

# Outlining key areas where insulation should be used



## ASK YOUR PHARMACIST

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There are a number of good reasons to insulate your home this fall. Most important, it can help you keep warm and can help you control costly fuel and electricity bills while conserving energy and adding to the resale value of your home.

For maximum energy efficiency, it's important to know where to install insulation in your home. The chart illustrates the key areas where

insulation should be used:

1. Attic
2. Sidewalls
3. Ceiling/Wall surrounding unheated garage
4. crawl space

Don't overlook other areas in your home where energy can be saved - wrap your hot water tank with fiber glass insulation, insulate the ductwork of the heating and air-conditioning system, and caulk and

weatherstrip the cracks and very narrow spaces around windows and doors.

Experts predict another energy crisis by the year 2000, with the price of oil and gas doubling and the cost of electricity tripling. By insulating your home today, you can reduce the amount of energy you use and help improve the country's energy future.

Every year, more and more Canadians are diagnosing or monitoring their health at home. And thanks to some very effective, easy to use and affordable home tests, they are doing so safely.

Some of the most common home diagnostic tests are for diabetes, high blood pressure, colorectal cancer and pregnancy. But before you use any of them, always read and follow the instructions carefully. If you have any questions, ask your doctor or pharmacist. For many insulin dependent diabetics, monitoring blood sugar levels daily is a way of life. However, in as little as 60 seconds, a diabetic or someone who suspects they may have diabetes can give themselves an accurate test to measure their blood sugar levels. For example, each diagnostic kit comes with convenient blood test strips. All the user has to do is apply a single drop of blood to the coloured tip. Wait for about a minute, follow the manufacturer's instructions and compare the colour with the colour chart provided, or use an electronic meter. Remember, if

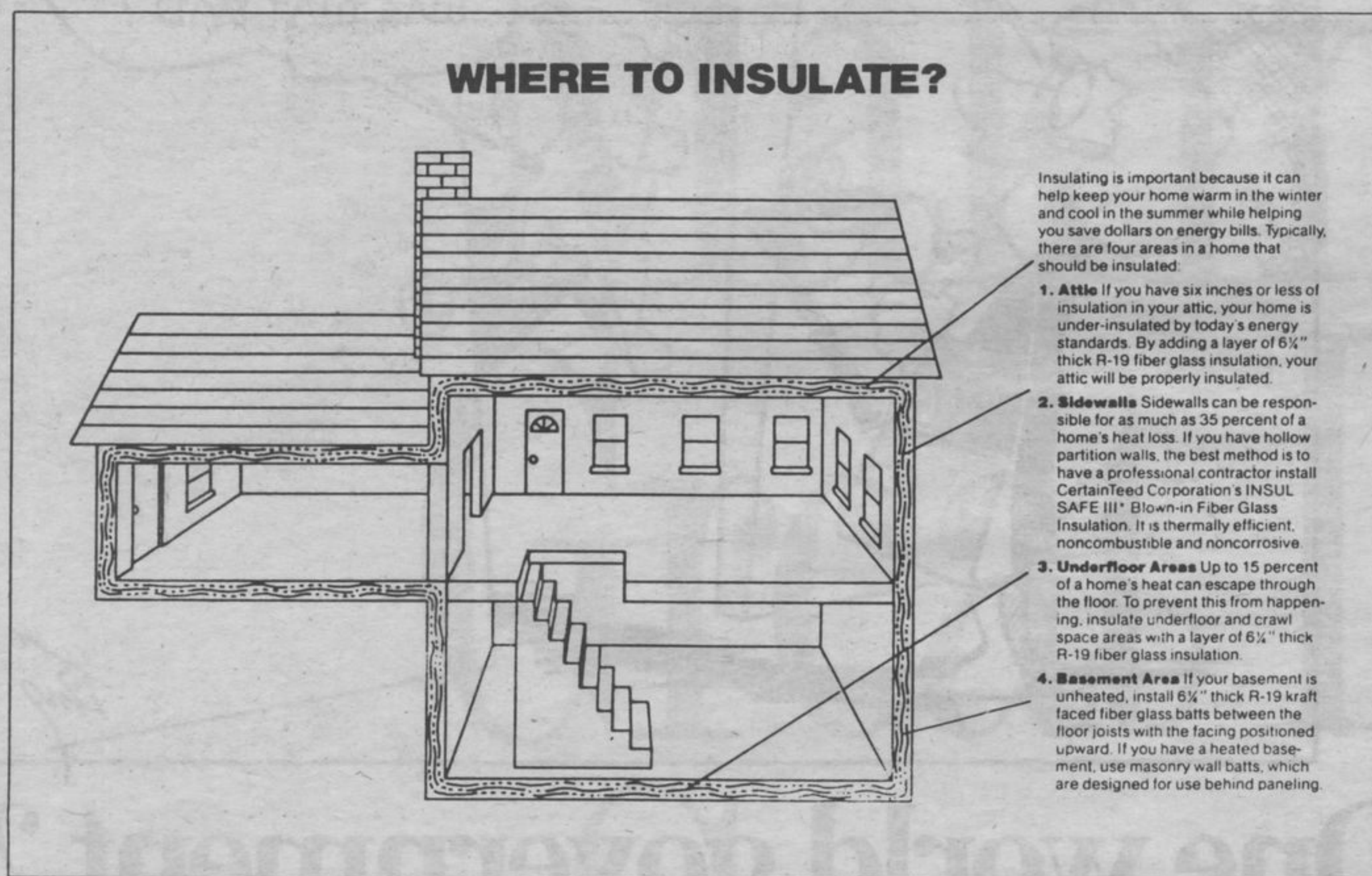
you notice any abnormal change, consult your doctor immediately.

Thousands of Canadians have high blood pressure and don't even know it. Generally, there are no symptoms although some people experience headaches, blurred vision and giddiness.

Left untreated, high blood pressure can lead to heart or kidney failure or stroke. Therefore, it is important to have your blood pressure checked on a regular basis. If you have already been diagnosed as having high blood pressure, the best way to keep tabs on your condition is through home monitoring.

There are several makes of blood pressure monitors available at your local pharmacy. They are available in a large price range, from simple dial models to an electronic one with digital read-outs and a built-in printer.

After you purchase a home monitor, check it out with your doctor's. The readings should be the same. This is the best way to check the accuracy of your personal monitor.



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My mom & dad are Cathryn & Rick and  
my grandparents are Jim & Bea St. Louis  
and Bob Sutherland & Inga Ray;  
both of Nipigon.  
We would like to thank Dr. Wilkes and  
the staff of McCausland Hospital.  
A special thanks to Daniëlle Salesse  
and Auntie Debbie for all their help.

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