

# Ashgrove Medical Centre



## PHARMACIST CORNER



**ROGER DAHER**  
Pharmacist

We often hear about the benefits of taking antioxidants to clean up harmful cancer-causing free-radicals in our body. There are tablet and capsule forms of these. However, here are the best antioxidant foods: broccoli, cauliflower, brussels sprouts, watercress, Swiss chard, radishes, turnips, bok choy, collards, mustard greens, kohlrabi and kale.

Niacin is still one of the best cholesterol-reducing medications. Although it's available without prescription, your doctor will tell you if it's good for your condition. Due to the side effect of intense flushing, it may be tricky starting niacin in the drug doses necessary to lower cholesterol. If you are put on it, our pharmacists can teach you how to start the drug with less discomfort.

Health Canada has just issued an advisory recommending that consumers not use any products containing phenylpropanolamine (PPA) because of a reported association with hemorrhagic stroke. PPA is found in many non-prescription cough and cold medications. Check your medicine cabinet for products containing PPA or call us if you have concerns.

Helping you with your medications—that's our job. It's one we really enjoy. See you soon!

**FREE DELIVERY**  
(905)294-7560

Live well with  
**PHARMASAVE**

## 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

905-294-8087



## HEALTH CARE EQUIPMENT & SUPPLIES

- WALKERS, WHEELCHAIRS & SCOOTERS
- BATHROOM SAFETY EQUIPMENT
- OSTOMY & INCONTINENCE SUPPLIES
- BREAST PROSTHESIS
- COMPRESSION HOSIERY
- ORTHOPAEDIC BRACES
- SPORTS INJURY & REHAB SUPPLIES
- DIAGNOSTIC AIDS

**SALES ★ SERVICES ★ RENTALS**

## ASHGROVE MEDICAL CENTRE

6633 HIGHWAY 7 EAST, MARKHAM

**905-472-0866**



## Ashgrove SPA

Skin Care Clinic &  
Therapeutic Massage

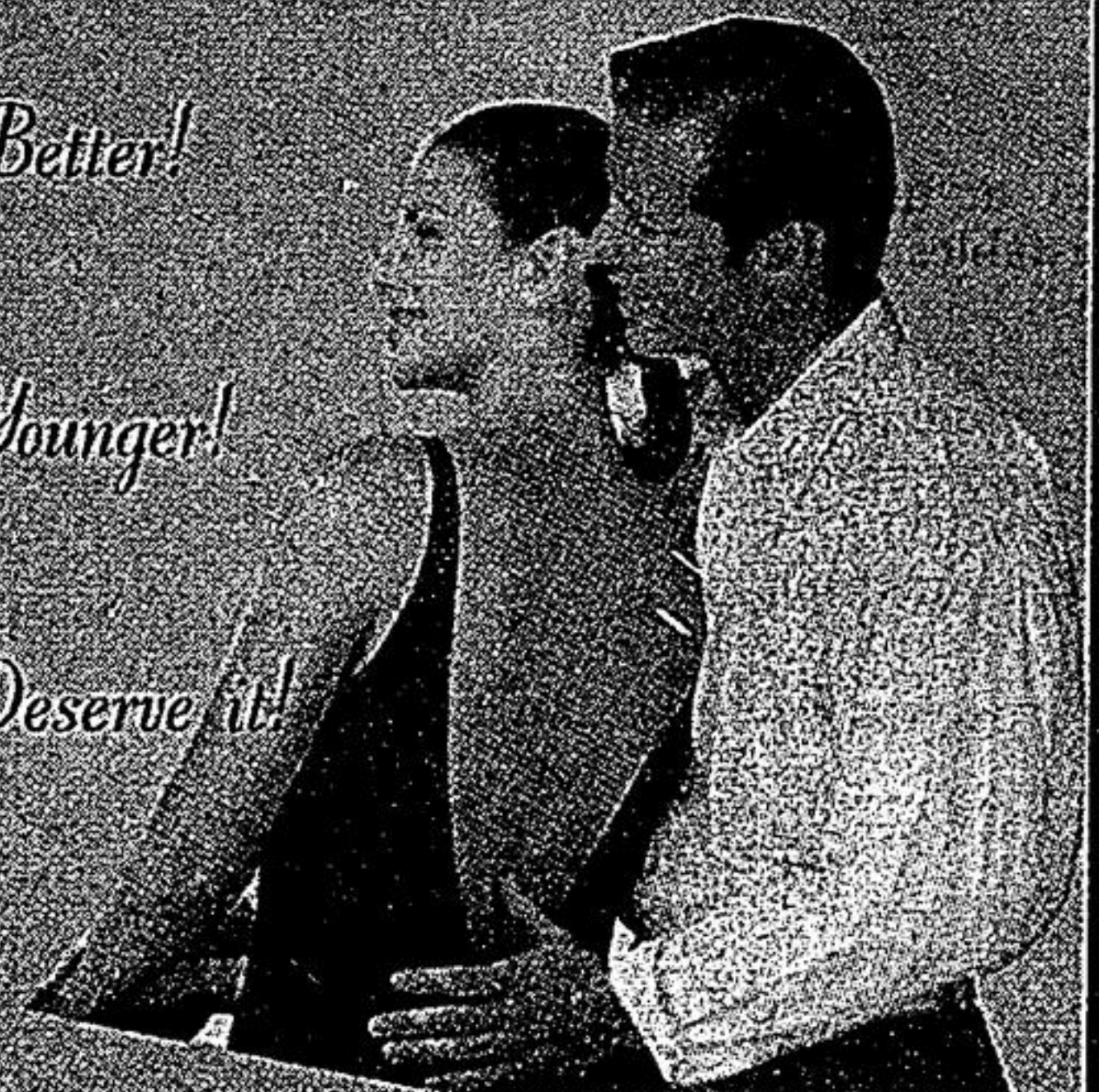
## Markham's Dayspa

*Treat yourself and someone you love!  
This Holiday Season*

*Feel Better!*

*Feel Younger!*

*You Deserve it!*



*Gift Certificates available*

**201-0343**

**OPEN: Monday - Saturday  
for Ladies & Gentleman**

**6633 Highway 7**

**Ashgrove Medical Center**

**Suite 304**

[www.ashgrovespa.com](http://www.ashgrovespa.com)

# 6633 Highway #7

(SW corner of 9th Line)

