

Ashgrove Medical Centre



PHARMACIST CORNER



ROGER DAHER
Pharmacist

Is there a maximum amount of calcium you can take per day? Most adults get about 300 mg. of calcium from their diet even without any dairy products. A cup of milk will give 300 mg. We should consume between 1000 - 1500 mg per day and there's no evidence that taking more will give better bone protection. Maximum safe limit is 2500 mg. Above that, the extra calcium can be hard on the kidneys.

More emphasis is being placed on the top number of a blood pressure reading. The top number (systolic) is the pressure the blood exerts on the blood vessel walls when the heart is beating. The lower number (diastolic) is the pressure exerted between beats. Have your blood pressure checked. It's good preventive medicine.

During the next couple of years, researchers could be testing a vaccine for Alzheimers. It is supposed to work by prompting the immune system to destroy protein that forms plaque so often found in the brains of Alzheimers patients. Studies in mice found that the vaccine did reverse the plaque in older mice and prevented it in younger mice.

Natural herbal preparations can sometime vary in the amount of active ingredient they contain. In our pharmacy we carry brands of herbal products we know and trust. We'd be happy to discuss them with you. See you soon.

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Markham

Foot Care Clinic

Brian Cragg
Chiroprapist
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- Custom molded prescription orthotics (arch supports)
- Custom made sandals and clogs
- Treatment of heel, forefoot and arch pain
- Removal of ingrown nails, warts, corns and calluses
- Treatment of sport related foot problems
- General and diabetic total foot care

Things you should know before getting a pair of orthotics...

1. Orthotics should only be prescribed by a regulated foot care specialist. Chiroprastists in Ontario are trained specifically in analysing foot function and prescribing orthotic devices.
2. Orthotics are not the sole solution to any foot problem. They must always be part of a full treatment plan.
3. Not everyone requires an orthotic. If a person's feet are functioning correctly and they are not experiencing any symptoms, then there is no need for orthotics.
4. An orthotic will not change the way that an adult foot is structured. For example, a person with "flat feet" will not miraculously develop an arch.
5. Prescription orthotics are much like prescription glasses in that they only correct the problem when they are worn.
6. An orthotic device must be made from a modified plaster cast of the foot, or the use of a 3-D computer image. These are the only methods that will capture the foot accurately.

Ashgrove Medical Centre
6633 Hwy. 7 E. Suite 3011 Markham
At Hwy 7 and North Line east of Markham Rd. **905-294-8087**

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ASHGROVE MEDICAL CENTRE

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(SW corner of 9th Line)

