

Healthy Living™



A simple guide
*Good fats, bad fats,
transfats*

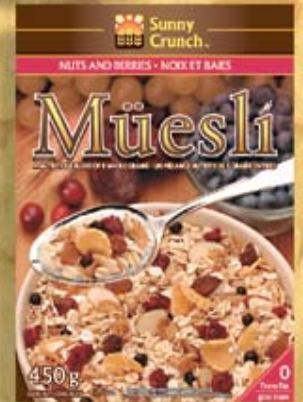
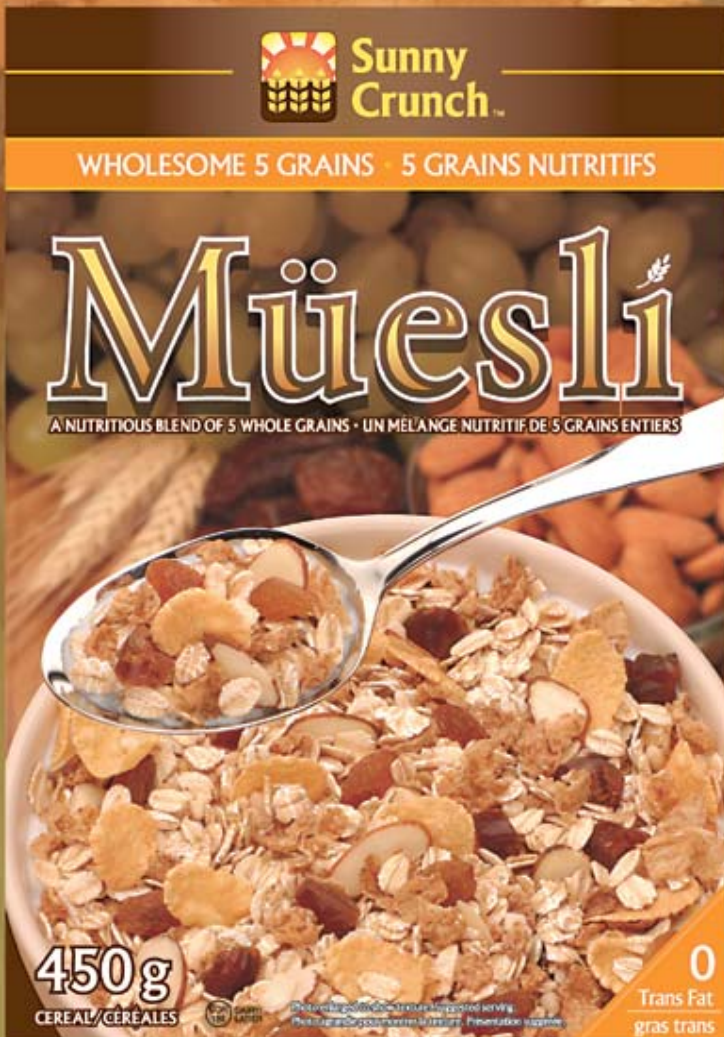
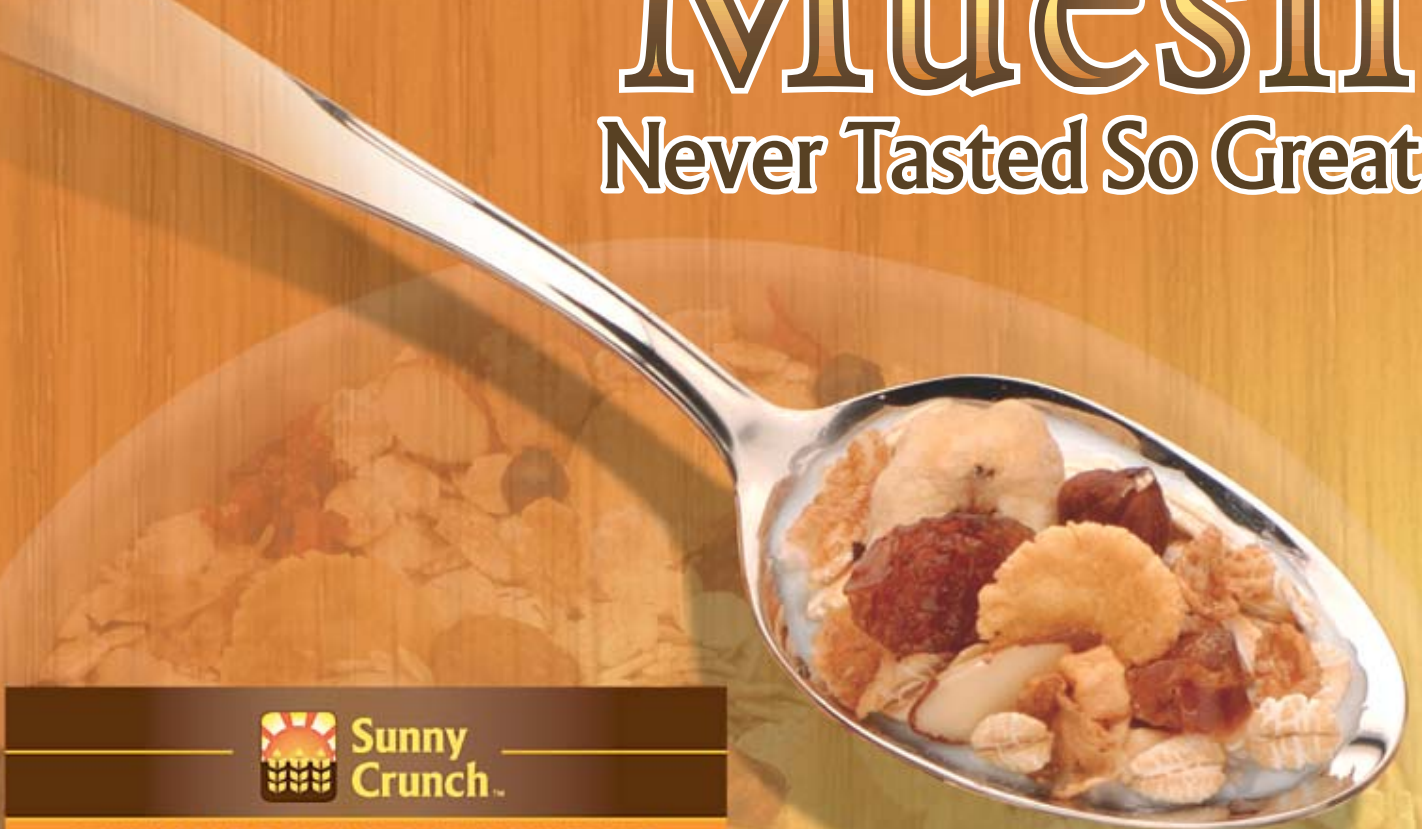
Supportive nutrition
*Why Mother Nature really
does know best*

