

# ASK THE PROFESSIONALS

## SHOPPERS DRUG MART

Open to midnight, 7 days a week  
 Kennedy Circle, 1020 Kennedy Circle  
 905-878-6828



Dawn Ross  
Pharmacist

### ALZHEIMER'S DISEASE

Alzheimer's disease is a progressive, degenerative disease of the brain, which causes thinking and memory to become seriously impaired. It is the most common form of dementia. Symptoms include loss of memory, difficulty with day-to-day tasks, and changes in mood and behaviour. People may think these symptoms are part of normal aging but they aren't.

To help you know what warning signs to look for, the Alzheimer Society has developed the following list:

- 1. Memory loss that affects day-to-day function.** It is normal to occasionally forget something but an Alzheimer's patient will forget more often, especially things that have happened more recently.
- 2. Difficulty performing familiar tasks.** A person with Alzheimer's disease may have trouble with tasks that have been familiar to them all their lives, such as preparing a meal.
- 3. Problems with language.** A person with Alzheimer's disease may forget simple words or substitute words.
- 4. Disorientation of time and place.** A person with Alzheimer's disease can become lost on their own street, not knowing how they got there or how to get home.
- 5. Poor or decreased judgment.** A person with Alzheimer's disease may have decreased judgment, for example, wearing heavy clothing on a hot day.
- 6. Problems with abstract thinking.** Someone with Alzheimer's may have significant difficulty balancing a cheque book and not recognize what the numbers in the cheque book mean.
- 7. Misplacing things.** They may put things in inappropriate places, an iron in the freezer or a wristwatch in the sugar bowl.
- 8. Changes in mood and behaviour.** Someone with Alzheimer's disease can exhibit varied mood swings -- from calm to tears to anger -- for no apparent reason.
- 9. Changes in personality.** A person with Alzheimer's disease can become confused, suspicious or withdrawn.
- 10. Loss of initiative.** A person with Alzheimer's disease may become very passive, and require cues and prompting to become involved.

At present there is no cure for Alzheimer's disease. Researchers have made great strides and there are a number of drugs in clinical trials that act directly against the disease process.

Donate Generously [www.alzheimer.ca](http://www.alzheimer.ca) "Forget Me Not"

Elayne Tanner & Associates Inc.



Elayne M. Tanner

### Elayne M. Tanner

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**Q: I am working to lose weight. Is it true that hypnosis can strengthen my conviction?**

**A:** Research studies have found hypnosis to be an effective weight loss tool. It can help you remain inspired and confident so that your diet will be more effective. Hypnosis is really quite simple. It uses relaxation techniques to focus your mind and create new mental pictures. Hypnosis is not only not difficult or frightening, most people love the relaxed feeling that they get from it.

In order to be hypnotized, all that you have to do is close your eyes and by listening to my voice, use mind-body techniques to get into a relaxed state. This helps you become emotionally open to receive the positive images you, with my suggestions, create in your mind. You do not lose control and anyone can be hypnotized if they are willing. While not a magic cure, you can learn techniques that you will use yourself to maintain your focus on your goals. Hypnosis is not usually a onetime thing. It is a skill that improves each time you do it. You will find that the guidance of a professional hypnotherapist, that understands the dynamics and psychological aspects of compulsive overeating and behavioral change is required a few times to teach you how to use the techniques and also, to help you determine your reasons for overeating and your triggers that sabotage your diet.

Hypnosis is one tool in the tool kit of success that can help you reach your goals in any behaviour change, including diet. Elayne Tanner is a trained hypnotherapist and has been using hypnosis as an adjunct to other therapeutic techniques for many years. If you would like more information, call the number or contact me through the web site address noted. Give yourself the gift of self-love this Valentine's Day.

"HELPING YOU HELP YOURSELF"

## Brancier

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Milton Mall  
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[www.brancier.com](http://www.brancier.com)



### Brancier Jeweller's Pearls Of Wisdom

When the unexpected happens make sure your jewellery is protected, here are some valuable tips to get you started.

- 1) The best way to keep a valuable or extensive jewellery collection secure is to purchase a fireproof safe and keep it in an unlikely location.
- 2) Saltwater and jewellery don't mix. Ocean water can damage some stones and metals.
- 3) Having your jewellery appraised by a professional G.I.A. Graduate Gemologist is a smart investment.
- 4) Remove jewellery before swimming. Fingers constrict in water, making rings more likely to fall off.
- 5) Appraisal values should always reflect the true replacement price of an item, since your insurance premium will be calculated on that value.
- 6) Some gemstones are prone to fading, so store jewellery away from constant sunlight.
- 7) When not wearing your jewellery, place each item in a separate, soft, compact container. If cluttered together, jewellery can become scratched - even diamonds.
- 8) Dirt buildup may hasten the wear of your jewellery. So visit Brancier Jeweller-Gemologist at least once a year to have your fine jewellery professionally cleaned and inspected for worn or cracked prongs, faulty clasps, or other potential problems.

We aren't like other stores that just sell jewellery.

We design, create, repair, appraise, buy and sell jewellery all in one store.

