


# 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



**SHOPPERS DRUG MART**  
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Carriage Square, 265 Main St. E.  
905-878-3311



JOY THORNTON

**Q:** Why do I need to take vitamins when I'm planning a pregnancy - even before I'm pregnant?

**A:** Women who take vitamins containing folic acid before becoming pregnant have a lower risk of having a baby with a neural tube defect.

Neural tube defects are birth defects that occur in 2 to 4 of every 1000 babies born in Canada. They occur when something interferes with the growth and development of the spine, skull or brain. The two most common neural tube defects are spina bifida and anencephaly.

These defects occur 25-29 days after a woman becomes pregnant - often before she is even aware that she is pregnant. Because these defects form so early it is recommended that women begin taking folic acid 3 months before they become pregnant and preferably as soon as they stop using birth control.

The recommended dose of folic acid for most women is 0.4 mg daily. It is available on its own or as part of a multivitamin or prenatal vitamin.

Women with epilepsy, diabetes, a family history of neural tube defects or a previous pregnancy affected by a neural tube defect should take 5 mg of folic acid daily. 5 mg tablets are available on prescription from your doctor.

Neural tube defects can be prevented. Ask your doctor or pharmacist to recommend a folic acid supplement for you and give your baby a healthy start!



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

Dr. Tony Wan's  
**Tooth Talk**  
Towne Dental Group  
Milton Mall - 55 Ontario St.  
(905) 876-1188

### Teething tots - what's normal, what's not

Teething can start as early as 3 months and continue until a child's third birthday. Typically between the ages of 4 and 7 months, you will notice your child's first tooth pushing through the gumline. Most children have all 20 of their primary teeth by the third birthday.

Whenever your child does begin teething, it generally will be a painless process marked by increased drooling and the desire to chew on things.

Teething, as a rule, does not cause high fever, diarrhea, or sleep problems. If your baby does develop a fever during the teething phase, it is probably due to something else and your child's doctor should be contacted.

Here is some advice to parents to ease the discomfort of teething:

- Wipe your baby's face often with a cloth to remove the drool. This keeps rashes from developing.
- Give your baby something to chew on. Make sure it's big enough so that she can't swallow it. A wet washcloth placed in the freezer for 30 minutes makes a handy teething aid - just be sure to wash it after each use. Teething rings are also good, but avoid the ones with liquid inside. If they break, the liquid may not be safe. If you use a plastic teething ring, be sure to take it out of the freezer before it becomes rock-hard - you don't want to bruise those already-swollen gums!
- Never tie a teething ring around a baby's neck, since it could get caught on something and strangle the baby.
- If your baby seems irritable, give her acetaminophen (such as children's Tylenol). If your child is under 6 months, consult your child's doctor.

Best Wishes for the Holiday Season!

### Elayne Tanner & Associates Inc.



Elayne M. Tanner

B.A., B.S.W., M.S.W., R.S.W., DIP. SOC. ADM.  
Counselling & Psychotherapy  
11084, 5th Line, Milton, Ontario  
(905) 854-0801

**Q:** Why do I keep finding myself in the same kind of relationships?

**A:** People tend to learn the way to be a part of a relationship very early in life. We may learn, for instance, that when mom is depressed, she likes it if we come up and give her a hug and she may even give us a hug in return. Or we might learn that the only time we get positive attention is when we produce something, such as a good grade, a piece of art work or a building project. In these situations, what have we learned about relationships and our place in them? We have discovered that the way to get our needs met is to give to others. We might need positive attention at other times, but we have learned that the best way to get it is to anticipate the other person's needs and fulfill them. If this is the case, what type of person are you going to feel most loved and wanted by? Likely, by someone who is needy, someone you feel will need you. You may be a rescuer, the person who feels they can help the lost soul. But after years of giving, your attitude, and your partner's attitude may seem different. You may feel very used by this person, and your partner may have grown to expect you to meet all needs. This is just one example of the "dance" that we do in relationships. Some other examples are the person who likes to be in control finding the mate who believes that they are incompetent; or the person who always is very emotional finding a partner who does not talk at all. How do we change this? We work on ourselves. We change the pattern of our dance so that we are not attracted to people who help us stay stuck. The best way that I know of doing things is to work with a qualified therapist who will help us recognize our patterns and then guide us in changing them.

At this time, I wish you all a happy, healthy and peaceful holiday season.

