

Asthmatic child brings questions

Q: Alan is seven years old. He often wakes at night with a dry, hacking cough. I took him to the doctor who says that he is borderline asthmatic and suggested a course of treatment. I am resistant to this as I am not sure of the side effects. What do you think?



TATTLE TALES

Sara Dimerman

A: I am not a medical doctor and therefore cannot say what you should do in regards to treatment. I can provide you with some information about asthma and places you can contact for further assistance.

Asthma, in children, is often the result of an allergic reaction and can be triggered by dust, pollens, animal dander and hair, moulds, feathers and certain foods.

I am sure that you and Alan dread the attacks. It is easy for a parent to feel both anger and guilt — anger that it should be happening in your family and guilt in that, while you are concerned for Alan's health, you may also be fearful of over-protecting him and making him too dependent.

Many children outgrow asthma, but there is no way to predict who will. Experts believe that the earlier the onset (except before age two) the better the prognosis.

They do caution, however, that you don't sit back and wait for the asthma to disappear. The most important approach is

prevention.

Drugs do not apparently cure asthma, but rather control the symptoms. Doctors often recommend getting rid of the triggers — pets and cigarette smoke, for example.

All of these concerns are addressed by the Air Force Asthma Program, put on by the Lung Association. This is an innovative, educational program designed for asthmatic children (age 6 to 12) and their parents.

It provides practical learning experiences to deal more effectively with asthma. It deal with four main themes: 1) What is asthma, 2) triggers, 3) treatment, and 4) coping.

Parent issues are dealt with through short lectures, guest speakers, demonstrations and group discussions. Children become members of the Air Force Detective Agency and learn how to investigate the trigger of their asthma.

There is a new group, beginning mid-January in Richmond Hill. For more info, contact the Lung Association at 864-1112.

TOP HALF

fashions

FIRST ANNUAL BOXING DAY SALE

DECEMBER 26th
9:00 A.M. — 5:00 P.M.

50% OFF

(all merchandise excluding cruise ware)

182 Main Street
Unionville, Ontario
477-4584

Panasonic Technics

BOXING WEEK SALE
DEC. 27-DEC. 30
(or while quantities last)

Panasonic Portable Compact Disc Player



\$279⁹⁵
Includes remote control earphones

Important Features
Ultra-lightweight design with internal Ni-Cd rechargeable batteries or ordinary AA-size batteries

XBS (Extra Bass System) for deep, tight bass.

\$1499⁹⁵



29" PRISM DELUXE COLOUR TV

- Stereo • Unified Remote
- On Screen Display & more!!!



PANASONIC CORDLESS PHONES

From **\$129⁹⁵**

Technics



\$289⁹⁵
7 Band X2, Electronic Equalizer with real time spectrum analyzer and six memory positions.



TECHNICS REMOTE CONTROL COMPACT DISC PLAYER \$279⁹⁵

OmniMovie SVHS

FULL SIZE VHS CAMCORDERS



From **\$1199⁹⁹**

-All Units subject to prior sale

WELLINGTON WAY STEREO

In Business for 24 years: 5694 Hwy. 7 East, one stop light west of Hwy. 48 in Sherwood Plaza

294-3393

Tues.. Wed..
Sat: 9:30-6:00
Thurs.. Fri..
9:30-9:00
CLOSED MONDAY