

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

## BARROW FAMILY CHIROPRACTIC

180 Ontario St. S. Milton  
(905) 878-4994  
Fax: (905) 875-4485

Email: drabarow@sympatico.ca

### HOW CAN CHIROPRACTIC HELP WITH MY ALLERGIES?

Millions of people suffering from a wide variety of conditions, allergies included, have benefited from chiropractic care even though chiropractic is not an allergy treatment. Why? Because chiropractic is a method of health care that permits your body to function at its best. That is especially important if you suffer from allergies.

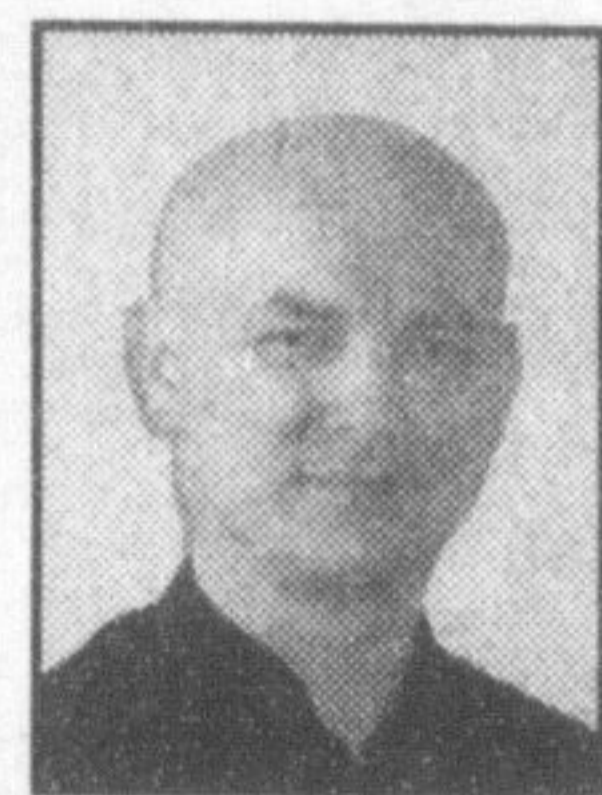
Your immune system is what recognizes and destroys anything that is not supposed to be in you: bacteria, viruses, pollutants, dust, pollen, drugs, tumors, dead pieces of your own cells, etc. A healthy immune system means high resistance to disease and infection, better ability to deal with stress, and greater health and well being.

Your immune system is influenced by our nerves and hormones, by your diet and by emotional stress. If it is unhealthy, it may fail to recognize and remove abnormal cells; it may not overcome infection; it may overreact to foreign substances, become depressed or even attack itself!

With allergies, what occurs is that the immune system overreacts to an allergen (dust, pollen, milk, dog or cat dander, strawberries, etc.) and produces too many neutralizing chemicals (especially histamines) to counteract it.

By releasing stress on the nervous system, chiropractic permits the immune system to function more effectively... something all allergy sufferers need. A healthy nervous system helps the immune system.

Chiropractors correct a basic cause of body malfunction to heal the immune system. A healthy body is capable of neutralizing these toxic substances and a body that has malfunctioning defense mechanisms cannot. The emphasis on allergies must be on building a healthy body, not on trying to use evasive tactics by eliminating all the allergens.



Dr. Ron Strohan  
Optometrist

**Dr. Ron Strohan**  
Optometrist  
Wakefield Professional Centre  
106 Wakefield Rd., Milton  
905-878-5882

Mon-Thurs 9-6, Wed-Fri 9-5, Tues 9-8  
Saturday AM by appointment

### The Value of Vision

Becoming aware that vision and health is an important fact of life.

It is nice to see a patient bring in her mother for an eye examination.

After examining the mother, it was determined that her condition had advanced to the point that she had difficulty maneuvering to see. She could not recognize peoples faces, she was bumping into things, she could not enjoy the colors of flowers, and she could not read. She had to be held by the hand to go places.

Other-than that, the elderly lady was very alert. Even though she was in her early 70's she had the conversation and alertness of someone 40 years younger.

A very sad state.

Because. The condition could have possibly been avoided. Many health and eye conditions can be prevented, and easily detected at an early age.

The Good side. The daughter of the patient was present. The daughter realized she never had an eye examination. And neither did any of her family members.

She realized the difficulty her mother has had. And the daughter immediately booked an eye examination for her family. Even though the ministry of health, potentially will not pay for her's or her husbands, it became of a high priority and expressed a value to her.

It is fortunate for the daughter....how many others have to have someone in their awareness suffer before a realization of the importance of their eye sight and vision?

Many conditions are preventable. Many serious health conditions are detected through an annual eye examination. Yet it seems to be a low priority for many people. A change in value occurs when people are awakened to the possibility of a loss.

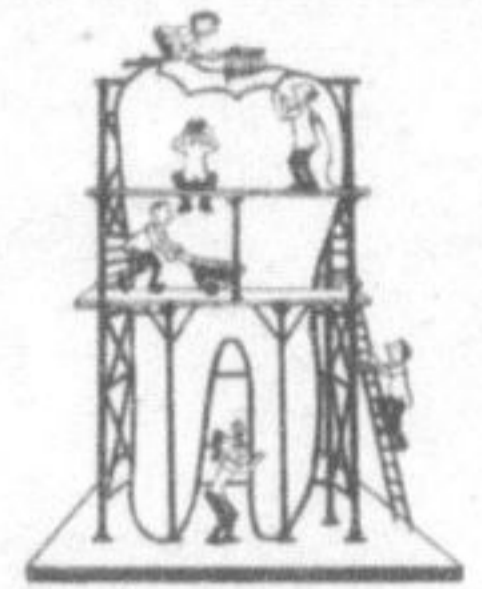


Mark Cross  
B.Sc., D.D.S.