Elayne Tanner is a Registered 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  
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Lou Mulligan MA, CFP, RHU

**Q:** What is the best thing to do right now?

**A:** At this time of year, the best thing to do is to celebrate living...

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*please accept our best wishes*

*for a safe and joyful*

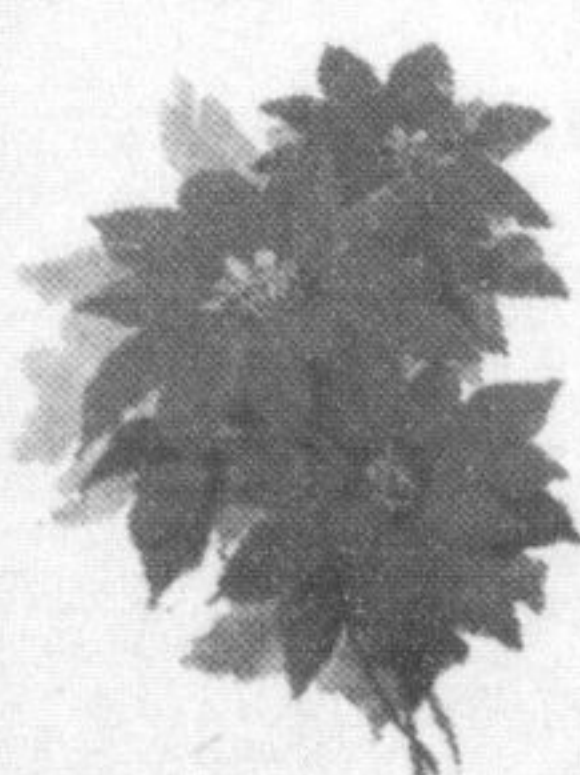
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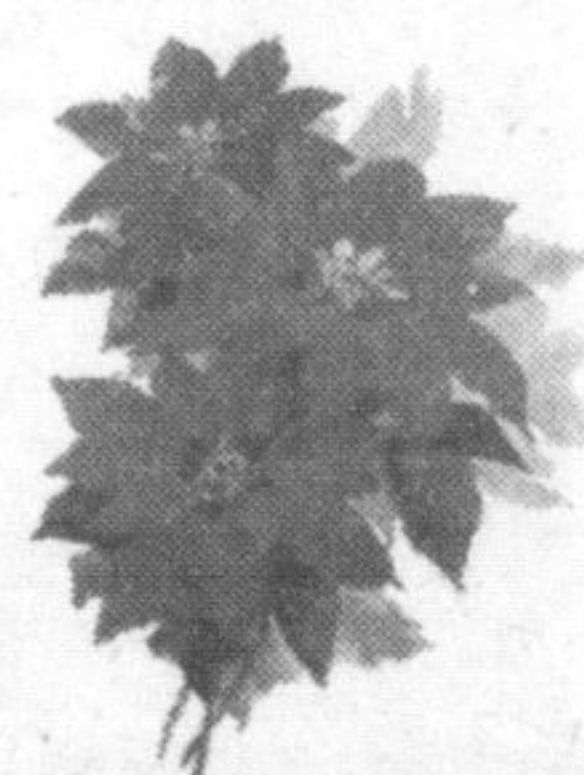
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DAWN PHILLIPS

**Sun Haven TANNING SPA INC.**

550 Ontario St. S., Milton • (905) 878-2324  
3505 Upper Middle Rd., Burlington • (905) 335-5050

**Q:** Are regular bulb changes in tanning equipment important?

**A:** Regular bulb changes are very important. Tanning bulbs have a limited life. The performance of tanning equipment is greatly affected if bulbs are allowed to be over used. The tanner simply won't get the results they should in the prescribed session time. Also there is a risk element if bulbs are not changed routinely. Tanners are apt to lengthen their session to compensate for "weak bulbs", then when the facility finally changes their bulbs, the longer session could burn an unaware tanner.

Bulb changes are very costly (\$800 to \$2400 depending on the size of the bed) and unfortunately to lower costs, some tanning facilities may not change often enough. At Sun Haven we change our bulbs at the half point of the bulbs expected life, assuring we provide the best and safest results for our clients.

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According to Maclean's magazine, "Ninety per cent of eldercare in Canada is provided by family members, and 60 percent of those caregivers are women."

The struggle to keep up with the demand for senior care is growing. With continuing Provincial and Federal government cutbacks it is no wonder we, as caregivers, must look to other sources to help us. Nonetheless, quality nursing homes cannot look after the vast majority and growing numbers of seniors.

So what is the answer? Embracing quality homecare that can offer such services from weekly housekeeping to regular scheduled visits to a personal cook, can bring peace of mind to the senior and reduce the stress for the caregiver.

There is also another group of Canadians that is growing in numbers...those that are living home alone. Sometimes, they need outside resources to take care of those things that they are not so good at doing or they just do not have the time to do it themselves. Resources do exist...and they are growing...to assist families in all areas of care needed. Check them out...they may have the exact services that you and your family are looking for!

While work-life stresses continue to deplete our "time freedom", there are opportunities to delegate some of the routine home and lifestyle chores to free up that precious time for outings, fitness, and hobbies, so you do not get lost in the shuffle.

Both scenarios are issues that touch everyone in one way or another. So, it is important that you take a look at what you are doing with your time each day. You must schedule time for yourself, your family and for fun, to be a healthier, happier you. This holiday season give yourself the first "gift" - schedule time out of each day, even if it is only a half-hour, just for you.

Write down the scheduled time in your diary, your daytimer, in a note addressed to you that you can place in plain view. It will be a daily reminder to yourself and everyone else...that you are off limits from ...to...you fill in the blanks.

Empty Nest would like to take this opportunity to --wish all our clients and to all of you and your families...peace, happiness and time for you...this holiday season and always!