

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

Open to midnight, 7 days a week
Carriage Square, 265 Main St. E.
905-878-4492



MICHAEL WONG

Q: I have difficulty distinguishing between efficacy and potency of a drug, can you explain?

A: Efficacy and potency are the two important fundamental concepts of drug theory. To understand these concepts, it is convenient to use an analogy.

Let us imagine that there are three airplanes. Plane A can always reach a higher altitude than Planes B and C. Incidentally, both Planes B and C attain an identical altitude. The fact that Plane A is a higher-flying plane than Planes B and C is parallel to the situation that Drug A is a more efficacious drug than Drugs B and C. Efficacy of a drug is analogous to the altitude of an air plane. At the same time, while both planes can attain the same maximum altitude, Plane B is more fuel-efficient than Plane C. This is likened to saying that although both drugs have the same efficacy, Drug B is more potent than Drug C. A more potent drug, therefore, requires a lesser quantity to achieve a desired therapeutic effect.

Understanding this, a pharmacist knows when you talk about a "stronger" drug, in effect you imply a drug with better efficacy and, not necessarily, higher potency. In general, potency (efficacy) is not a problem for an oral drug, it is efficacy (altitude/effectiveness) that should be of more concern.

A case in point: Acetaminophen, even at a very high dose, rarely gives relief for severe pain; but a more efficacious morphine can duly do so. In fact, a more potent pain-killer would make little difference.

Next time, with confidence, you could request your doctors or pharmacists for a more EFFICACIOUS drug!

Michael Wong, Healthwatch Pharmacist
Shoppers Drug Mart, Carriage Square



Herbal Magic

Weight Management and Nutrition Centres

15 Martin St. 905-693-9594

"Providing a Natural Way to Better Health and Wellness"



Maxine Stanley

Q: Why are some people successful at weight loss, and not others?

A: You have tried and failed, time and again, while watching friends change their lives and succeed at weight loss. It's easy to fall into that trap of self-doubt. But you definitely can lose weight. Here are some ideas to ensure weight loss.

Choose the right weight loss plan! If you are going to take this major step that will change your body, your health and your confidence, you must choose the right plan. Take your time and consider all of the options. You don't want to build up your courage, start a weight loss plan and then have it fail on you. It could affect your physical and emotional well-being.

Have self-confidence! Don't be your own worst enemy. Just think of where you will be only one month from now - smaller clothes, healthier body and a higher level of self-esteem. The feeling of power over your own body will continue to get stronger as you change both your lifestyle and attitude towards yourself.

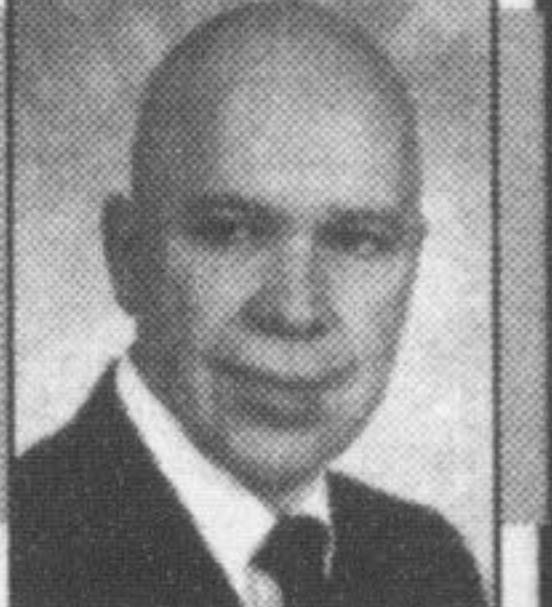
Monitor and record your success! To achieve your goal, you have to see and appreciate the steps taken to reach that goal. Monitoring and recording success is absolutely critical. It will give you a chance to take pride in your dedication to changing your lifestyle. At Herbal Magic, each client meets with an individual health counselor a minimum of three times per week, where measurements are taken, food intake is analyzed and the client receives different ideas for accelerating their own weight loss.

If now is the time for you, then take the first step in changing your life by speaking with a health counselor. Call 905-693-9594.

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 eight years, and is a trained nutritional counselor.

MONEY CONCEPTS

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Lou Mulligan MA, CFP, RHU

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420 Main Street East, Milton, Ontario L9T 1P9

Q: I am 69 this year and have to do something with my RRSPs. What are my choices?

A: This is important. If you, a friend, or parent are turning 69 this year, by the end of the year you turn 69, all RRSPs and locked-in RRSPs mature. There are three options available to you.

Option 1. Do nothing and therefore collapse your RRSP. You will pay tax on all the value in it. For most people, this is the least desirable choice and should be avoided. There are other choices that will allow you to delay and reduce the amount of tax to be paid.

Option 2. Transfer your RRSP assets to a Annuity that starts to pay out now. While better than Option 1, annuity rates are very low and this is a very "final decision". In the annuity, you lose your flexibility in exchange for a rate guarantee. You should delay doing this until interest rates are to your advantage.

Option 3. Convert your RRSP into a RRIF (Registered Retirement Income Fund.) This option offers the most potential flexibility and is the best choice for most people right now. The RRIF choice allows you to keep most of your assets tax sheltered. RRIFs also have more flexibility. This is to your benefit. You can switch your RRIF to an annuity later when interest rates are more advantageous.

