

Ask The Professionals

If you have any questions these professionals can answer, please write to:

"Ask The Professionals"
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Milton, Ontario L9T 3E1
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THANKSGIVING

All of us enjoy Thanksgiving; a time well spent with our family, friends and our very important pets. These events usually mean heaps of food, candies, chocolate and of course, turkey. Then there are the leftovers!

Leftovers can be lethal. At these times of the year, our homes are filled with candies, chocolates, turkey and turkey bones. If your pet is allowed free access to these foods, you could run into potential serious medical problems.

Keep the chocolate out of reach: - Most dogs and some cats love chocolate, but chocolate contains a compound that is toxic, if eaten in sufficient quantities. The quantity needed to be poisonous is related to the body weight of the cat or dog. The symptoms vary from gastrointestinal disturbances, abnormalities in the heart function, brain disturbances (seizures) and, in very severe cases, death. I have treated more dogs for chocolate poisoning and hospitalized more dogs for potentially fatal pancreas inflammation at these times of the year.

If you suspect that your pet has ingested chocolate, I would urge you to contact your veterinarian immediately. It is helpful if you are able to report the quantity eaten and the description of the product.

Apply the same caution with "Trick or Treat" candies too!

Turkey Bones: - If consumed, turkey bones and carcasses, or other meat bones can make your pet very sick. In addition, your pet may require very intensive care, with or without surgery. My advice to readers is, that after you have stripped the meat off the bone, done whatever it is that you do with your carcass, wrap it up, and dispose of it, securely, in the garbage. Regardless of your pet's age treat them as if they are toddlers - no matter how well trained your dog is, turkey is turkey! Assume that your pet has a nose that is much more powerful than yours. Do not let them anywhere near the garbage.

On a slightly lighter note, your pet is probably a very important part of the family - and in keeping with the family festivities you will probably want to fill a little "pet bowl" with gravy, stuffing and turkey meat. Just pause there a while! Be aware that we also see many "upset stomachs" in the following days after the festive seasons - remember, this food is very rich in comparison with their normal diet.

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TOM CHUCHMACH
Managing Director

Diet Without Exercise Not As Good For Older Adults, Study Says

By Tom Chuchmach from the Home Instead Senior Care office in Milton / Oakville

Q. My 77-year-old father is on a diet and losing weight, which is great. But he says he doesn't want to or need to exercise. Is he right?

The benefits of weight loss have been documented for all ages including seniors. However, a new study using inactive overweight older people has found that those in an exercise program for four months became more fit and burned off more fat than those who only relied on a diet.

The new study also showed that when older people diet without exercising, they lose more lean muscle compared to those who exercise, said senior researcher Bret H. Goodpaster from the University of Pittsburgh.

When the research subjects combined weight loss with exercise, it nearly completely prevented the loss of lean muscle mass. The results are important because older people tend to lose muscle mass as they age and too much muscle loss may interfere with their ability to handle activities of daily living.

Researchers divided the 64 overweight and obese seniors aged 60 to 75 into three groups of exercisers only, dieters only and those who combined both. Among the results:

- Exercise group drew more on fat stores as the source of their body's fuel.
- Diet-only group did not gain efficiency in performing the exercise task, even though they weighed less at the end of the experiment.
- Diet-only group's weight loss resulted from a loss of both muscle and fat.
- Exercise plus diet group was the most efficient at the exercise task at the end of the experiment. This shows an additive effect of both dieting and exercise, but most of that benefit was due to exercise.
- Exercise plus diet group, like the exercise-only group, drew more on fat stores as an energy source.

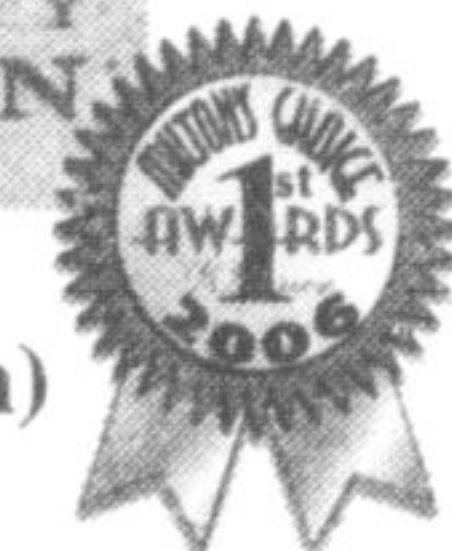
Why not show your father the impressive results of this study? If that doesn't work, encourage him to talk with his doctor about these issues. If it's motivation that he needs, suggest that he join a seniors' exercise group. Call your local senior centre or fitness club for more information. Or contact Home Instead Senior Care. The company's CAREGivers often serve as companions to seniors to help them with their hobbies and pastimes such as participating in exercise programs.

For more information about Home Instead Senior Care, contact Tom Chuchmach or Scott Johnson at 905.847.8433 or visit www.homeinstead.com



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Q. I've been told I have osteoarthritis.

Do I have to live with this?

Am I a lost cause, or can you help me?

