

Ashgrove Medical Centre



PHARMACIST CORNER



ROGER DAHER
Pharmacist

People with diabetes should use caution when choosing a medication to treat cold symptoms. Some contain drugs that can increase blood sugar. Examples are pseudoephedrine and phenylpropanolamine, two common ingredients in cold medications. Ask our pharmacists for help with the right choice.

If you are trying nicotine gum to stop smoking, be sure to use it the right way. Chewing and parking is best. Chew once or twice on the gum to release some of the nicotine, then park the gum in your cheek for a few minutes, then repeat. Side effects are less this way because you don't get a rush of nicotine into the blood.

Many post-menopausal women do not take hormone replacement therapy because of a perceived increased risk of breast cancer. Many, many studies on this risk have shown there is less than 1 in a 100 chance of a 50-year old woman contracting breast cancer through taking hormone replacements.

Whether it's information about hormone replacement therapy or the latest on a new arthritis medication, we have the answers. Let our knowledge help increase your knowledge.

FREE DELIVERY

(905) 294-7560 ASHGROVE PHARMACY

Markham Foot Care Clinic

Brian Cragg
Chiroprapist

Services Covered By Most
Extended Health Care Plans
FREE PARKING



Brian Cragg
Chiroprapist

- Custom-made prescription orthotics, Birkenstock sandals & clogs
- Treatment of heel, forefoot and arch pain
- Removal of ingrown nails, warts, corns and calluses

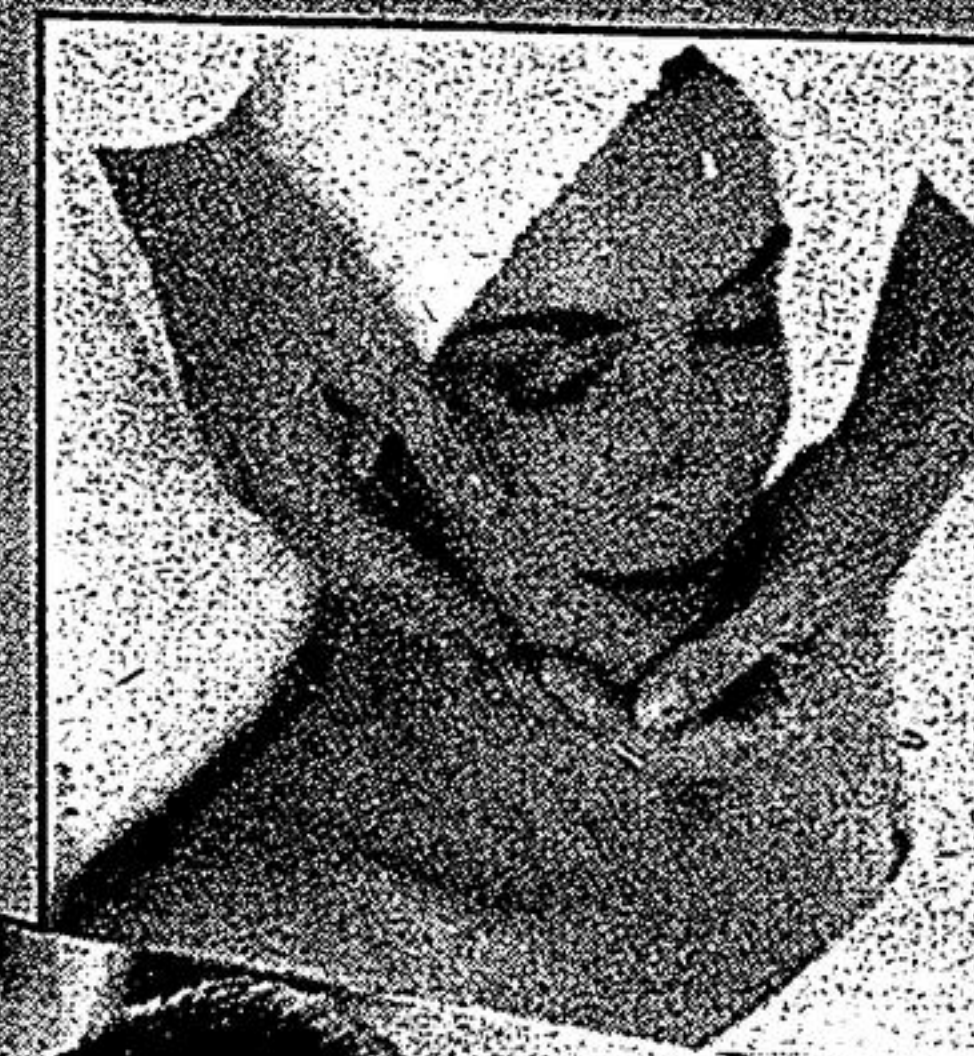
- Treatment of sport related foot problems
- General foot care
- Diabetic foot screening
- Diabetic foot care
- Diabetic footwear

Ashgrove Medical Centre
6633 Hwy. #7, E. Suite 301, Markham
At Hwy. 7 and Ninth Line east of Markham Rd. **905-294-8087**

Ashgrove SPA

Skin Care Clinic & Massage
You're in good hands from head to toe

We bring ageless beauty



to your face, hands



body & feet



every day

A little pampering goes a long way
OPEN: Monday - Saturday

201-0343

www.ashgrovespa.com



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- COMPRESSION HOSIERY
- ORTHOPAEDIC BRACES
- SPORTS INJURY & REHAB SUPPLIES
- DIAGNOSTIC AIDS

SALES ★ SERVICES ★ RENTALS

ASHGROVE MEDICAL CENTRE

6633 HIGHWAY 7 EAST MARKHAM

905-472-0866



Dr. Steven Kranc Family Dental Practice



We Feature Drill Free Dentistry (Air Abrasion)

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 - Cosmetic Dentistry
 - Crowns, Bridges
 - Full and Partial Dentures
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 - Payment Plans Arranged

(905) 471-9669

6633 Highway #7

(SW corner of 9th Line)

