

# 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

## HALTON HILLS SPEECH CENTRE



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

www.haltonspeech.com

**Q.** My father had a stroke about 2 years ago. He has made great recoveries physically, however, we often have a hard time understanding him and meeting his needs. His speech is quite slurred, and he gets very frustrated when he can't explain to us what he is trying to say. What can we do to help him?

**A.** Often after an injury to the brain, a person may have weakness affecting the facial muscles such as the lips, tongue or jaw. This results in slurred or difficult to understand speech (dysarthria). The area of the brain responsible for planning the movement of these muscles may also be affected (apraxia).

A Speech-Language Pathologist would be able to find out what the problem is and to provide specific ideas about how to help.

Here are some suggestions to keep in mind when speaking with a person who has dysarthria:

- Encourage communication when the person is well rested. Communication may not be as clear when the person is tired.
  - Allow additional time for the person to communicate thoughts and messages.
  - Have the person talk slower and exaggerate movements of the lips and tongue for clearer speech.
  - Encourage the person to sit in an upright position. This will increase breath support and posture for better speech production.
  - When speech is difficult to understand, encourage the person to reword the message or use a different method of communication (such as gesturing, drawing or writing) to get the message across.
- For further information on dysarthria or any other speech, language or swallowing problems, please contact the Halton Hills Speech Centre at 905-873-8400.



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



## Can You Ever Keep Your Wisdom Teeth?

Wisdom teeth are a valuable asset to the mouth when they are healthy and properly positioned. Often, however, problems develop that require their removal. When the jaw isn't large enough to accommodate wisdom teeth, they can become impacted (unable to come in or misaligned). Wisdom teeth may grow sideways, emerge only part way from the gum or remain trapped beneath the gum and bone.

Extraction of wisdom teeth is generally recommended when:

- Wisdom teeth only partially erupt. This leaves an opening for bacteria to enter around the tooth and cause an infection. Pain, swelling, jaw stiffness and general illness can result.
- There is a chance that poorly aligned wisdom teeth will damage adjacent teeth.
- A cyst (fluid-filled sac) forms, destroying surrounding structures such as bone or tooth roots.

Patients should ask the dentist about the health and positioning of their wisdom teeth. If your dentist isn't sure that your wisdom teeth will cause problems, or if you decide against having them removed, your dentist probably will recommend that you have them evaluated and x-rayed periodically - just to be on the safe side.



Debbie Hawkins  
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## Canine Parvovirus Enteritis

Canine parvovirus is, in my mind, the most deadly canine virus of the last two decades. This virus causes severe debilitating and often fatal illness, the symptoms being vomiting, diarrhea, dehydration, loss of appetite and often death. The virus causes illness by destroying the inner lining of the intestine. The result of this is rapid dehydration with vomit and diarrhea and secondary bacterial infection throughout the body, affecting the major organs i.e. heart, liver and kidneys.

To make matters worse, the virus attacks the bone marrow, which disables the body's immune system and its ability to naturally recover.

If untreated, this virus may cause death within 24 hours. Even with treatment the probability of death is still quite high. Survivors of parvovirus have often spent many days in the veterinary hospital, receiving critical intensive care. Parvovirus is shed in the feces of dogs that happen to be carrying it. The virus can remain active on the ground even through freezing temperatures.

Puppies and adult dogs that are not adequately vaccinated against parvovirus can become infected quite readily by ingesting the virus from the ground. As a consequence, adult dogs should be vaccinated on a yearly basis for adequate protection. Puppies should receive vaccination against parvo along with other canine infectious diseases, every 3 to 4 weeks starting from age 8 weeks through to 16 to 20 weeks, depending on which type of vaccine is being used. Your veterinarian will design a protective vaccine protocol for your puppy, at the first check up.

Along with a proper vaccination program, you can protect your puppy from contracting the disease, by ensuring that it does not visit areas where dogs of unknown vaccine status have ventured. This includes parks, school grounds and sidewalks. Until your puppy has completed its vaccines it is safest in your own backyard.

Although it is tempting to take your new puppy out to the above places, just remember that you will have many years ahead to do this, so wait until the puppy is properly protected.



Systems International  
Weight Management and Nutrition Centres



Maxine Stanley

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**Q:** I recently purchased a herbal product that supposedly aided in weight loss. It contained a substance called ephedrine. I stopped taking it after a few days because I got shaky and my heart raced. What exactly is ephedrine and why is it being used for weight loss?

**A:** Ephedrine is a chemical compound that is found in the dried stems of the "Ephedra sinica" plant (better known as "Ephedra" or "Ma Huang"). Ephedra has a stimulant effect on the central nervous system, making the heart beat faster, increasing blood pressure and raising metabolic rate.

Its main use for the last 3,000 years has been as a bronchodilator, effectively opening small airways in the lungs and alleviating nasal congestion. It is excellent in small doses to safely treat asthma, allergies, colds and sinus infections.

The problem occurs when individuals start using products that contain ephedrine and caffeine for weight loss. Unfortunately, daily usage of these products over an extended period of time is instructed for weight loss.

The higher dose and the longer you take ephedra, the greater the incidence of side effects, such as racing heartbeat, nervousness, insomnia and heart palpitations. Long-term use can have more serious side effects that include high blood pressure, stroke and seizures.

Herbal Magic carries its own line of standardized/research-grade quality herbs that are specifically designed to aid weight loss, and are completely ephedrine and caffeine free. Both safe and effective, they provide good appetite control without the side effects of ephedrine. The herbs are combined with a proper eating plan to provide maximum results, helping you to achieve your weight loss goals.

