

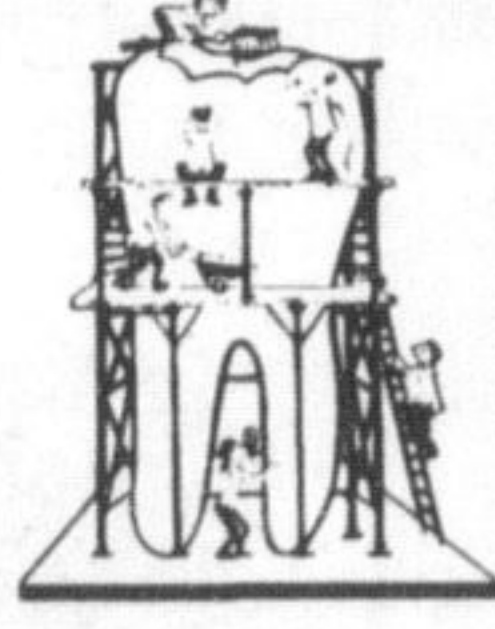
Ask The Professionals

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.
(905) 876-1188



Tony H. Wan
B.Sc., D.D.S.

Why Replace Outdated Dental Restorations?

There are many reasons for replacing old dental restorations (fillings or crowns). In fact, most dental problems may not be evident to patients. When you consider the daily stresses exerted on your teeth, it is not surprising that restorations eventually wear out and sometimes need to be replaced. Sometimes, however, patients believe the old adage, "If it doesn't hurt, don't fix it." If left untreated, however, dental problems can lead to more expensive dental procedures and eventual tooth loss.

There are a number of reasons. They may include any of the following.

- **Wear:** Although there are a number of factors that affect the life of a dental restoration, the average silver filling, crown or bridge may last from five to 15 years, depending upon the size. Forces constantly exerted on the fillings by chewing and grinding cause them to wear down.
- **Leakage:** Fillings may start to leak around their edges due to wear and trauma. Often leakage on the biting surface of a crown goes unnoticed by patients. This allows bacteria a ready access to the deeper areas of the tooth. Once the bacteria are inside the tooth or crown, they cannot be removed, and decay may begin rapidly again. Worst of all, this damage is often unseen and there may be no symptoms until the decay has reached the nerve (pulp) of the tooth.
- **Recurring decay:** Increased exposure to the elements that caused the original cavity make it possible to get another cavity in the same tooth near the original filling. If a tooth is not kept clean, decay can start near the edge of the filling or in another site on the tooth. Even if a tooth has a crown covering it, decay can still start at the edges where it rests on the tooth, if it is not kept clean. As mentioned before, if decay is left untreated, it can eventually invade the nerve of the tooth, causing an abscess, which leads to root canal or extraction.
- **Cracks:** A great deal of force is placed on your teeth every day. The average human bites with several hundred pounds of pressure per square inch. This biting pressure can result in tiny cracks in the tooth. Chewing on very hard substances, such as ice or nuts, can crack a tooth or filling. Often, your dentist can tell when these cracks have undermined another portion of the tooth or gone too deep.



Herbal Magic
SYSTEMS INTERNATIONAL
Weight Management and Nutrition Centres

15 Martin St. 905-693-9594

"Providing a Natural Way to Better Health and Wellness"



Maxine Stanley

Q: My doctor told me I am entering the initial stages of menopause. She suggests hormone replacement therapy, but I would like to try something natural. Are there any herbal supplements I can try?

A: What you are actually experiencing is perimenopause, the gradual period of change leading into menopause. Perimenopause affects a woman's hormones, body and feelings. Typical symptoms include hot flashes, night sweats, itching/crawling skin, insomnia and irritability to name but a few. There are several natural treatments you can use to reduce these unpleasant symptoms.

Black cohosh is a clinically proven herb used to relieve hot flashes, insomnia and irritability. The best evidence comes from a double-blind study that followed 80 women for a 12-week period, comparing the benefits of black cohosh, conjugated estrogens and placebo. It found that black cohosh was actually more effective than estrogen in relieving these symptoms (*The Natural Health Bible* by Steve Bratman).

Dong quai is famed in Chinese medicine for its affinity for the female constitution. This root contains many natural plant estrogens and is an effective antidote for anxiety, depression and nervousness. Some studies suggest that dong quai may not be helpful in treating perimenopausal symptoms when used alone. Therefore, it's best to use dong quai in combination with other herbal supplements.

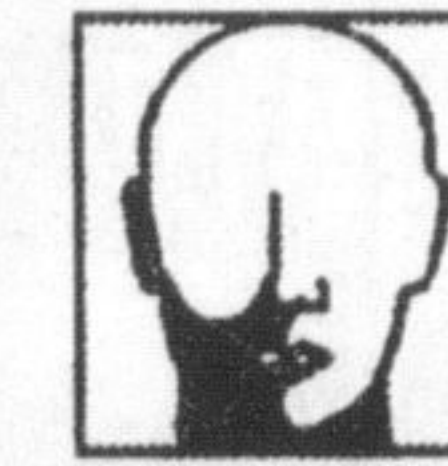
Soy isoflavones are estrogen-like, water-soluble compounds found in many plants. It's believed that soy protein, presumably due to its isoflavone content, will relieve hot flashes. One double-blind study of 104 women found that after three weeks of taking a daily dose of soy protein, 26% had fewer hot flashes. By week 12, the reduction was 45%.

Herbal Magic has an extensive line of herbal supplements that can aid in reducing the symptoms of perimenopause. Drop in and ask what we can offer you today.

Maxine Stanley has a B.A. in Sociology and an S.S.W. in Social Work. She has worked with the Herbal Magic program for over six years, and is a trained nutritional counsellor.

