

# 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



**Herbal Magic**  
Weight Management and Nutrition Centres

15 Martin St. 905-693-9594



Maxine Stanley

"Providing a Natural Way to Better Health and Wellness"

**Q:** I have tried just about every diet in the last three years, and I can't seem to keep my weight off. Why is that?

**A:** The answer is really quite simple: diets don't work! Unfortunately, there are a lot of "quick fix" promises, ranging from "fat-eating" pills to all-protein diets to muscle stimulation instead of exercise. The common denominator among these is that they offer short-term solutions to a long-term weight problem. Most make unproven claims of "weight loss", and can be potentially dangerous to your health!

At Herbal Magic, we understand that achieving long-term weight loss results requires focus on the underlying cause of weight gain: poor eating habits! There must be a change in the way one approaches food on a DAILY basis. With this in mind, Herbal Magic has designed a sensible, well-balanced eating plan that uses only your own grocery store bought foods (no shakes or pre-packaged meals). Safe, all natural herbal supplements are used to help control appetite and boost metabolic rate, making it easier to adapt to a healthier, eating lifestyle.

The trained health counselors at Herbal Magic know how hard it is to break old habits, so one-on-one counseling and guidance is provided each and every visit. For more information, stop by or call us at: Herbal Magic, 15 Martin Street (Carriage Square) 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 7 1/2 years, and is a trained nutritional counsellor.



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**Q.** My child has painful red swollen spots on his feet that were recently diagnosed as Chilblains, what is chilblains?

**A.** Chilblains commonly occur in young adults, especially with a history of cool limbs. The symptoms are only seen in cold damp climates and the incidence has fallen with the advent of central heating.

Chilblains represent an abnormal vascular reaction to cold. They may be produced on re-warming by the more rapid dilation of the constricted arterioles than the draining venules. This is thought to lead to the exudation of fluid in the tissues.

Chilblains occur at any age but are most common in children. They start in early winter, but outdoor workers may develop them in the spring. Itching and red lesions are followed by swelling of the subcutaneous tissues on the top of the toes, on the heels and fingers, especially when cold extremities are warmed. Chilblains may be single or multiple and usually subside in two to three weeks. Sometimes the reaction is more intense with ulceration.

The best treatment for chilblains is applying a weak solution of iodine to the skin. This will aide in the breakdown of metabolites in the tissue. Prevention is best, and can be achieved by wearing warm clothes and avoiding cold, damp areas.

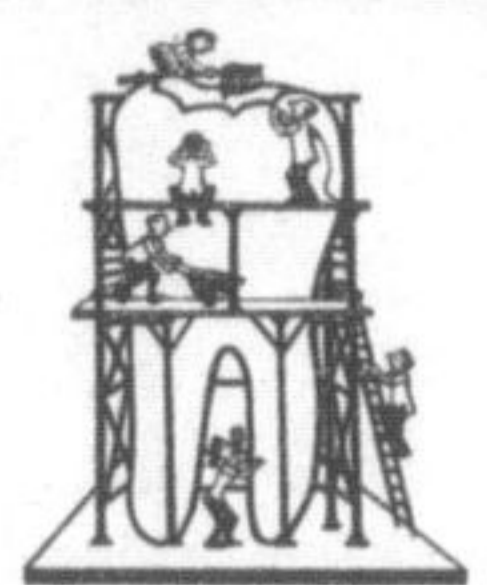


Mark Cross  
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**Dr. Mark Cross**

**Tooth Talk**

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## Not As Often As I Should

Whenever I do an initial examination on a patient, I ask how often they floss. I always smile when I hear the classic answer "not as often as I should." For some this may mean every other day, whereas for others it means once a month. Why don't more people floss every day? Here are the four most common reasons:

1. I don't have the time.

We make time for what's important to us. There are a couple of tricks to flossing quickly and yet thoroughly. Ask your dentist or hygienist to help you. When you know how to do it, it only takes about two minutes.

2. My gums always bleed.

Don't ignore bleeding gums. It means something is wrong. You wouldn't ignore it if your arm bled every time you rubbed it. If you're flossing properly and daily, your gums shouldn't bleed.

3. The floss always shreds or breaks.

That can be very annoying! My favourite floss is called "Glide" and is available at most pharmacies. It has a special coating on it to prevent shredding. If the floss consistently breaks between certain teeth, it may mean that a filling needs to be adjusted or replaced. Ask your dentist to check it.

4. It's too awkward.

Once again, if you know how to do it properly it's not difficult.

There are other products available for cleaning in between your teeth, but in my opinion daily flossing is still the most effective. It's a great habit that will help keep your teeth and gums healthy.



Geraldine Hesketh

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## What, Why and When...

These are the 3 questions asked when purchasing a new floor. Be prepared to ask lots of questions and listen to lots of advice. Stay off the internet as it will confuse the best of us, as clients end up knowing more than we do and that's not good.

