fever blisters and canker sores have several features in common (such as the fact that both are very common, often recurrent, and can be very painful), there are important differences:

Canker Sores (Mouth Ulcers)

1. Occur only within the mouth.
2. Are not contagious, meaning they cannot be spread from person to person.
3. Are not caused by a virus.

Fever Blisters (Cold Sores)

1. Begin as small blisters called vesicles.
2. Usually occur on the outside of the mouth. When they do occur on the inside of the mouth, they appear on bound (non-moveable) sections of the mouth such as the mouth roof.
3. Are contagious.
4. Are caused by a virus.

The first canker sores usually occur between the ages of 10 and 20. During life, episodes usually, but not always, become less frequent and less severe. Interestingly, women often report increased susceptibility to canker sore formation during certain times of their menstrual cycle. Some women report complete relief from canker sores during pregnancy.

In my following articles, the possible causes and treatments of canker sores will be discussed.



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Q: How do I get rid of my pot belly!

- A: 1. Chew your food slowly:** essential stages of digestion take place when you chew, and if you rush this important step, it will not occur later in the digestive tract.
- 2. Drink 8-10 glasses of water every day:** it is crucial that your body is well hydrated so that it can add necessary liquid to food as it passes through the gastrointestinal tract. Caffeinated or alcoholic beverages don't count, as they actually dehydrate the body.
- 3. Do not consume iced liquids or ice cold foods:** they cause digestion to slow down, and lower the temperature of the digestive tract so that enzymes are unable to function.
- 4. Eat in a calm environment:** when you're stressed, your digestion is one of the first systems to be slowed down so that more oxygen will get to the brain.
- 5. Keep up your exercise:** your digestive system depends on the force of gravity to help propel food through it. Going for a short walk after lunch and dinner is a great way to ensure things are moving well, and it's a great stress reliever too!
- 6. Eat only until you are full:** your stomach can handle about what you can hold in your two hands cupped together, so try not to eat more than this at one sitting. It takes about 20 minutes for the message to reach your brain, so eat slowly and wait a few minutes before having a second helping!
- 7. Eat your veggies:** raw vegetables contain enzymes which aid in the digestion of other foods. Eating a salad at the start of dinner can give you a head start on breaking down the protein you eat later.
- 8. Watch food combinations:** certain foods become more difficult to digest when paired with certain other foods. Some difficult to digest combinations include legumes and meat, fruit and protein, different types of animal proteins (e.g. seafood and beef, chicken and pork), citrus fruits and grains.
- 9. Only eat when you're hungry:** when you aren't hungry you're system won't produce the digestive juices necessary to break down food. Wait until a meal is out of your stomach (1-2 hours depending on the complexity of the meal) before eating more. You will also be more primed to digest food if it is appetizing.
- 10. Keep digestive enzyme supplements handy:** whenever you can't avoid eating too much or too rich food, or your digestive system is under stress, supplements can help to compensate by providing extra digestive enzymes and other substances that your body may not be producing enough of. These supplements are available at our clinic.



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Q: We've never sold a house before. Are there any things we should be aware of?

A: There are lots of things to think of when you are a first-time homeseller. A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money. This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get what they want for their home and become disillusioned and - worse financially disadvantaged when they put their home on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar".

To hear a brief recorded message about how to order your free copy of this report, call 1-888-475-8645 and enter ID#7000. You can call anytime, 24 hours a day, 7 days a week.

Call NOW to find out how you can get the most money for your home.



HALTON HILLS SPEECH CENTRE

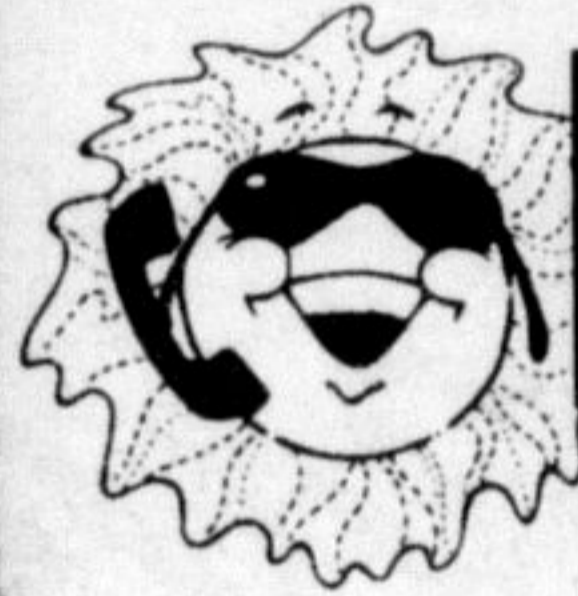
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Q: My 4-year-old son has extreme difficulty making words. When he speaks, it sounds like he is only using vowels and we see him struggling to do even that. We have heard about something called the PROMPT methods. What is it and how does it work?

A: The PROMPT (Prompts for Restructuring Oral Phonetic Targets) method was first described by Deborah (Chumpelik) Hayden in 1980 as a visual and tactile therapy technique for children with developmental apraxia. Apraxia, simply defined is when an individual can use their oral muscles for involuntary movements such as smiling, yawning or licking their lips, but cannot co-ordinate them during the complex and rapid movements needed for speech. The PROMPT method is based on a hierarchy involving different stages of control during the production of speech (i.e. breath control, jaw control, tongue control, etc.) The clinician "prompts" the child by placing their hands in a specific fashion on the child's face to help the production of a sound. Each sound has its own specific prompt. The clinician works with the child using the prompts to first teach syllables, then words and finally progressing to the sentence and conversational level. The prompts are gradually faded out when the child has mastered the sequencing of the sounds.

