

ASK THE PROFESSIONALS



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DRY EYES THE RESULT OF POOR HYGIENE NUTRITION AND PERCEIVED STRESS WHICH BEGIN EARLY IN LIFE.

The eye lids contain glands which produce a wetting agent for the eye surface, a water or aqueous layer over the eye and an oily layer which prevents the water from evaporating.

The eyelashes serve to catch dust and other particles from entering the eye.

Poor hygiene results in bacterial formations on the eyelid margins where stubborn sticking debris washed out from your eyes catches and builds around the lash follicles.

This can obscure gland openings causing them to become dysfunctional and possibly infected. Eventually developing a reduction in tear quality and quantity.

Many people (if not all) will have varied amounts of dirty lids because of environmental conditions, especially evident by the amount of 'sleep' or debris found in the corners of the eyes.

In later years the now-dysfunctional glands which have reduced their capacity to perform result in a dry eye which will likely trigger the Lacrimal Gland (The Crying Gland) to produce watery eyes in response to the dry eye stimulus. Many people report they have watery eyes, while others will complain of sore, tired, burning eyes which are all the result of dry eye, causing a responsive flood of tears to dry areas which seem to burn due to the salt content of the tears now irritating a non lubricated eye.

Many toxins to the body such as chemical stimulants as in alcohol, nicotine, pharmaceutical drugs will cause similar problems which can cascade in a series of events to produce dry eyes and further complications. Poor water consumption and deprivation of nutrients to produce a healthy tear film are also of concern.

There are products available to remove items which are the instigators of dry eye, such as lid and eyelid cleaners. Many women tend to place eyeliner on the inside of the lash line near the eye covering the gland openings and causing blockage.

The small blood vessels of the lids can also benefit from a gentle massage, and uses of a warm compress to dilate bloodvessels can aid in maintenance of eyelid health. Compressed eyelid blood vessels are also a result of a stressful life like anywhere else in the body. Ask for professional help for simple methods to resolve a life long irritation.

Avoid self help remedies with eyedrops which claim to get the red out. They can have side effects to your health.



Yvonne & Rui Oliveira

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Q: Will heat and moisture affect the performance of my hearing aids?

A: Most hearing aid users become sadly aware of the consequences of ear wax embedded in a hearing aid. However, moisture can be a difficulty in hearing aids as well. Moisture and electronics do not mix. When you are out in your garden, on the golf course or just out in the sun, perspiration may get into your hearing aids. Custom in-the-ear hearing aids are prone to the collection of moisture due to the fact that they are embedded in the ear canal. Moisture in the tubing of a behind-the-ear hearing aid will block the sound travel.

In order to deal with moisture in your hearing aids a dri-aid kit can be very effective. This can help keep your hearing aids operating at peak efficiency. Dri-aid kits utilize silica gel crystals that can be reactivated many times and are designed to draw moisture from the hearing aids.

Other products and accessories available to help maintain hearing aid function and comfort are ear lotions to prevent dry, itchy ears, hearing aid sanitizers, ear blowers, and battery testers. The HearSay Speech & Hearing Centre carries a variety of hearing aid accessories. Feel free to call or stop into the clinic to enquire about the wide variety of accessories that are available.



E.C.C.
Laser & Cosmetic Centre

Judith E. Finn - Director



25 Years Experience

WHY THE E.C.C. COSMETIC & LASER CENTRE

At the E.C.C. Laser & Cosmetic Centre, Lasers, Light Energy, Radio Frequency are being used for a multitude of different services such as Permanent Hair Removal, Photorejuvenation, Resurfacing, Thermage, and Skin Tightening. All services are offered using both technologies which is needed to accommodate the client's needs. Special training and in-depth knowledge are required in this specialized field in order to properly assess and treat each individual. All our staff have exceptional expertise over other spas and clinics.

We focus on:

1. Consultation
2. Microscopic skin analysis
3. Educated practitioners - 26 years experience.
4. Ministry of Labour inspected in Laser Safety
5. Medical Case History - focusing on all underlying concerns, for example hormone imbalance. Hormone imbalance at any age can be a leading cause for excess hair growth, acne, pigmentation, skin tags and other abnormalities, which are addressed ensuring excellent results.