HALTON HILLS SPEECH CENTRE

328 Guelph Street
Georgetown
(905) 873-8400



Q: My child loves to play on the computer. Are there any software programs available to improve reading skills?

A: Learning to read should be fun for kids and most kids love to play with the computer! Whether they are just beginners or having difficulty with reading, these programs are filled with lively animation that will reward your child's success and help build confidence! Popular programs include:

- **Bailey's Bookhouse** (Mac/Win/Dos). Activities are designed to develop emerging literacy skills such as names and sounds of letters, rhyming, early writing and story making. For Pre-K to Grade 2.
- **Stanley's Sticker Stories** (Mac/Win). Helps kids strengthen reading and writing skills, improve spelling and build creativity as they make their own animated storybooks. For Pre-K to Grade 2.
- **Word Munchers Deluxe** (Mac/Win). Helps build confidence using consonants, vowels, adjectives, adverbs, synonyms and antonyms. Focuses on development of phonics, reading skills, grammar and vocabulary. For ages 6-11 years.

For information on other computer software programs which can help your child develop reading and language skills, contact your school or local Speech-Language Pathologist. As well, the Halton Hills Speech Centre offers you the opportunity to "try out" their software in order to determine if it contains the necessary tasks. Call the Centre at 905-873-8400 for more information.

www.haltonspeech.com

Elayne Tanner & Associates Inc.



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Q: What is the difference between a hypnotist who entertains people and what you do?

A: Stage hypnotists use the fact that people, who are willing, can be put into a trance-like state, in order to make them do things that will be funny and entertaining to the audience. These people are not randomly picked from the audience, but rather, they are people who volunteer. They are already prepared to do the things that they know will be asked of them. From the initial group, the stage hypnotist will further select, by asking questions and by use of light trances, to see who is more receptive to going into deeper trances and who is more willing to do the increasingly unusual stunts. These are frequently the same people who do funny things or who loosen up a lot when they have had a minimal amount to drink in a bar or at a party.

What I do is use the same trance state to accomplish the behavioural changes that the client desires. This state can be deepened as necessary. This can be to use hypnosis for pain management with chronic pain or in birthing, stress relief, to quit smoking or for weight loss. It can also be used for relieving fears or phobias such as fear of flying, snakes, or public speaking. The range of uses for hypnosis is unlimited and varied. The client is always in control and can choose to come out of trance at any time. Being under hypnosis is much like the state you go into naturally when lost in thought or just about to fall asleep. I have used hypnosis widely and invariably, the client enjoys the experience and is surprised at how comfortable a state it is. Some things require a number of sessions but many find that they are relieved of the discomfort in just one or two sessions. Sessions are generally one and a half to two hours long. Even skeptics, as long as they are willing to try the process, have the same results. If you are interested, or would like to find out if hypnosis could help in your situation, I would be pleased to speak to you.

Elayne Tanner is a Certified member of the College of Professional Social Workers, with many years of professional experience in individual, family & marital counselling. Her office is located in Milton in a private rural setting minutes from the downtown area.

Further questions welcome - call (905) 854-0801
Confidentiality guaranteed.



Debra Job
B.Sc., C.D.A., P.D.A. Level II

FABUTAN
SUN TAN STUDIOS

437 Main St., Milton
905-875-4010



Q: Is it safe to tan more than twice a week?

A: You may think that if you can maintain a tan by tanning twice a week for 25 minutes, you will become even darker if you tan 5 times a week for 45 minutes. However, too much exposure may actually result in a less satisfactory tan, because the more you tan the thicker the top layer of your skin becomes, making it more difficult for UV light to stimulate melanin production. Your skin can only reach a certain degree of darkness, and overdoing it may damage the skin and increase the chance of premature aging. Two or three sessions a week is enough to maintain a tan. Remember, a half hour session is like a full day of sunshine at the beach.

The goggles that you wear while tanning are very important even though they seem like a nuisance. Your eyelids alone offer no protection against ultraviolet light, which can damage the cornea and retina and lead to cataracts. Not using proper eye protection may also result in short term effects such as tired, itchy eyes, headaches and loss of night vision.

Remember! Fabutan is committed to giving you the best tan, tanning products and service available anywhere. If you have any questions or concerns about tanning, please ask me & I'd be more than happy to help

Make Sure to Ask . . . It's Your Health!



KAREN MEWHNEY
OWNER

nutrition house
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Milton Mall
Main &
Ontario St.
693-8942

Q: I love the sun. How can I reduce the damage to my skin?

A: Summer means an increase of outdoor activities. While this has many health benefits, you will need to take some precautions.

First, drink water, lots of water. Dehydration has occurred once you feel thirsty. Don't forget the kids and pets.

We need 15 minutes of sun on our unprotected face and arms three times a week to produce vitamin D. The rest of the time, exercise sun care including: protective clothing, wide brim hats, sunscreen, and avoiding the noon sun.

There are also internal protectors. Sun exposure can damage cells. These cells are called free radicals. They cause a number of problems including cancer. Antioxidants combat these free radicals and limit the damage. Antioxidants should be taken not just in response to an existing condition, but as a preventative medicine.

Common antioxidants are vitamins A, C, E, the mineral selenium, grape seed extract, pycnogenol, and CoQ10. These antioxidants are usually found in pill form, some are also in a cream form. Taking the pills regularly is a preventative measure before, during and after sun exposure. The cream is an added boost after sun exposure.

Summer is a great time to increase our activity levels and enjoy the outdoors. Let's do it safely.

Nutrition House is a "Pillar of Health" of the Canadian College of Naturopathic Medicine.

With over 66 stores across Canada and growing...