Prostate cancer
how to reduce your risk now!



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Don Twiner

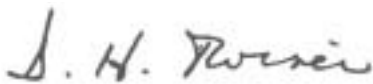
A Special Announcement from Markham Stouffville Hospital

We are pleased to announce the appointment of Ms. Janet M. Beed as the new President and Chief Executive Officer of Markham Stouffville Hospital, effective September 12th, 2005.

We are fortunate that such an outstanding health care executive will be joining us at Markham Stouffville Hospital, with proven leadership experience to lead our organization in the provision of great care to our community.

Ms. Beed has held senior level positions in hospitals, including: Vice President of Nursing at The Hospital for Sick Children; Vice President at the Ontario Cancer Institute, Princess Margaret Hospital and most recently, Vice President and Chief Operating Officer at University Health Network, Toronto General Hospital. In addition, Janet has been a partner and senior manager with Deloitte Consulting, focusing on Organizational Development and Change Management. She also brings strong academic credentials, with a Master of Science in Nursing from the University of Toronto.

We look forward to Ms. Beed joining our community hospital.



Don Twiner
Chair, Markham Stouffville Hospital



Janet M. Beed

"I am thrilled to be joining Markham Stouffville Hospital, and beginning a new chapter of growth in such a vibrant and expanding community. The Hospital has an excellent reputation, and I am looking forward to working with our Board of Directors, community leaders and our local partners. My first priority is to meet with the staff and medical leaders who have built such a great hospital, providing timely, excellent and compassionate care."

Just short of two decades after he first stepped through the doors of Markham Stouffville Hospital, Dr. James R. MacLean is saying his last goodbyes to a close-knit family of friends and colleagues at 381 Church Street in Markham.