The success of the clinic has always hinged on the in-depth knowledge and expertise of its practitioners to microscopically analyze the skin to determine the underlying causes of certain conditions and to perform the appropriate treatment. Whether it is for cosmetic or medical treatments our clinic is here to help people feel better about themselves. Our clientele reach us from throughout Ontario and the US, and finds the Medical Arts clinic to be very central and a pleasurable place to come for treatment. The clinic also provides many other unique services such as High Frequency for Skin Tightening, Milia, Skin tags, Medical Microdermabrasion, Medical peels, Pure Colors Mineral Make-up and a full line of Medical Skin Care. We offer complimentary consultations and welcome your inquiries. The clinic has extended hours to accommodate everyone's busy lifestyle and the latest technology anywhere!

See us on www.dailywebtv.com
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Q: My marriage is over! I am angry and hurt and determined to get what is owing to me. I am willing to give up the kids every second weekend and one night during the week if I have to. But they should not be further disrupted so I plan to keep the house. After what I have been through, I don't see why I should have to negotiate any further.

A: It is clear that you are still very angry. You are probably also feeling betrayed and disappointed and maybe even embarrassed. It is hard to negotiate when you are feeling this way but for a variety of reasons, you will have to do just that. The law will not let you dictate what you want to happen to your children, house or other assets just because you want it to be that way. You and your soon to be ex-spouse will not suddenly be able to communicate clearly and dispassionately just because the marriage is ending. If you have not been able to do that before, it is far less likely you will succeed now. Letting your anger and hurt get in the way of the children's positive relationship with both parents is not only a waste of your time and money, it is also patently unfair to the children. Children need two parents whenever possible and they need to be able to see both parents in a positive light. Children see themselves in each of their parents so demeaning or putting down your ex-spouse whether directly with words and actions or passively by attempting to limit access or other negative behaviours just hurts the self esteem of your children. Unless one of the parents is actually a danger to the children, pulling children into the fray by asking them to take sides or speak against their parent is, in my mind, cruel and potentially abusive. Counselling to help you get through these very normal feelings so that you can negotiate a just and reasonable separation agreement, will save you time, money and emotional turmoil. It will also free you up to have a positive future.

"HELPING YOU HELP YOURSELF"



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HEAT STROKE IN PETS

Our pets are more prone to heat stroke due to the fact that they cannot perspire, as opposed to humans. The extreme high temperature and humidity that we have been living with for the past few weeks can cause our pets to succumb to heatstroke very quickly.

Heatstroke occurs when the animal's mechanism for cooling are compromised. Because they can't perspire, they rely on panting, in order to exchange warm air for cool air. If the air that is being inspired is hot then this mechanism fails, causing the body temperature to rise.

When body temperature reaches 41-42 degrees, cellular function is adversely affected and, very quickly, a cascade of events occurs.

Signs of heat stroke include rapid and laboured breathing, intense redness to tongue and gums, vomiting, diarrhea, weakness, seizures, and often death.

Because these symptoms occur so quickly, time is of the essence for successful treatment. If you suspect that your pet may be suffering, remove them from the area and wet their coat down with cool (not ice cold) water and seek medical assistance. Many of these pets need to be placed on an intravenous drip and treated aggressively.

Better yet, to avoid this situation, NEVER leave your pet in confined area such as cars, outside without access to cool shelter. And NEVER exercise them in high temperatures.

Remember, if you think the heat is unbearable, your pets feels that tenfold.

HAVE A HAPPY AND SAFE SUMMER.



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Q: I have a son who is married. I would like to leave him all of my money when I die? Can I do that without his wife getting any part of it if they separate?

A: Yes you can try but whether you are successful or not will depend on your son. In the event your son's marriage breaks down and he and his spouse do not have a marriage contract or cannot agree on how their marital property will be divided, their property will be handled according to the detailed rules and calculations established under the Family Law Act.

The *Family Law Act* provides that the "value" of all property accumulated as a result of the marriage partnership is to be shared equally between the "spouses" on marriage breakdown. On date of separation, called valuation date, each party is required to value all of his or her assets and all of his or her debts.

The *Family Law Act* allows for certain assets to be excluded from the calculations and one of these is the value of property owned on the valuation date that was acquired by gift or inheritance from a third person after the date of marriage. So if your son inherits your money after marriage and before his separation, then he is able to exclude the whole amount from the calculations, provided he keeps the money separate from the family assets. If he places it in a joint bank account or uses it to pay down the mortgage he loses the deduction.

If you expressly state in your will that any inheritance your son receives is to be excluded from his net family property then he will be able to exclude it. You should speak to your lawyer to ensure that your will clearly states this to be your wish.