

From: Her Desk Drawer

Cure the munchies with something crunchy

These sweet crunchy delights are a snap to make and store for days in the refrigerator. They're perfect for snacking, school lunches and impromptu tea parties. Discover hundreds of other sweet treats at www.homebasics.ca.

Crunchy Munchies

- 1 1/2 cups chow mein noodles
- 1 cup miniature marshmallows
- 1/2 cup peanuts
- 1 cup butterscotch chips
- 1/2 cup Skippy Chunky Peanut Butter

In large bowl combine chow mein noodles, marshmallows and peanuts; set aside. In the top of a double boiler or in a bowl placed over hot (not boiling) water, melt butterscotch chips. Remove from heat and stir in peanut butter until smooth. Pour over dry ingredients. Stir until well coated. Using a teaspoon, form into small mounds on waxed paper-lined cookie sheet. Chill until firm. Store in refrigerator. Makes 48.

- News Canada



Ask The Chiropractor

What is temporomandibular joint disorder?

Does it hurt when you chew, open wide to yawn or use your jaw? Do you have pain or soreness in front of your ear, in your cheek, teeth or temples? Do your jaws grind or crack? Do you find it difficult to open your mouth wide? Does your jaw ever get stuck/ locked as you open it?



DR. KRISTA CARTER

If you answered "yes" to some of these questions, you may have temporomandibular joint disorder, or TMJ. TMJ is a group of conditions, often painful, that affect the jaw joint. Signs and symptoms may include:

- Radiating pain in the face, neck, or shoulders;
- Limited movement or locking of the jaw;
- Painful clicking when opening or closing the mouth;
- A significant change in the way the upper and lower teeth fit together;
- Headaches, earaches, dizziness, hearing problems, and difficulty swallowing.

For most people, pain or discomfort in the jaw muscles or joints is temporary, often occurs in cycles, and resolves once you stop moving the area. Some people with TMJ pain, however, can develop

chronic symptoms. Your chiropractor can help you establish whether your pain is due to TMJ and can provide conservative treatment if needed.

What causes TMJ?

TMJ falls into three categories:

- Myofascial pain - discomfort or pain in the muscles of the jaw, neck, and shoulders;
- A dislocated jaw or displaced disc;
- Degenerative joint disease - rheumatoid arthritis in the jaw joint.

Severe injury to the jaw is a leading cause of TMJ. For example, anything from a blow to the jaw during a sporting activity to overuse syndromes, such as chewing gum excessively or chewing on one side of the mouth too frequently, may cause TMJ.

While emotional stress

itself is not usually a cause of TMJ, the way stress manifests in the body can be. When people are under psychological stress, they may clench their teeth, which can be a major factor in their TMJ.

Women tend to experience TMJ four times as often as men. Several factors may contribute to this higher ratio including posture and high heels.

If you have TMJ, your chiropractor may recommend chiropractic manipulation, massage, applying heat/ice, and special exercises. In most cases, your chiropractor's first goal is to relieve symptoms, particularly pain. If your chiropractor feels that you need special appliances or splints, he or she will refer you to a dentist or orthodontist for co-management.

In addition to treatment, your doctor of chiropractic can teach you how to:

- **Apply ice and heat to lessen the pain.** Ice is recommended shortly after the injury or after you start experiencing pain. In the later stages of healing, you need to switch to heat, especially if you are still experiencing discomfort.

- **Avoid harmful joint movements.** For example, chomping into a hard apple is just as bad as crunching into hard candy (some hard candies are even called "jawbreakers" - for good reason). Giant sandwiches or Big Macs can also cause the mouth to open too wide and have a destabilizing effect on the jaw.

- **Perform TMJ-specific exercises.** Depending on your condition, your chiropractor may recommend stretching or strengthening exercises.

So don't let the pain get the better part of you, help is just a phone call away. Call your chiropractor today!

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Communicating with Seniors - This is a publication offered through Health Canada. It gives advice, techniques and tips on communicating with seniors. Without effective communication about programs, products and opportunities, seniors will not be able to gain access to them. *This publication aims to share what has been learned in the past decade, thorough research and practical experience about communicating with seniors.*

Maintaining Seniors' Independence Through Home Adaptations - The overwhelming majority of seniors wish to continue to live in their own homes for as long as possible. However, many homes are not well designed to meet our changing needs as we age. This publication identifies the types of difficulties that seniors can experience and describes types of adaptations that can help overcome these difficulties. *This is a publication that is offered through the Canada Mortgage and Housing Corporation.*

Every Resident Bill of Rights for People in Long Term Care Facilities - A long term care facility is a place where you can live and receive care services, such as nursing and personal assistance. In Ontario, there are three types of long term care facilities: nursing homes, municipal homes for the aged and charitable homes for the aged. Three pieces of legislation apply to these facilities: the Nursing Homes Act for nursing homes, the Homes for the Aged and Rest Homes Act for homes for the aged, and the Charitable Institutions Act for the charitable homes for the aged. Each piece of legislation included a residents' Bill of Rights. This Bill of Rights is the law. *This booklet can help you understand your rights as a resident of a long term care facility.*