

Hand-washing remains best way to stop spread of viruses

• from CHILDREN on page 12

- Ear ache, toothache or sinus pain develops.
- Cough gets worse instead of better.

Antibiotics are the leading cause of antibiotic resistant bacteria. Hand-washing remains the best way to stop the spread of viruses and bacteria from person to person. Remember to wash your hands frequently when ill and before eating and after using the bathroom or changing a diaper. Teach children the proper way to wash their hands with soap and water.

Don't worry about buying every antibacterial scrub, soap, mouthwash, household cleaner and toy. These products may kill some bacteria, but they can also strengthen the resistance in others. All you need is regular soap and water to keep your home environment healthy.

For more information about antibiotic resistant bacteria, call the Halton Region Health Department (905) 825-6060, ext. 7855, TTY 905-827-9833, toll free 1-866-4HALTON (1-866-442-5866). Visit our Web site www.region.halton.on.ca/health.

Health Notes is prepared by staff of the Halton Region Health Department.



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Diabetes: Don't be a statistic!

According to Health Canada statistics, one in every thirteen Canadians will get Diabetes. Obesity and being overweight, especially around the midsection, is the leading risk factor for Type 2 Diabetes.

We've all been hearing these kinds of facts lately, and if you're like most of us, it's just more bad news to try to ignore. The difference about this bad news is that if we take personal responsibility for our health, the news can be avoided.

Type 1 Diabetics do not secrete insulin. An auto immune reaction has destroyed the cells which manufacture insulin in the pancreas. This type of Diabetes will always depend on insulin injections for energy and survival. It can not be cured, but will benefit from healthy lifestyle practices in order to prevent or reduce complications of Diabetes later in life.

Type 2 Diabetics do secrete insulin but the body does not recognize it in the usual ways therefore cannot utilize sugars for energy. This is the type of Diabetes that can be prevented or delayed through lifestyle changes.

Here are a few simple suggestions to begin your preventative strategy:

- Make sure you get 8 glasses of filtered water each day.
- Eat whole unprocessed foods which can be found around the outside edge of the grocery store.
- Eliminate refined carbohydrates like sugar and white flour.
- Eat small frequent meals and snacks about every three hours or so.

- Start exercising a minimum of 4 times per week, at least one half hour each time.
- When embarking on a weight loss plan, faster is not better. maximum healthy weight loss should be about 2 pounds per week. Diabetics should expect one-half to one pound per week.
- Don't Give Up!

For support on your path to a healthier you, choose a Healthcare Professional who will be able to assist in designing a healthy individualized program of foods, and maybe supplements, which are appropriate for you.

If you are a Diabetic, choose a Practitioner who is experienced in counselling Diabetics and is familiar with supplements which can moderate Diabetes. As your weight drops and health improves, blood sugars may dip. An experienced person will be able to minimize those dips and refer you for appropriate medical support if needed.

Take control now. There is no need to let this insidious disease get the best of your health. Make some healthy choices beginning with your next meal, then go for a walk. Whether you do it on your own or with support, you don't have to become one of the statistics.

Jane Brooks, R.N.C.P.



Marion Healy R.N.C.P.

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CHIROPRACTORS OF MILTON

HELPING YOU HEAL

Headaches

A most common pain.

Headache is humanity's most common pain. Sooner or later, nearly all of us get one. But to about 20 percent of the population, headaches are more than an occasional discomfort; they are chronic, or recurrent.

No headache is "normal", rather, it is a symptom of some underlying problem. Occasionally, this problem is easy to identify, such as trauma or allergies. Often, however, headaches are a symptom of some other health condition which may be difficult to accurately diagnose.

If you tried to "cure" your headaches with painkillers, you know how fruitless that approach is in the long run. The headaches keep coming back because aspirin and other similar drugs alleviate the symptom - (pain) without doing anything to correct the underlying problem.

What causes headaches?