Ok, so off we go... flask, sandwiches, kids, dog, grandma, you'll be gone for about 2 days, so feed the cat!

Seriously though, visit the store first. Most people are surprised at the choices and varying price points. It will help immensely to have an idea when we come & measure what your wishes are. Measuring with no choice means visits galore and everything measured differently. It can be quite daunting for you & us. Well what about this, oh maybe that or you know what could I... AHHHH! So... see firstly what's out there. Arm yourself with samples to take home with prices in mind and life for all will be good.

The Visit: OOhh... he is here! List of questions, floor samples at hand and then let the expert do his thing. A good salesperson and installer will advise you why it would be good to consider ceramics over vinyl, is new plywood required, old baseboards should be replaced, your floor is not level so click flooring may not be a good choice. Yes, vinyl would really suit your needs and budget of course, having as I say, your choices and requirements helps so much and then if you need to revisit the store, you know what to channel into and that's when we can choose the look and colour.

Installation: Generally, we try to have as little upset as possible. But any renovation can be messy depending on type.

If ripping out is to be done, wood installed, ceramics involving cement, meshing, cutting, laying, grouting. So he'll be there for breakfast and lunch! Oh... Dave, Mike and Trevor love soup. Carpet is a smoother ride but stairs with rails is an art so appreciate the time and effort a qualified installer takes with all the extras and touches of matching patterns, cutting difficult areas, etc.

When: Plan your renovation ahead of time for choosing. Lots of flooring now comes from the U.S., so time for delivery and allow for backorders, also there are lots of other people too! So 24 hours is a bit much. You are spending a lot of money so choose slowly, carefully and we'll make the job easier.



Debbie Hawkins  
B. Sc., DVM

**Hawkins Animal Hospital**

Debbie Hawkins B.Sc., DVM  
Doctor of Veterinary Medicine

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## AIR TRAVEL WITH YOUR PET

I am often asked whether a pet should be sedated when travelling on an aircraft.

Small pets that fit in an approved carrier can sometimes travel in the cabin, but only on certain airline routes, within North America. Larger pets must travel in the cargo section.

The cargo area in the hold of the plane is inevitably cold and noisy. There is no one present to supervise them during the flight, to ensure that they are comfortable and have access to water.

Personally, I have reservations and probably, if I could avoid it, would not subject my pet to this mode of travel. Unfortunately, however, there are circumstances where one cannot avoid undertaking this event.

With regards to sedation, my chief concern would be, if the pet had an adverse reaction to the sedative, with no one there to tend to it.

I suppose I am overly cautious because about 5 years ago I had a client who was in this exact predicament. Upon arrival at her destination, her dog was suffering the effects of an adverse reaction to the sedative. Luckily she was able to find a veterinarian and, in the end, the dog was fine. The outcome of this could have been much worse, and I am personally aware of cases that have had tragic consequences.

I think that if possible, it would be better not to sedate your pet, but if you absolutely need to, then a few days before the journey, speak to your veterinarian. Personally, in these circumstances, I would prescribe the sedative for the pet, so that my client could have a trial run on the medication, in the safety of the home, and observe any reactions that may occur.

My other non-medical advice would be - check out the airline you would be using. Get confirmation from them as to their exact protocols on carrying live cargo. You would need to know about pre and post flight containment, i.e., what happens to your pet once you have had to relinquish possession of him/her at check in.

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MICHAEL WONG

**Q:** Any important health news in 2003?

**A:** According to the *Harvard Health Letter* published at the end of last year, the top ten health stories are:

- (1) **Obesity** is now viewed as a preventable health risk by doctors and health organizations. Obesity, like smoking, kills.
- (2) **SARS** offers a good teaching model to help us in dealing with emerging health threats in the future.
- (3) **Angioplasty** is considered, at the moment, a preferred treatment for heart attack.
- (4) **New Blood Pressure Guidelines** suggest better uses of some old and new drugs. Uses of thiazide diuretics are emphasized. Diet and exercise are again highlighted as means of preventing high blood pressure.
- (5) **Medical Guidelines** are not always followed by professionals and institutions, to an astonishing forty-five percent.
- (6) **Older people** are getting younger. With medical advances as well as all the social and economic support, on the average, an older person cheats the aging clock by five years.
- (7) **Hormone Replacement Therapy** suffers another setback. Dementia seems to go up in women on hormone replacement.
- (8) **Low carbohydrate diets** show encouraging results. Several short-term studies indicate improvement in weight loss and blood lipid profile. Weight control is considered as a life-long endeavour.
- (9) Administration of **letrozole**, an anti-estrogen, for an average of 2.4 years after five years of tamoxifen treatment, reduces the recurrence rate of breast cancer by fifty percent.
- (10) It is not at all smooth sailing into the **Genomic Era**. Numerous educational, ethical and socio-economic issues have to be resolved before that door is opened.