Confused? For solutions that are easy to understand, please contact Money Concepts at 905-876-0940.



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In the past we have talked about most floorings; laminate, wood tile etc. We all tend to want what we see in glossy magazines or hear about which is fine. However it is not just the product to consider but the application also, so be willing to diversify.

For instance click laminate is a hot item but remember, it requires a good level surface. So if your room is like a ski slope, then a lot of preparation is involved and sometimes an alternative choice maybe necessary and with this in mind, you won't be so disappointed when your contractor puts you off. With ceramic tiles, remember height problems in some situations may occur and you may have to remove your existing floor to allow for this, by shaving doors and baseboards. 3/4" hardwood if being nailed, needs a good plywood or the nails can pop out and your floor sounds like the mating cry of a large mouse...SQUEEK!!!

Anything is possible, so long as we know ahead of time. There may be some pitfalls, but we accept this and usually we are happier knowing we made the right choice for the right reasons.

On the other hand, don't always think you are limited either. "Oh I can't have this look or floor." We have choices and designs, you have not even looked at. For example, **KARNDÉAN** flooring is a company that has taken vinyl and produced a very unique product in tile or wood effect that incorporates borders, accent strips, inlay effects. We have had a great response to it. So we can cover all tastes and requirements. It is classy and tough, plus the design aspect is great and it's exclusive to us.

By the way, we hope you all had a very happy Thanksgiving.



Dr. Angela Barrow
B.Sc., D.C.

BARROW FAMILY CHIROPRACTIC

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5 Components of a Healthy Lifestyle

1. **Exercise:** this needs to be 3-4 times per week for at least 30-40 minutes. There are many studies supporting the physical and emotional benefits of regular exercise. It is important to make this a ritual in your daily routine.

2. **Diet:** A balanced diet is important as well as paying close attention to preservatives and processed foods. We generally consume many more chemicals than earlier generations. Foods containing aspartame and MSG should be avoided. It is also imperative to drink at least eight 8-ounce glasses of water a day. Remember, your body is composed of 75% water!

3. **Rest:** Most Canadian adults and children are not getting enough sleep. Proper rest is imperative to the immune system. When you are at rest, your body is able to spend time healing. As well, proper rest will allow your brain to function much clearer, enabling you to make better decisions during your day.

4. **Positive Mental Attitude:** It is well known that there exists a link between mental attitude and physical health. A paradigm shift is happening in our society. More and more individuals are becoming aware of the importance of decreasing the level of stress in their lives through techniques such as yoga and meditation. Authors such as Robin Sharma and Deepah Chopra have written multiple books on how positive mental attitude can literally change your life by changing the thoughts you allow to come into your mind.

5. **Chiropractic Adjustments:** Working towards a healthy nervous system is key to optimal well being. The nervous system is the master control unit in the body. It coordinates and controls EVERYTHING in your body. For your body to move, your lungs to breathe and your brain to understand what you are reading, your nervous system is involved. Interference with nerve flow to the body disrupts the body's natural ability to heal and regulate. These interferences are called **subluxations**. Chiropractors locate and correct subluxations to allow the **inborn healing ability** of your body to heal.



Dr. Ron Strohan
Optometrist

Dr. Ron Strohan Optometrist

Wakefield Professional Centre

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905-878-5882

INNOVATION: BIFOCAL CONTACT LENSES

For many people the transition from glasses to contact lenses has made life easier. Provided the person understands the health aspects of wearing a contact lens, and they are safely viewing all distances. Careful consideration is given to contact lens wearers, to be certain the lenses are being worn in accordance with the health of the eye, as well as the functionality of the wearer's requirements to see freely, comfortably in everyday activities.

Contacts, are unlike glasses in that they actually are in contact with the cornea, and move with the movements of the eye. Therefore they must be assessed to be certain the cornea is able to breathe. Each person has different requirements. Many people who end up having difficulty wearing a contact lens are possibly having difficulties due to not wearing the correct type of contact lens. Only a contact lens examination on a frequent basis can assure the contact lens is adequate to be worn safely. **YES, A CONTACT LENS EXAMINATION.**

Another reason people get discouraged is as the years go by, a person's near vision requirements become more demanding. People who began wearing contact lenses when they were in their twenties, fifteen to twenty years ago begin having difficulty reading and using the computer as they approach the age of 40. They may have resorted to adding reading glasses over the contact lenses, which aggravated the freedom and the reason they began wearing contact lenses in the first place.

I have been fitting a progressive multifocal contact lens developed by a Canadian optometrist 30 years ago, which works very well for most bifocal wearers. It has finally become available as a frequent replacement disposable lens. Now being economical, giving the freedom of clear healthy vision for many distances regardless of the direction of view. With the proper assessments and information contact lens wearers over the age of 40 can experience freedom of vision once again. The technological advantage of the lens is a progression of focus which requires no thinking of where to look ... **it just works, and works well as long as the health of the wearer is considered.**

Just think of the freedom of not having to turn your head up to see the computer screen as you would with bifocal glasses, and not having to worry about your golfing putt, or the menu in a restaurant.