

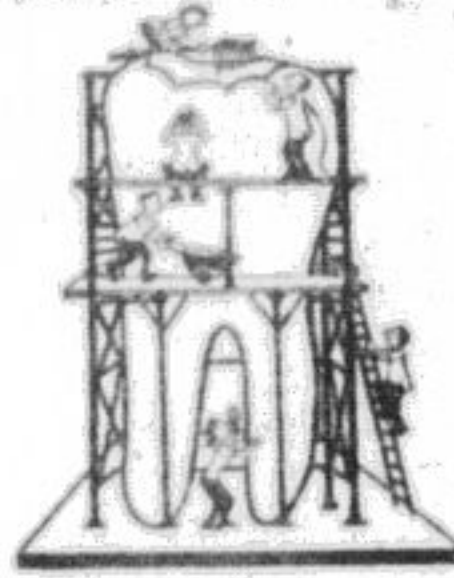
Ask The Professionals

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.

What Expecting Mom's Should Know

The earliest stages of dental development are found when the embryo is approximately 5 to 6 weeks old. Development of the primary teeth begins at this time.

At birth, there are normally 44 tooth buds present in various stages of development. Enamel formation is well under way on the primary teeth (also known as baby teeth).

Prior to birth, the mother's body provides nutrition to the developing child. Good nutrition before pregnancy helps carry the mother and child through the first few weeks of development, which are critical. Hormonal changes can cause pregnancy gingivitis (inflammation of the gums). Maintenance of good oral hygiene and removal of any irritants helps to reduce the inflammation.

During pregnancy, fever and illness can leave marks on the developing teeth. Antibiotics, particularly tetracycline, taken during pregnancy may cause yellow-brownish stain on the primary enamel. The staining does not usually affect the integrity of the tooth.

Pregnancy can cause changes in the tissues of the mouth that may be a concern. Good oral hygiene and proper nutrition is essential to keep the mother and child healthy. As a precaution, dental x-rays should be avoided during pregnancy. If a x-ray can not be avoided the mother will be protected with a lead apron with attached thyroid collar.



J. Scott Early Funeral Home
"personal and caring service"
21 James St., Milton
905-878-2669

Q: Should children attend visitations and funeral services?

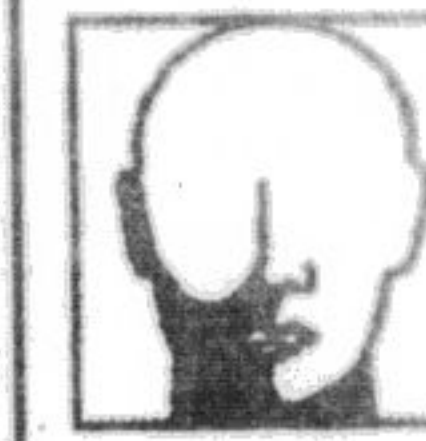
A: Parents often shield children from visitations and funeral services as a kindness. They mistakenly believe it is for the child's good to send him away with a friend or relative. They are dismayed by the suggestion that the child share in the activities honouring the life and memory of someone close to him. Yet, recognized child authorities agree that it is not only beneficial but should be encouraged if the child desires.

A child is an integral part of the family unit and should be included in every significant occasion as he would be in a family wedding or picnic. Though sad, the funeral is a sharing process and a crucial occurrence in the life of every family. A child should have the same right as anyone else to manifest his feelings and to express and share his own love and devotion. To shut a child out of this experience might be quite damaging to him. To deprive him of a sense of belonging at this very emotional time could shake his security.

Children old enough to attend a public gathering without being disruptive are certainly "ready" for "participation" or "attendance" at a funeral service. However, it is important that the child should not be forced to attend nor should he be forced to touch the deceased regardless of how close the child might have been to the person who died.

Any other questions pertaining to funeral service, please feel free to call the J. Scott Early Funeral Home at 878-2669. An educated public is a more prepared public.

HALTON HILLS SPEECH CENTRE



Northview Centre
211 Guelph St., Suite 5
(905) 873-8400

www.haltonspeech.com

Q: I have a 2 year old boy who has about 15 words in his vocabulary. The rest of the time he points and grunts to get what he wants. Should I be concerned or will he "grow out of it"?

A: At the age of 2 years, a child should have a vocabulary of several hundred words, use both nouns and verbs in combination, refer to himself as "me", answer "where" questions and be able to have "conversations" with other children. It is important to remember that all children develop their skills at different times, however, if your child has a limited vocabulary by 2 years and is not showing any indication of increasing it on a daily basis, there is possibly a cause for some concern. If there are signs of frustration and anger at not being understood and if there is a reluctance to imitate words and phrases that are modeled for him, it would be advisable to refer your child for a speech and language assessment with a Speech-Language Pathologist. If you have any questions or concerns, please call the Halton Hills Speech Centre for information on assessments, individual therapy or possible group therapy.



