

ASK THE PROFESSIONALS

ECC
Cosmetic & Laser Centre Inc.

Judith E. Finn - Director
29 Years Experience
ECC

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AGING SKIN

How old are you? Does your Chronological age of 40, 50, 60, or even 70+ show on your face, chest or hands? Wouldn't it be nice to look better for our age with a healthy youthful appearance? Photo-aging caused by the sun causes brown spots and wrinkles increasing the likelihood of an older appearance and pre-mature aging.

Do we look our age or can we honestly say time has been good to us. We at ECC address these issues with clients on a daily basis.

During consultation and skin analysis we will help to turn the clock back, rejuvenate or refresh your look. Whether it is sun damage, brown spots, rosacea, tired dull skin, or laxity in the face neck, arms etc. a treatment plan may include some very simple and easy ways to create long lasting and noticeable results. Our combinations of Microdermabrasion, Thermage, D.R.T., Skin Tightening and Skin Remodelling= Wonderful Results!

We also have an OBGYN specializing in Vaginal Tightening and Bladder Control

Call today for your complimentary consultation and microscopic analysis.

GIFT CERTIFICATES AVAILABLE FOR YOUR VALENTINE WITH AN ADDED 10% BONUS- GIVE THE GIFT THAT KEEPS ON GIVING!

E-mail: ecclaser@bellnet.ca Web Site: ecclaser.ca
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OPTOMETRIST

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EVAPORATIVE DRY EYE DISEASE

Dry eye is in part, due to failure of the meibomian glands of the eye lid to produce and distribute the oil layer of the tear film.

Your tears are composed of three layers.

- 1 Mucin, which is a wetting layer, making the cornea and front of your eye wettable.
- 2 Aqueous layer, which is water and your antibodies.
- 3 Meibum, which is oil that is protecting your tears from evaporating.

The margins of your eyelids contain approximately 40 meibomian glands, each approximately 5 mm long, just inside the line of lashes.

Improper hygiene and care causes the glands to become occluded, unable to secrete oils, and in time become infected, and can degenerate.

Makeup, dust, dust mites, bacteria, and poor quality tears collect in the margins creating a toxic bath which we will tend to swallow. This leads to the most common entry for infecting organisms to enter the body.

Without the proper quality of tears, the body has a poor defensive barrier to the outside environment.

Treatments for Evaporative Eye disease, includes:

- Proper cleaning of lashes and lids. Commercially available lid cleaners on a regular basis will allow your lashes to catch new dust, rather than contributing to a toxic bacterial covering.
- Warm lid compresses will soften the oils in the glands, improve blood circulation.
- Lid massages and pinching the lids will massage the various glands, and provide for circulation.
- A balance of omega 3 and omega 6 food sources. Balance does not mean elimination. It means a proper balanced diet.
- Meibomian gland expression is an in office procedure done by an optometrist trained to do the procedure. It involves massaging the glands with the aid of a microscope to remove the hardened meibum from the glands openings. A procedure which takes approximately 15 minutes, is not invasive.

Helping you see clearly. Dr Ron Strohan
www.MiltonEyeandVisionCare.com



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

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Dr. Tony Wan
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What Causes Gum Disease?

Gum disease is initiated by bacteria. But not all bacteria are equal when it comes to causing the damage. Some are particularly nasty in that they can block your normal defense mechanism.

Your body, in an attempt to fight the bacteria, generates an inflammatory response. The problem is that while this is intended to combat the bacteria, it also causes destruction of your own cells.

How do you know if this is happening? The most recognizable sign is gums that bleed easily. Healthy gums should not bleed. Bleeding is a sign of disease. If this is left untreated, it can lead to more serious problems such as bone loss and loose teeth. However, proper home care including thorough brushing and flossing as well as regular cleanings at the dental office can make a huge difference in the health of your gums.

Several risk factors such as smoking and diabetes will also make you more prone to having gum disease.

If you think you have gum disease or would like to do everything you can to prevent it, give us a call. We're here to help in any way we can.



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How To Choose A Hearing Clinic

In selecting a hearing clinic your doctor or 'ear specialist' may refer you, or you may choose a clinic on your own since no referral is needed. In deciding on the best hearing clinic for you, there are several considerations.

Location: You will likely be making several visits to the clinic particularly if a hearing aid is needed, therefore, a convenient location is recommended. Follow-up appointments for minor hearing aid adjustments, purchase of hearing aid batteries, annual check-ups and hearing aid cleanings are typical.

Office Hours: The clinic should be open on a regular basis with an office and staff that you can visit weekly if needed. Make sure the hours the clinic are open will be convenient for you.

Staff: One of the most important considerations is the staff. Staff must be licensed and qualified to test and fit hearing aids. An Audiologist must have at least a university Masters degree in audiology and be licensed through the College of Audiologists and Speech-Language Pathologists of Ontario (CASLPO). Hearing instrument specialists are certified through a college level program and can fit hearing aids, but may or may not be able to do the testing. Find a professional in whom you are comfortable and confident; someone approachable and listens to any concerns or requests you may have.

Selection: The clinic should carry a number of different types and makes of hearing aids. There is an extensive selection of hearing aids available to accommodate most budgets, lifestyles, personal tastes and needs. Don't feel overwhelmed by all these decisions. An experienced, well-trained professional can help you make these important decisions in your best interest.



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HAPPY VALENTINE'S DAY

As the holiday season comes, sadly, to an end all of the potential hazards of the holiday and goodies, plants and other paraphernalia still remain, in many households for weeks.

I would like to remind all readers of the hazards of toxic seasonal plants, batteries, chocolate, turkey bones, etc.

The purpose of this article is to inform all readers of an excellent resource, if you suspect that your pet has ingested any questionable items, when your veterinary clinic is closed.

The ASPCA animal poison control centre, a division of the ASPCA, is a 24 hour hotline. The calls are handled by veterinarians who specialize in toxicology. The licensed staff members share over one hundred and ten years of combined call centre experience and over seventy five years of combined toxicology, clinical and diagnostic experience. The phone number of the Centre is 1-888-4-ANI-HELP (1-888-426-4435) and the website is www.apcc.aspc.org. Please enter this number into your address books, so that it is readily available.

I wish health and happiness to all in the upcoming year!!