So come in to Brancier Jewellers and see the difference in gemstones to professional knowledge regarding fine jewellery.



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

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Dr. Tony Wan  
B.Sc., D.D.S.

### Help for Sensitive Teeth

It is estimated that more than half of Canadian adults have sensitive teeth due to recession of the gums. This occurs when the dentin becomes exposed as the protective cementum layer on the roots is lost. This dentin has little tubules which contain fluid. It is believed that rapid movement of this fluid within the tubules (caused by heat, cold, air and pressure) causes sensitivity which can elicit a sharp pain.

There are various methods of treating root surface sensitivity including fluoride varnishes and potassium nitrate (Sensodyne). Colgate has recently introduced a product called Sensitive Pro-Relief. Perhaps you have seen their television commercials. The active ingredient is arginine, an amino acid which is found in saliva. It binds to the dentin surface which, in turn, attracts a calcium-rich layer from the saliva. This layer effectively clogs up the dentin tubules to prevent the movement of the fluid, thus causing a decrease in sensitivity.

It is administered as a paste in the dental office which is polished onto the sensitive teeth and then followed with the corresponding toothpaste to use at home. The office paste does indeed work very well. It provides immediate relief and, when followed with the toothpaste, will have a lasting effect.

So if you are tired of trying to cope with sensitive roots, give us a call. We may be able to help make life a lot more enjoyable.



Dr. Ron Strohan  
Optometrist

## DR. RON STROHAN OPTOMETRIST

### Wakefield Professional Centre

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### CONTACT LENS FAILURES

Contact lenses are a useful form of eyewear for the correction of nearsightedness (myopia) farsightedness (hyperopic) and multifocals (presbyopic patients), however many failures occur due to poor selection and contact lens care. Prescriptions are necessary for their use.

Previous developments in contacts required the breathability of the lens to allow oxygen to be delivered to the cornea. One form of contact modification depended on the water content of the contact lens varying from 22% to 78% water content.

The difficulty of dehydration of the higher water content still proves to be a major obstacle due to the person not being able to deliver sufficient tears to keep the lens wet and comfortable. Eventually the contact lens acts like a sponge absorbing all the tears, causing the cornea to swell and the lens be difficult to remove. Smoking and alcohol consumption aggravate the situation. The wearer usually ends up with over wear symptoms after a few hours of wear.

The solution. Proper contact lens material selection is determined by the professional who PRESCRIBED it for you. Proper selection of lenses and the more recent products are developed with silicones (siliconehydrogel contacts) which actually provide more oxygen breathability with lower water content. The contacts however require stringent cleaning due to their affinity to your own tear proteins.

Hygiene is a major problem. Many people neglect to wash their hands prior to touching a contact lens. Every particle touched gets transmitted to the contact lens which can contaminate the lens and eventually be ingested since tears drain into the back of your nasal cavity and down your throat. Serious eye infections including Ulcerated Corneas can result in vision loss and inability to tolerate contacts.

Related to hygiene and comfort is the process of washing your hands. Many soaps, conditioners, and HAND Creams enter cells of the skin of your fingers. This can result in a deposit of minute levels of the product to be placed on the lens affecting your ability to tolerate the effects of the product. Allergic reactions to the trace element are also a common unknown threat to contact lens wear. The solution. Avoid the use of the product or rinse your hands in warm water attempting to reduce the skin transfer of the chemical.

Finally The contact lens case. Consider it similar to a toothbrush. If it is dirty on the outside, danger lurks in the BOWL as a powerful source of bacteria and other unknown contaminants. REPLACE the case frequently and wash it out allowing it to air dry daily.

## E.C.C. Cosmetic & Laser Centre

Affiliated with The Electrolysis College of Canada Inc.

Judith E. Finn - Director  
 26 Years Experience



### HOW FACE & BODY CONTOURING WITH ENDYMED WORKS

Even with strict dieting, exercise and healthy living, our skin gradually loses its firm, youthful look. Aging, pregnancy, weight gain and weight loss, affect the strength and elasticity of the collagen fibers in our skin. EndyMed 3DEEP is a new skin treatment technology that provides non-invasive body contouring by delivering energy DEEP into your skin, stimulating collagen-remodelling, which restores firmness to your skin and reduces wrinkles. EndyMed 3DEEP Contouring is ideal for shaping body areas such as arms, abdomen, buttocks and thighs by tightening lax skin, improving cellulite appearance, and reducing circumference.

Following treatment, clients can immediately resume all normal activities. Treatment protocols are customized to each client. Normally a series of treatments is needed for best results at one or two-week intervals. Results normally begin appearing after the second treatment, but more improvement will gradually appear as the treatment course progresses. The improvement in skin quality should be long lasting as long as diet, exercise and lifestyle are kept in check.

We can address problem areas such as face, neck, chest, breasts, upper arms, thighs and buttocks.

The benefits of EndyMed treatments are: non-invasive, yet highly effective, optimal safety, with minimal pain and no side effects, short treatment with no downtime and noticeable immediate improvement with long term results. For single contour treatments call us for information on Thermage NXT.

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