

ADVERTISING FEATURE

HEALTH & FITNESS

Give your bike a spring tuneup

Check the brakes, tires and cables as well as your own gear

As spring approaches, cyclists take out their bicycles and plan for new adventures.

Whether alone or with friends or family, they are out in greater numbers every year. If you are among them, travel in comfort by being prepared. Take good care of yourself and your bike.

If you tend to hibernate during the winter, now is the time to be more active.

Begin with short rides, interspersed with other activities such as walking or a simple exercise routine. If it's still cold or wet, consider riding on a stationary bike inside.

As you mobilize yourself, other benefits accrue. Calories collected as extra pounds over the winter can be burned off at a rate of about 100 per 20 minutes walked, 13 minutes biked or five minutes run. Remember, every 3,500 calories burned off is equivalent to a one-pound weight loss.

Then, check your bike. Are the brakes, tires and cables in good order? Do you have the equipment to repair a flat tire on a ride in the country? Do you have the mandatory white light at the front and the red light at the back for night riding?

If you have yet to learn how to change a tire, now is a good time to learn. Local biking groups often have spring clinics.

Check your own gear, too.

Wear a helmet recommended by American National Standards Institute, Snell Memorial Foundation or Canadian Standards Association.

These helmets provide protection against head injury in falls from up to two metres. If you're unsure about a helmet, ask a knowledgeable sales clerk. Buy a used helmet only if it's in good condition and you're sure it meets the above guidelines.

Replace a bike helmet every four or five years or after an accident. And, replace a helmet if your child grows out of it.

The helmet should be firmly attached with the chin strap and cover the forehead without slipping over the eyes. Tell your child why they should wear a helmet and make a firm rule — no helmet, no biking. Set a good example by wearing one yourself.

Wear brightly coloured clothing, so you and your children are more visible. Wear only pants that are tight to the leg or roll them up so they don't get caught in the chain. Shoe soles should be rough to prevent feet slipping on the pedals.

Add protective glasses and you are well set.

Rest your back by using panniers rather than a back pack.

Panniers are bags attached to the bicycle. They lower your centre of gravity and increase your stability and control. Your back has enough to do holding you on the bike. A backpack is hot, heavy and tiring.

Consider leaving your dog at home. While you may be watching for potential dangers, it won't. More than one rider has had a spill when a dog ran in front of a bicycle.

Also, for safety, consider leaving children under one year old at home. Carry children from one to four years old or up to 40 pounds on your bike only if you are an experienced and competent rider. Be sure they wear an approved helmet and buckle them into a carrier with full protection from the spokes of the wheel.

Once children have their own bicycle, review the basics of safety with them and check their skill in starting and stopping and turning left and right.

Bike safely

NC — From 1992 to 1996 in Ontario, on average 24 people were killed and 100 injured each year as a result of bicycle and motor vehicle collisions.

To improve safety, cyclists can:

- Ride defensively and predictably.
- Follow the rules of the road.
- Be as visible as possible.
- Check for traffic from behind and use proper hand signals before turning or changing lanes.
- Make eye contact with other drivers whenever possible.
- Children riding on sidewalks need to remember the dangers of driveways as motorists backing up may not always see cyclists coming.
- Make sure the bike is the right size — if it's too big, it will be hard to control.

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Lorraine Kennedy-Vosu
President and clinical Director, M.A. Aud. (C)

Audiology Alert

8 million adults in North America are afflicted with tinnitus so severe that they cannot lead normal lives.

Tinnitus is considered chronic after it has been present three months.

The sound level at rock concerts, dance clubs and some aerobics classes reach 120 decibels. Experts agree that prolonged exposure to noise over 85 decibels can prompt tinnitus.

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West End Hearing Services
1243 Bloor Street West
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New Tinnitus Therapy Offers An Over 80% Success Rate

Introduction

Tinnitus (from the Latin tinnire which means to ring or tinkle) describes the sensation of sound perceived in the head or ears without an evident external stimulus. Research indicates that tinnitus-related ringing is perceived in the ears (76%) or the head (24%). Tinnitus, especially if it is significant, negatively impacts the sufferer's sense of well-being. In chronic cases, the pattern of symptoms is similar to that seen in patients with major depression and can include:

- Insomnia
- Dysphoria
- Decreased Concentration

Causes

Tinnitus is a symptom of many diseases and may be triggered anywhere along the auditory pathway. The ringing sensation may be associated with any form of sensorineural hearing impairment. Temporary tinnitus may be prompted by:

- Wax in the ear canal
- Otitis media or Eustachian tube dysfunction
- Drug ingestion
- Emotional response to stimulus compounded by stress or depression

Latest Treatments

The newest technology and latest treatments yield habituation rates from 69% to almost 100%. These treatments include:

Tinnitus Retraining, Hearing Aids, Maskers, Psychological Methods

Conclusion

Today, patients do not have to be told to live with tinnitus. Research has shown and experts agree that prompt and appropriate treatment can yield an almost 100% success rate. The key to the best possible outcome is early referral to an experienced audiologist who is up to date on the latest and most effective treatments available.

Visit our web site at <http://www.audiologycentre.com>

Maternal Child Open House

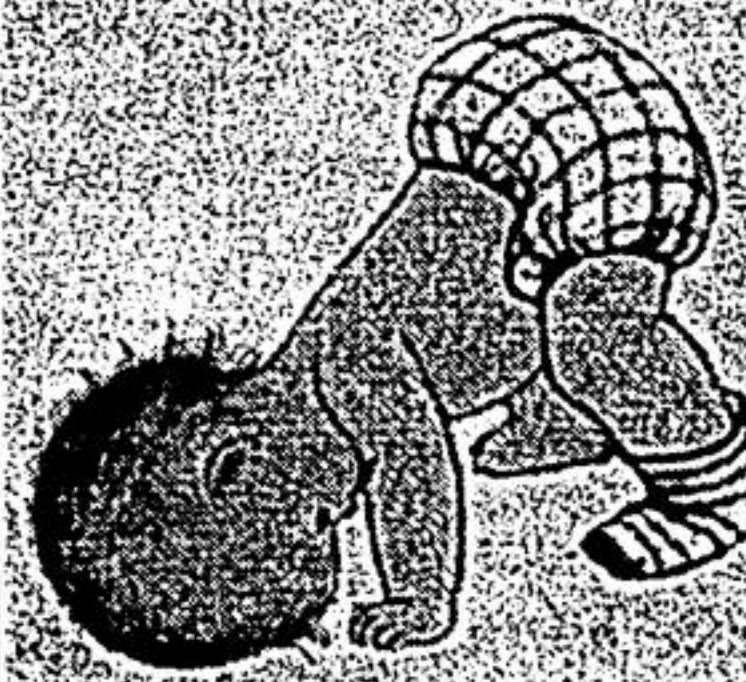
Wednesday, May 26, 1999

11:00 a.m. - 1:00 p.m.

and

6:00 p.m. - 8:00 p.m.

Markham Stouffville
Hospital Auditorium



- > Cindy Gilmer, RN, IBCLC - Breastfeeding, 11:15 a.m.
 - > Dr. Michael Virro, Obstetrician - Cells for Life, 12 noon
 - > Dr. Liz Gwyer, Psychiatrist - Postpartum Depression, 6:15 p.m.
 - > Sara Koke - York Region Speech Language Initiative, 7:00 p.m.
- Play centre for parents bringing children
Lemonade Stand and Dr. Bear Treats!