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.

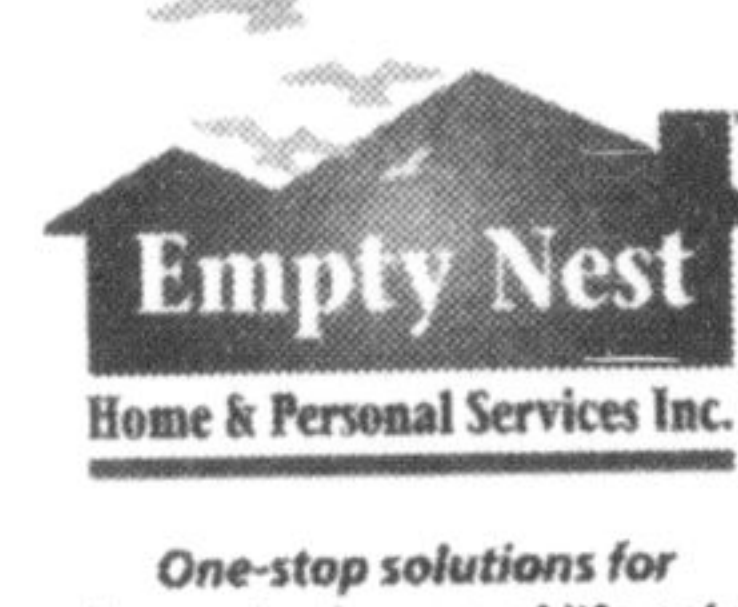


DAWN CASE

905-876-4999 or  
1-877-206-7084

website:

www.emptynesthome.com



One-stop solutions for home, business and lifestyle

**Q:** "When I look at what needs to be done, from some home remodeling projects, to lawn and garden improvements and to just getting at the normal spring-cleaning jobs, I just don't know where to start. Do you have any suggestions?"

**A:** When spring arrives, we have an awakened energy after the long winter and a sense of urgency as we embark on the annual spring-cleaning event, both indoors and out.

However, when the annual spring-cleaning takes on an added dimension like home remodeling, inside and out, as well as those lawn and garden projects too, then it can be overwhelming. But it doesn't have to be.

The key to any project is planning. Jumping into projects without any pre-planning, including those spring-cleaning jobs and the garden, will cost you time and money (not to mention frustration!) in the long run.

### Planning Tips

Consider the size of the project. This will affect the tools and materials you need, as well as the time it will take. Think about your budget. Although careful planning will minimize surprise costs, allow for the unexpected (add an extra 10% to 20% to play it safe). Take it one project or one room at a time.

### Should you do these projects yourself?

Believe it or not, it isn't always cheaper to do it yourself. Professionals have the experience and tools to do the job faster and, sometimes better. It could make sense to do part of the work yourself and use contractors for the portions of your project that will take the most time or are beyond your ability. Not only will this help you keep your cool... now you can enjoy your extra freedom with your family or doing other things you like to do. Spring is here! So, put your ideas, projects and budget on paper. Now is the time to call the professionals to help you with your plans for your inside and outside projects and even to help you complete some of those major tasks.

From the lawn and garden, to organizing your office or your favourite room, or, to help you with your home improvements and repairs, or, even to help you with those spring-cleaning chores, it is best to call them now. Most of all, when each job is done, Reward Yourself.



Open to midnight, 7 days a week  
Carriage Square, 265 Main St. E.  
905-878-3311



DAWN ROSS

## Don't Forget Your Sunscreen

As the spring season arrives, we spend more time outdoors in the sun. The sun is an important source of light and energy and our bodies need some sunlight to work properly, but too much sun can lead to health problems.

Sunlight contains ultraviolet or UV light. UVA rays penetrate deep into the layers of the skin and contribute most to early aging and wrinkling and to the development of skin cancer. UVB rays cause sunburn, but they also cause cataracts, and contribute to early aging of the skin and skin cancer.

Over 60,000 Canadians develop skin cancer each year, but at least three-quarters of those cases could be prevented if we took more care to protect our skin during childhood. About 80% of the skin damage from the sun happens by the time we reach 19 years of age. How do you protect yourself and your family from sun damage? The Canada Sun Guide offers the following tips:

### Minimize Sun Exposure

- Schedule outdoor physical activities before 11 am and after 4 pm.
- Always keep children under the age of one out of the sun.
- Water, snow, sand and concrete can reflect and increase the sun's burning rays.
- Don't be fooled by cloudy days; skin doesn't have to be hot to burn.

### Seek and Create Shade

- Look for natural shade from trees and buildings, or use umbrellas.

### Cover Up

- Cover heads, necks and ears with a broad brimmed hat when outdoors.
- Protect arms and legs with loose-fitting, tightly woven cotton clothing.

### Use Sunscreens

- Use a sunscreen that protects against both UVA and UVB rays and has a sun protection factor (SPF) of at least 15.
- Apply a generous amount of sunscreen at least 20 minutes before all outdoor activities and reapply if you perspire or if you go into the water.

A tan is a sign of skin damage. There is no such thing as a safe tan. Any reaction to the sun, a burn or a tan, is a sign that the skin has already been harmed. Many people believe that tans from salons are safer than tans from the sun, and that getting a base tan from a salon will protect them from sun related skin damage. Neither of these is true. UV light causes skin damage no matter where it comes from.