Many things can cause a headache: strong smells; intense lights; sinus trouble; high blood pressure; dental problems; ear, eye or vision conditions; fever; infections; tumors; seizures; lumbar punctures; alcoholic drinks; drugs; accidents and other causes. You can get a headache just worrying about all the things that cause them. And that leads us to the most common headache of all; the muscle tension, worry or "stress" headache that make up 90% of all headaches.

Can a chiropractor really get rid of my headaches?

It will help to understand what causes most headaches. Your spine protects your nervous system which starts with the brain and becomes the spinal cord. When vertebrae in your neck are unable to move properly, it irritates or puts pressure in that area. That can result in reactive muscle spasm causing headaches. To correct this problem (called a subluxation) a chiropractor gently adjust the vertebrae.

Since most headaches are caused by subluxations, they will soon disappear.

Why would I have problems in my neck?

There are many reasons. They can originally occur during the birth process. As your body grows and matures, falls, sports activities, injuries, motor vehicle accidents, bad posture or simply the stresses and strains of daily life can cause spinal problems. It is also very common for headache sufferers to experience neck pain and stiffness.

But my headaches are migraines?

Migraine headaches are usually severe and sharp, throbbing in nature, and generally affect one side of the head. Tension headaches tend to occur frequently, last a long time and are characterized by a dull, steady pain that feels like a band of pressure around the head. But despite these differences they are closely related. Chiropractic care has been proven to be **extremely effective** in treating migraine and tension headaches as well as neck pain and stiffness.

Research

Researchers have often noted the relationship between the spinal column and headaches. A study of 6000 patients who suffered from recurring headaches for 2 to 25 years showed that cervical spine trauma was the most important factor in the cause of the headache and **should be suspected in every non specific case of headache**. One dramatic study of childhood migraine sufferers found spinal care to be especially effective. Another study involving 100 headache sufferers found spinal care to be especially effective. In a group of headache sufferers including both "muscle tension" and "migraine" types, 97% were found to have abnormalities in the cervical spine visible on the x-ray motion studies. The result of a study reported in the British Medical Journal found that improvement in pain symptoms following chiropractic care lasted for two years (the most recent published follow-up).

What will the chiropractor do to treat my headaches?

Your first visit will include a consultation, examination and possibly an x-ray to help diagnose your problem. Once your condition is fully understood, your chiropractor will explain your test and x-ray results and outline a treatment plan that is tailored to your needs. Your chiropractor will use highly skilled, gentle adjustments to correct the subluxations.

