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The Canadian Champion Weekend

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Family calls on town to help save little girl



Deidre Scholtz

By **BRAD REAUME***The Champion*

A frightened family is moving fast to try to save the life of their very ill little girl.

Five-year-old Deidre Scholtz, a senior kindergarten student at Milton's Holy Rosary School, is suffering from idiopathic aplastic anemia and needs a bone marrow transplant or she may die.

Doctor Stanley Calderwood, a hematologist at Toronto's Hospital For Sick Children, said if the disease is not successfully treated it is fatal. Treatment requires a bone marrow transplant or, if that is not available, immunosuppressive therapy, which is successful in 50-60 per cent of patients.

"Without white blood cells from the bone marrow the body has no means of fighting infection," Dr. Calderwood said. "Most patients ultimately die from an infection or from complications arising over time from continued transfusions."

"There is a good chance that treatment will work but it is imperative that we get as many people on that (Bone Marrow Donor Registry) list as possible."

Blood tests on her family members failed to find a match so Deidre is forced to look among donors on the unrelated bone marrow registry.

There was a 25 per cent chance for a match among family members. At the registry, the chances of a match are about 20,000 to one.

Deidre is currently in Toronto's Hospital For Sick Children, where she is receiving medication and blood transfusions every 10-14 days, according to family spokesperson Jo-Anne Barge.

Deidre's mother, Liz, is trying to organize a bone marrow donor clinic for Milton as soon as possible. According to the local chapter of the Red Cross, the clinic will be held sometime after February 27, however, the date has not yet been confirmed. Already, more than 100 people have signed up for the necessary blood test.

Help from the community is required in two ways. First, the more potential donors tested the more chances for a match, and

• see **FAMILY** on page 10



Photo by GRAHAM PAINE

Fitness enthusiast Lisa Shields, seen here working out at the Milton Leisure Centre, sets an example for baby boomers, who, a study shows, need to exercise more and cut down on fatty foods.

Boomers a bust in heart health

By **KAREN SMITH***The Champion*

Canadian baby boomers barely get a passing grade when it comes to protecting themselves against heart disease and stroke, says a recently released report.

Fewer than half of Canadians born in the baby boom era (1945-65) exercise regularly and 34 per cent still smoke, says the Heart and Stroke Foundation's Report Card on Canadian Baby Boomers.

The unique study, released in conjunction with Heart and Stroke Month in February, says baby boomers fail outright in two risk factors — lack of exercise and fatty diets.

Only 35 per cent of baby boomers exercise regularly, the report says, and on average, 38 per cent of their diet is fat. The Heart and Stroke Foundation recommends that no more than 30 per cent of calories should come from fat.

"In terms of smoking, weight and cholesterol, baby boomers barely made a passing grade," said Dr. Anthony Graham, vice-president of external relations for the Heart and Stroke Foundation of Ontario and a practising cardiologist.

"Thirty per cent of baby boomers still smoke and only half are at a healthy weight or have a healthy serum cholesterol level."

Blood pressure was the only risk factor in which baby boomers can say they are doing well — for now. But the number of people with high blood pressure increases significantly after age 50, Dr. Graham said.

Given that a quarter of baby boomers already have high blood pressure before entering middle age, Dr. Graham said he's worried the future holds a dramatic increase in the number of Canadians with the condition.

"This year, every 90 seconds a Canadian baby boomer will turn 50 and enter the prime age for heart disease and stroke," he said.

"The risk factors — smoking, a sedentary lifestyle, obesity, high blood pressure, high cholesterol and a high-fat diet — have been known for several decades. Are aging baby boomers listening?"

Locally, Miltonians are exercising their hearts in celebration of Heart and Stroke Month. The Milton Leisure Centre and several schools have planned activities such as swimming, jumping rope and aerobics.

Another goal of the Heart and Stroke Foundation of Ontario in February is to raise money for research. Local volunteers are knocking on Milton doors this month for donations.

The Heart and Stroke Foundation is also launching the first of its kind Heart and Stroke Healthline in February. "The Heart and Stroke Healthline puts the foundation in the forefront as a provider of the most recent and authoritative information on almost every subject concerning heart disease and stroke," says Cheryl Sellors, president of the Milton chapter.

"The Healthline is able to answer questions on everything from specific disease states to where to find community-based stroke resources."

The Heart and Stroke Healthline number is 1-800-360-1557.

NEWSLINES

Man succumbs to crash injuries

A Milton man has succumbed to injuries he suffered in a devastating crash on No. 5 Sideroad last month. Frank Warris died Friday, a month after the head-on collision, at Hamilton General Hospital. He was 69.

Mr. Warris spent the last month fighting for his life in the hospital's intensive care unit following the two-car crash January 15 near his No. 15 Sideroad home.

He was driving an eastbound 1990 Ford Aerostar van, just west of Highway 25, at 7:10 p.m. when it collided with a westbound 1992 Plymouth Sundance. The driver of the Sundance, Leonard Brownlow, 43, of Acton, was pronounced dead at the scene.

Mr. Warris' funeral was held Monday.

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