

ADVERTORIAL



PHOTO/LORI EMMERSON

**Pharmasave comes to Unionville:** Just 17 years after opening its first store, Pharmasave has become the fastest-growing retail drugstore in Canada today. Given their strong growth in other parts of the country, Pharmasave ventured into Ontario. To date there are 35 stores in Ontario, with plans for 200 by the end of 1999. On hand for the grand opening of their newest location in Unionville is from L-R: Razia Sidiq, Councillor Joe Virgilio, Mayor Don Cousens, Ziah Sumar and Salim Sidiq.

## Dr. Hafiz H. Walji

Hons. BSc, MSc, OD, FIOS

### Doctor of Optometry

#### Complete Eyecare & Eyewear

#### Glaucoma the silent thief of sight.

Glaucoma is an eye disease in which the internal pressure in your eyes increases enough to damage the nerve fibers in your optic nerve and cause vision loss. The increase in pressure happens when the passages that normally allow fluid in your eyes to drain become clogged or blocked. The reasons that the passages become blocked are not known.

Glaucoma is one of the leading causes of blindness in Canada. It most often occurs in people over age 40. People with a family history of glaucoma, blacks, and those who are very nearsighted or diabetic are at a higher risk of developing the disease.

The most common type of glaucoma develops gradually and painlessly, without symptoms. A rarer type occurs rapidly and its symptoms may include blurred vision, loss of side vision, seeing colored rings around lights and pain or redness in the eyes.

Glaucoma cannot be prevented, but if diagnosed and treated early, it can be controlled. Vision lost to glaucoma cannot be restored. That is why the Canadian Association of Optometry recommends annual eye examinations for people at risk for glaucoma (your doctor may, depending on your condition, recommend more frequent examinations). A comprehensive optometric examination will include a tonometry test to measure the pressure in your eyes, an examination of the inside of your eyes and optic nerves, and a visual field test to check for changes in central and side vision.

The treatment for glaucoma includes prescription eye drops and medicines to lower the pressure in your eyes. In some cases, laser treatment or surgery may be effective in reducing pressure.

**Dr. Hafiz H. Walji** (Hons. BSc, MSc, OD, FIOS)  
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Noticeable symptoms of glaucoma may be a gradual loss of side vision (above) or blurred vision (below)



ADVERTISING FEATURE

## HEALTH & FITNESS

# Some forms of arthritis, if left untreated, can cause severe deformities

Registered nurses hear many myths and misconceptions about arthritis.

There are common beliefs that arthritis is nothing more than aches or pains; it is never dangerous or fatal; it is found only in old people; it is caused by changes in the weather and there is nothing that can be done about it anyway.

None of the above is true.

In fact, arthritis occurs in about 100 different forms. Some are very serious and, if left untreated, can lead to severe disability and deformity. Others may generate only mild discomfort which may be controlled with relative ease. Children and adults of all ages can and do have arthritis and the climate and weather of little, if any, effect on the course of their condition.

The result is that one in seven Canadians have some form of arthritis and one in every three families has an affected member.

The key to good management of arthritis lies in early diagnosis and continued treatment. However, prevention of the disease is difficult, as the predisposing factors are not yet known.

You need patience for the process of diagnosis. Several visits to the doctor may be necessary, as

well as a variety of blood and urine tests, x-rays, tests of joint fluid and examination of muscle or joint tissue. No one test is perfect and able to prove that a kind of arthritis is or is not present. The right diagnosis comes from the overall pattern of results.

Consultation with a rheumatologist is a valuable part of this process.

Registered nurses will tell you, as with other long-standing diseases, patients are ultimately the key to the success of their treatment program. Through their own efforts and understanding they are the

ones that manage their program on a daily basis. Treatment programs are designed to combine therapeutic exercise, emotional and physical rest, joint protection, educational information and a variety of medications to fit individual situations.

In the last 20 years, the effectiveness of these programs has greatly improved. In addition, there have been substantial surgical advances in correcting deformity and improving overall movement in those who have been more severely affected.

**ONE IN SEVEN CANADIANS  
 HAVE SOME FORM OF  
 ARTHRITIS AND ONE IN EVERY  
 THREE FAMILIES HAS AN  
 AFFECTED MEMBER.**



**You are cordially invited to  
 the official Launch of the  
 New "Expanded" Diabetes  
 Education Services  
 Available to the residents of  
 Southeast York Region**

**Place: Markham Stouffville Hospital Auditorium  
 Date: September 30, 1998  
 Time: 2:00 p.m. to 4:00 p.m.**

*Featuring:*

**Special Guests:  
 Dr. Bruce Brooks, Chief of Medicine  
 Dr. Jim MacLean, Chief of Staff**

*Refreshments will be served*

**For more information, please contact:  
 Pam Brodie, Director of marketing  
 at Markham Stouffville Hospital  
 472-7032**

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