This technique is now widely used with children who have sound difficulties, even if it is not developmental apraxia. It has been found that the manual prompts gives some children the necessary feedback they need to learn the correct placement of certain sounds. For children with extreme difficulty producing sounds, this technique helps organize their physical system during the production of sounds and gives them the basis to work from when they are attempting new words.

To determine whether this technique is appropriate for your son, it would be necessary for him to have a speech and language evaluation first. For more information, please contact the Centre.

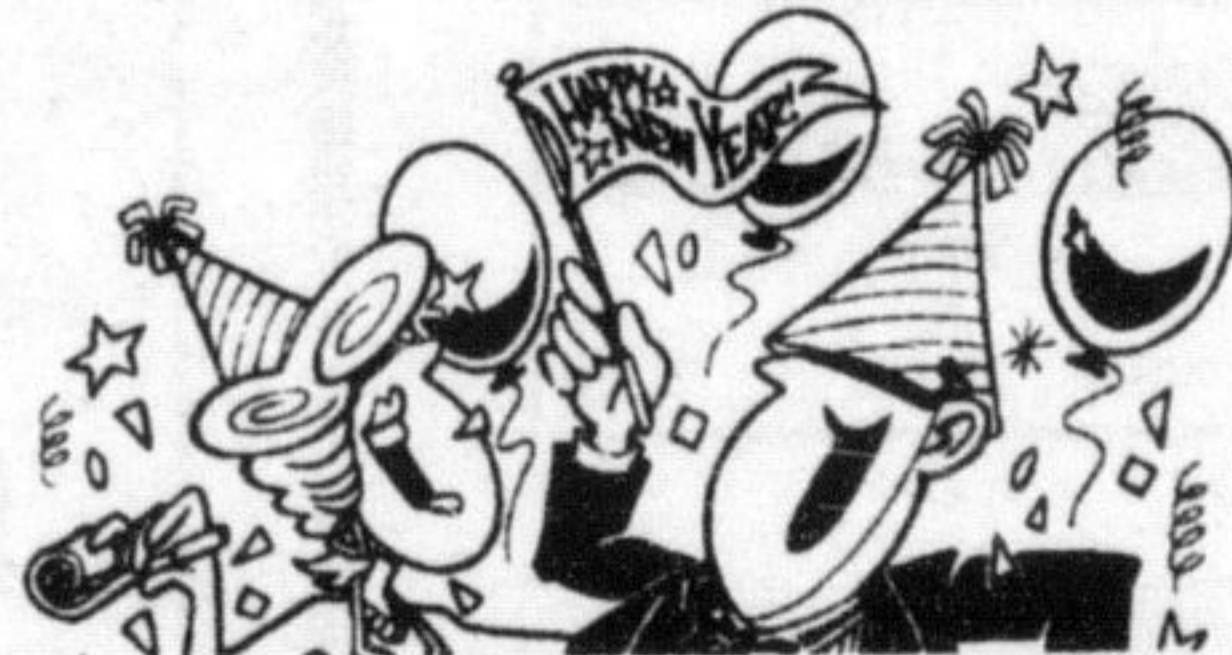


THE TRAVEL BUREAU

Loblaws 75 Nipissing Rd. Milton

Q: I'm looking to book a very special vacation to bring in the new millennium. What would you recommend?

A: There are many exciting packages designed especially for "Millennium" vacations. A cruise would be an excellent way to celebrate! The Sunquest brochures are now available and we are taking bookings for a wide selection of Caribbean vacations and cruises. Canada 3000 has numerous Air Only trips available as well as some flights to Hawaii from December 15/99 to January 15/2000. The party has already begun! Book soon to ensure the best selection of fabulous ways to bring in the New Millennium!



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Remember the story, there's a pink one and a blue one and green one and a yellow one and they're all made out of ticky tacky and they all look just the same.

What were they singing about?

Our houses of course!

We spend a fortune on our gardens, from flowers of varying shades to rocks and of course the garden knome.

Yet we sometimes forget to extend colour onto the facade. Forget beige and brown exteriors! Today's paint colours for outside are endless. Here a few ideas; try this:

Take a bright white and use this on windows and framework. For the body of the house use a medium tone grey, cream, taupe, sometimes blue can work but depends on the style of house. Take into account the brickwork, roof shingles and even your mortar and work from these. Garage doors generally should look the same as the body colour yet I have seen some painted rich colours. The doors if shutter or decorative mouldings apply should be bold and stand out.

The best news is that Pratt and Lambert exterior paints are available in latex. The accolade series comes in eggshell and full gloss and in most cases is super adherent. Applied correctly it will go over most oils.

Use the eggshell finish on siding and trim; the rich gloss on doors and shutters.

In the U.S. a lot of the large Victorian homes have become famous as people paint them outside using over 15 colours. They are called the painted ladies, so using 3 or 4 really isn't too much.

Come see us at Comfi Interiors, and we will help you turn your facade into a painted lady too.