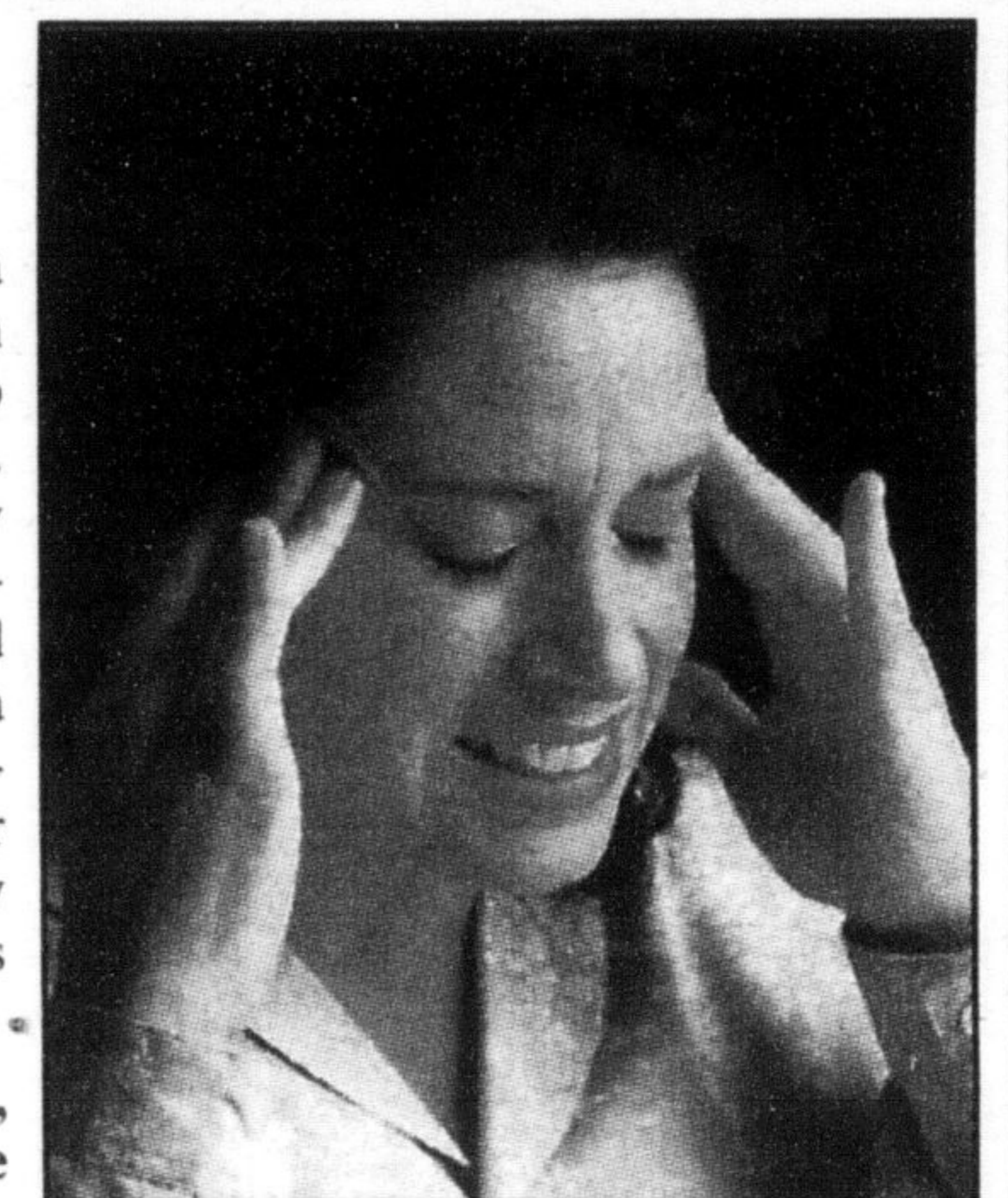
Once my headaches stop, does the chiropractic care end?

Your body continues to heal after the pain has gone. Continuing to have chiropractic adjustments helps to retrain your vertebrae to hold their healthy positions. Your nervous system will function more efficiently and your body will be better able to heal itself. In time, exercise, a healthy diet, and periodic visits to the chiropractor will help you stay healthy, pain free, and live life to the fullest once again.

Conclusion

Chiropractic is not glorified aspirin, because the focus of treatment is not merely to alleviate the pain, but to **remove the cause**. Chiropractors are the only health professionals who are trained to diagnose and correct spinal nerve stress, also know as "vertebral subluxation". A healthy spinal column is critical to the normal neurology of the whole person, permitting the body to **restore the normal balance of function and in effect heal itself**.

A public awareness program by your local chiropractic association



Milton Chiropractic Centre 310 Main St. Dr. David L. Phillips 905-878-5656	Milton Family Chiropractic Centre 379 Ontario St. S. Dr. Heather Jones 905-878-5020	True Health Chiropractic 550 Ontario St. S. #205 Dr. Anna Neff 905-876-0048	Barrow Chiropractic 180 Ontario St. S. Dr. J. R. Barrow 905-878-8127	Family Care Chiropractor 106 Wakefield Rd., Dr. Angelika Koeth 905-878-5165	Healing Centre 95 Main St. E. Dr. Marlene Turner 905-876-1888	McPhail Chiropractic Centre 270 Martin St. Dr. Murray McPhail 905-876-0005
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