**Dr. Mark Cross**

## Tooth Talk

Towne Dental Group  
Milton Mall - 55 Ontario St.  
(905) 876-1188



### Why is it so important to update your medical history at the dentist?

Did you know that more than 20% of hospital admissions are due to adverse drug reactions? Each time you go to a dental office for an examination and cleaning you will have your medical history updated. It's important for us to know of any medical conditions and drugs or supplements you may be taking because your health is of paramount importance to us.

You may be tempted to think that something like a vitamin supplement or antacid wouldn't be important to report but they can have significant adverse reactions with some antibiotics which we may prescribe. In addition, certain antibiotics reduce the effectiveness of birth control pills. Most local anesthetics used for anesthesia contain epinephrine. Quite a few patients are taking beta-blocker heart medications which can potentiate the effect of the epinephrine causing a hypertensive reaction. These are just a few of the many adverse reactions which may occur with drugs commonly prescribed by dentists.

The other situation which we sometimes encounter is patients who have no idea what drug they are taking. They know that they take a pink pill and a blue pill but they're not sure what these pills do. Once again, it is important for both you and us to know so as to avoid potentially harmful drug interactions.

As our population ages, more and more people are taking multiple prescription drugs. The likelihood of a drug reaction in a person on 5 medications is greater than 50%. So make sure you let us know what medication, prescription or not, you are taking so that we can make sure you are given the best of care.



Phil Lawton

## Taylor Nursery

7429 Fifth Line, Milton  
(right at the east end of Main St.)

905-876-4100



*June is time to enjoy your garden as it flowers and grows but it is still a good time to plant...and to do essential maintenance.*

Before the heat of the summer months, you can and should plant trees and shrubs and 'infill' those bare spots in your garden with annuals and perennials...and now that the weather is so comfortable, what better way to spend some evening and weekend time than planting, pruning and maintaining your garden so you can enjoy it for the rest of the summer? Here are a few "must do's" for the month of June.

- Prune shrubs and trees after they have flowered
- Prune evergreens and hedges
- Mulch your garden beds. Whether you use wood chips, bark, cocoa beans, or decorative stones, mulching will save you work—less weeding and watering—and make your garden more attractive.
- Stake or trellis your vines and vulnerable young shrubs and trees
- Deadhead faded blooms to encourage new growth
- Pinch back the plants that bloom later (mums, asters, dahlias, snapdragons), to keep them bushy and compact.
- Weed and water garden beds regularly
- Water and fertilize your hanging baskets. They dry out much more quickly than garden plants and are more vulnerable to heat.
- Sit back and enjoy the colours and aromas of your garden!

Look for our advertisement in this newsletter.

## SHOPPERS DRUG MART

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



Joy  
Thornton

**Question: My doctor has just diagnosed me with Type 2 Diabetes and he wants me to get a blood glucose meter. Why is it important for me to test my blood sugar levels?**

**Answer:** People with Type 2 Diabetes have blood sugar levels that are too high. It is important to try to reduce these levels to normal, or as near to normal as possible, to reduce the risk of long-term complications. These complications include kidney damage, eye damage, nerve damage, erectile dysfunction, heart disease and stroke and foot problems.

There are 3 things that help keep your blood sugar in control:

1. the food you eat
2. the medication you take (pills and/or insulin)
3. the exercise you do

Monitoring your blood sugar levels can give you and your health care provider feedback on how you are balancing these 3 things. It gives you a better understanding of how your diabetes is controlled and allows you to make or adjust dietary and lifestyle choices. It can also help your health care provider to make any necessary medication changes. Blood sugar monitoring can help you to detect and avoid low blood sugar reactions as well.

The Canadian Diabetes Association guidelines recommend the following target levels:

Type 1 or Diabetes Goals	Fasting or pre-meal glucose (mmol/L)	2-hour post-meal glucose (mmol/L)
Target for most patients	4.0 - 7.0	5.0 - 10.0
Normal range (if it can be safely achieved)	4.0 - 6.0	5.0 - 8.0

How often you monitor should be determined by your doctor. Most people with Type 2 Diabetes should monitor at least once a day. More frequent testing is recommended before, during and after exercise, during periods of illness and any time you are not feeling well and believe it may be related to your blood sugar levels.

There are many blood glucose monitors available, each offering different features. Why not speak to your Healthwatch Pharmacist today to help you select and train you on how to use your blood glucose monitor.



Geraldine Hesketh

## COMFI INTERIORS

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### Think of Castles....

...Now cottages, what comes to mind? Charm and history? Well put this effect into a floor, now make it in an engineered hardwood. Names such as oak armangac or cassis wire brushed 5" planks tudor, elizabethian, thatched cottage, the choice is yours.

The added benefits to an engineered over 3/4" wood is its versatility allowing you to install it in any area of your home!

Especially wait for it. Yes the basement even over radiant heat.

The design options are endless under the pool table. Incorporate it into a bar with brass rails. For that really english pub.

Great with the kids and dog too. Due to it's authenticity, definitely a plus to any room and will enhance kitchens bringing character and charm into your home.

Remember also that this product is definitely NOT a laminate floor but TRUE hardwood.

So don't be faint of heart and turn your home into a castle. The drawbridge is always down at Comfi.