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HEARTWORM DISEASE IN DOGS AND CATS

Two weeks ago, I spent the week in Windsor, England and spent my time looking at beautiful gardens with daffodils, tulips, rhododendrons and magnolias. Whilst walking in the Royal Windsor park, I realized and envied the fact that the British mosquito, although equally nasty, does not present the same health risk to pets there. That thought made me remember that it was time to write my article for April, and mosquitoes seemed the appropriate topic. Last week I arrived home to a blizzard accumulating 8 inches of snow and I quickly forgot thoughts of spring. Today, as I look out of the window, I am more inspired, as I can see patches of grass showing (but no daffodils yet).

The pesky mosquitoes that we are inundated with in spring and summer can carry a fatal parasite called heartworm. In the past, we have considered it a disease of dog but more recently it has been documented in cats and in humans in North America. It is a parasite that is injected into the bloodstream by mosquitoes and eventually matures in the chambers of the heart. As the worm grows it causes obstruction of the chambers in the heart and leads to cough, lethargy and heart failure. The disease can be treated but often the body suffers permanent damage. This disease is easily preventable by giving medication on a monthly basis. The medications that we have available to us also can prevent flea and intestinal parasite infestation as well. The medication comes in either a chewable tablet or a liquid that is applied to the skin once monthly. It is very easy and relatively inexpensive compared to the cost of treating these parasitic infections.

With regards to cats, there have been some documented cases of heartworm disease in cats in Ontario. This could be just the beginning of the problem, and in years to come, we could see many more feline cases on the Continent. In view of these facts, many veterinarians with whom I have spoken feel that at this time, it would be appropriate to consider initiating a preventative program for cats. Some clients may have seen advertising for a product called REVOLUTION, which if applied once monthly to a small spot on the back of the neck, will prevent heartworm, fleas, ear mites, worms in cats.

If you have any questions please contact your veterinarian.

Herbal Magic

Weight Management and Nutrition Centres



Maxine Stanley

15 Martin St. 905-693-9594

"Providing a Natural Way to Better Health and Wellness"

Q: I recently tried a diet that involved protein shakes, and I was restricted from consuming bananas, grapes, carrots and alcohol. Needless to say, it didn't last very long! Is it really necessary to go to these extremes to lose weight?

A: The answer to your question is most definitely "NO!" To avoid such natural fruits and vegetables for the rest of your life is absurd, and avoiding alcohol for some people means an end to their social lives.

Such extremes are NOT necessary! What you've just described is a temporary change to your eating habits: a DIET. To have true weight loss results, and most importantly, LASTING RESULTS, you need to make some lifestyle changes, not just temporary ones! That's why diets don't work! They are a quick fix for a long term problem, and inevitably, the weight comes back on when you go back to your "normal" eating habits. This leads to the "yo-yo" syndrome, where your weight constantly swings from high to low to high again, wrecking havoc on your metabolism (not to mention the rest of your body!)

The true formula for weight loss is everything in moderation on a daily basis. The changes that you make to your eating should BECOME your new habits, rather than a temporary distraction from your old eating habits. At Herbal Magic, we understand this, and have designed a sensible eating plan that incorporates your own grocery store bought foods. Alcohol, along with the aforementioned fruits and vegetables, are most definitely a part of your program! Safe, all natural herbs are used to raise metabolic rates and to ease cravings, helping you to develop new and lasting eating habits. Trained nutritional counsellors are on hand to provide one-on-one guidance and full support. If weight loss is something you've been considering, give us a call or stop by. All consultations are free with no obligation.

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.



Geraldine Hesketh

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Showroom RESIDENTIAL & COMMERCIAL
845 Main St. E. Milton 905-878-4280

Now that the sun is about to pop out, we hope you are looking at spring reno's and here you are standing in your hall with a paintbrush in hand and a deflated expression. Lets assume its your first try at this...

#1 Wallpaper everywhere and it has to go. Hopefully it was prepared correctly before and hopefully it is not stuck to the drywall. If so, leave. Usually your first layer isn't so bad, but what is behind the top layer could destroy your beautiful manicured nails, as you tear at it. Tty scoring with the edge of a scraper. Do not go deep as you will rip your wall as well.

Now take wallpaper stripper and hot water and soak your scored surface. This allows the water to get in behind to lift it up.

#2 O.K. You have lost 10lbs in weight and are knee high in soggy paper. What next. Your walls are looking a mess, so now take t.s.p. and wash your walls down, this gets rid of most of your wallpaper glue and smoothes your surface. Ready to start the transition? Rise off, don't hose down. Stand back and take a deep breath.

#3 Prep your walls. Maybe filling holes with filler sand. Smooth when patch is dry. Now your most important step is to apply a coat of primer. No you say? But yes, it acts as a good base and seals and eliminates patchiness and is definitely worth the effort. Pratt and Lambert Suprime #1 is fantastic, if it's brand new drywall. Due to you knocking the wall down, standard drywall primer will suffice.

O.K. Now its all starting to look pretty good and the cat has come out of the closet, all the profanities used up and a smile is on your face.

Now the creative juices kick in. Faux finishes accent walls. Hmmm... first go choose a nice colour and try it. If two coats are required, you can try a variation to see if you like your choice. Primer can be tinted but will be a lot lighter. Dark top coats usually need at least two coats.

Now talking of coats, put yours on and head this way! We have all your needs at Comfi! Go on, you can do it!