A. Osteoarthritis is a condition describing the general wear and tear of the cartilage which covers the ends of each bone in a joint. It can be any joint in the body. As with any condition, there are varying severities. Some people have mild OA as we call it, others have moderate to severe, and actually need the joint to be replaced.

If you have never tried physiotherapy for your OA, you should. Just improving the range of motion of a joint and strengthening the muscles around the joint can make a world of difference. Some people even become pain free. Physiotherapists are really good at treating OA, so give us a try.

You won't be sorry!!!!



Marilyn J. Samuels

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Q. I have been asked to sit on a board of directors and I wonder what advice you might have before I say yes.

A. Corporate governance deals with the way in which corporations make decisions. The board of directors is at the top of this process and when concerns or problems arise with respect to governance, the decisions made by boards of directors are closely examined. Ultimately boards are responsible for what goes on in their organization.

Being on a board of directors is more than something that looks good on a resume. Being a director carries with it considerable responsibilities and obligations and personal risk. Directors are subject to 2 basic duties - a fiduciary duty & a duty of care. A breach of these duties can lead to personal liability for a director.

The law imposes high standards on fiduciaries. It is the cornerstone of a director's relationship with the organization. It has 3 components to it - to act honestly; to act in good faith and to act with a view to the best interests of the organization. The director has an obligation to prefer the interests of organization over that of any one else and not to disclose confidential information about the organization. In addition there is a prohibition against the director from doing business with the organization or from taking advantage of a financial opportunity about which they learned through their relationship with the organization.

The duty of care requires that directors spend the time necessary to make an informed business judgment at board meetings. Directors must apply whatever knowledge, education and experience they have to the business of the organization and must seek out other knowledge and skills if necessary in order to make the informed decisions expected of them.

Courts can deal harshly with a director who has acted in a manner that was contrary to one of these duties, so it is important that if you become a director you adhere to these duties.



Yvonne Oliveira

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TROUBLESHOOTING YOUR HEARING AIDS

If your hearing aid is not working check these items:

BATTERY Put a brand new battery in the hearing aid. Be sure the battery is the right size and is inserted correctly. Use of a battery tester can help you determine when a battery needs to be replaced.

BATTERY DOOR Be sure the battery door is closed completely (snapped shut) when the hearing aid is being used.

WAX Look at the canal end of the hearing aid and find the little white sound tube. Check to see if the hearing aid is plugged with wax. You will need to use a bright light to see into the sound tube. If the tube is plugged, use the little wire tool provided with the hearing aid and carefully pick the wax out. BE CAREFUL not to push the wax down into the tube. Remember there is a speaker at the other end of the tube, so do not go too far into the hole.

CORRECT POSITIONING Be sure that the hearing aid is positioned in the ear correctly and pushed firmly into the ear canal. Look at the top ridge of the outer ear (the helix) and be sure the top of the aid is tucked in behind the skin. Look at the bottom of the ear and make sure the hearing aid is inside the notch. Be sure the hearing aid is in the correct ear. Some aids have red markings for the right ear and blue for the left. If a hearing aid hurts, your Audiologist can help!

SWITCH SETTINGS If there is an on/off switch on the hearing aid, be sure the switch on "M" for microphone, "T" for telephone or "O" for off.

TUBING If the hearing aid is a behind-the-ear type, check to be sure the tubing is not twisted or plugged. Hold it up to the light and look for drops of moisture in the tubing. Be sure the tubing has not become hard or cracked and that it is still firmly attached to the earmold.

VOLUME CONTROL The volume control should be set correctly. It should not be all the way off, and usually should not be all the way on. Forward or up is louder, backward or down is softer.

WHISTLING If the hearing aid whistles:
a) be sure the aid is inserted correctly (see item above)
b) be sure the volume is not turned up too high (see item above)
c) be sure there is no wax in the ear canal.

If the hearing aid still whistles you should see your Audiologist as it may be a fitting issue.

BOOKLETS Read the instruction booklets that came with the hearing aid.

If you have further questions or need help ask an Audiologist at the HearSay Speech & Hearing Centre (905)875-3345. We can help!



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Q: My child loves to play on the computer. Are there any software programs to improve reading skills?

A: Learning to read should be fun for kids and most kids love to play with the computer! Whether they are just beginners or having difficulty with reading, these programs are filled with lively animation that will reward your child's success and help build confidence! Popular programs include:

- **Bailey's Bookhouse (Mac/Win/Dos).** Activities are designed to develop emerging literacy skills such as names and sounds of letters, rhyming, early writing and story making. For Pre-K to Grade 2.
- **Stanley's Sticker Stories (Mac/Win).** Helps kids strengthen reading and writing skills, improve spelling and build creativity as they make their own animated storybooks. For Pre-K to Grade 2.
- **Word Munchers Deluxe (Mac/Win).** Helps build confidence using consonants, vowels, adjectives, adverbs, synonyms and antonyms. Focuses on development of phonics, reading skills, grammar and vocabulary. For ages 6-11 years.

For information on other computer software programs which can help your child develop reading and language skills, contact your school or local Speech-Language Pathologist. As well, the Halton Hills Speech Centre offers you the opportunity to "try out" their software in order to determine if it contains the necessary tasks. Call the Centre at 905-873-8400 for more information.