As President and CEO of Markham Stouffville Hospital for the past six years, Dr. MacLean, or Jim as he insists on being known, has done an outstanding job of leading our community Hospital through both challenge and celebration. He is currently on secondment to the Ministry of Health and Long-Term Care as part of the Health Results Team, leading the province's Primary Care Initiative.

Prior to his position as President and CEO, Jim was the Hospital's Chief of Staff from May 1986 until November 1998. Throughout his tenure, he brought ideas, leadership and learning to the table in a way only Jim could do.

Jim's leadership was tested most recently during the SARS crisis, when he jumped to the frontlines to help staff and physicians as best he could. He didn't pretend to know more than everyone else about the virus or what was happening; he supported his troops in whatever capacity was needed.

For staff members, their relationship with Jim began almost immediately upon joining the Hospital. All new



staff and physicians who join MSH take part in a day-long orientation where they learn the Mission, Vision and Values of the Hospital. Jim attended each session, inviting every attendee to meet with him one-on-one in his office to chat.

Graduating from the University of Western Ontario in 1980, Jim interned at St. Joseph's Hospital in London, Ontario and opened a family practice in Markham in 1984 with his wife, Dr. Sue MacLean. During his term on the York Region District Health Council, Jim chaired the task force responsible for redeveloping health care services for York Region.

Prior to his secondment to the Ministry, Jim was an active member of the OHA E-Health Council and Management Board's Advisory Committee on e-Government. In addition, Jim has served on the Board of the Smart Systems for Health Agency, the Child Health Network and the Healthcare Insurance Reciprocal of Canada. He currently serves as the Chair of the Toronto East Network CEO group.



At a recent farewell dinner in Jim's honour, he spoke of trust. "Trust lubricates," he said, explaining that when you surround yourself with good people and give them the freedom to live up to their potential, they soar. That's just what Jim did, and that is exactly why Markham Stouffville Hospital is such a great place to work, and in turn such a successful community hospital.

Thanks Jim, for making it great!





Don Flynn

Taking stock of our health: a challenge for men?

Why do so many men bury their heads in the sand when it comes to their own health? Why do women tend to seek quick diagnoses and solutions to their medical problems, while men at best ignore their symptoms and at worst pretend there's nothing happening at all?

Why do women, for the most part, seem genuinely more interested in health issues and adopting a healthy lifestyle, while some men behave as though they're invincible and immortal? And isn't it strange that while these men behave as though they're going to live forever, they fail to take even the simplest steps to increase their chances of living longer.

We're generalizing here, of course. But if you recognized yourself, a friend or family member in the above description, it's time to take stock and face reality. Take our feature on prostate cancer in this issue, for example. A few simple lifestyle changes really can reduce a man's risk of developing the disease, so why not start today to take charge of your own health? We suggest some handy tips.

One way we can all improve our health - men, women and children - is to limit our fat intake, at the same time ensuring we're consuming adequate levels of the right kinds of fat. With all the negative publicity surrounding fat these days, this issue has become really confusing. Our guide to good fats, bad fats and transfats will help you choose the most nutritional foods for yourself and your family, and hopefully avoid serious health problems in later life. Remember, prevention is better than a cure!

And while we're on the subject of food, don't miss our feature on supportive nutrition. This no-nonsense, plain talking approach takes us back to basics, and teaches us how to eat the way nature originally intended, before we dreamt up fast food, convenience food and longer shelf life. In this feature, we show you how to combine basic foods to create some of the healthiest and most delicious menus possible.

As always, we hope you enjoy this issue of *Healthy Living*, and if there's any topic you would like to see addressed, just let us know.

Don Flynn
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Summer, 2005 Volume 2, Issue 3

Publisher

Don Flynn Ext. 28
don@healthylivingmagazine.ca

Editor

Marilyn Arthurs
marilyn@healthylivingmagazine.ca

Contributing Writers

Anne Dimon
John Leonard
Sara Sterling

Editorial Advisory Committee

Chad Hanna
Lorne Zon

Advertising - ext. 24

Colin Adams
Scott Hoy
Chris Rogers
Ronit White
advertising@healthylivingmagazine.ca

Graphic Design

Lisa Mervin

Printing

Tech Web Printing

Distribution:

By Canada Post to over 60,000 residences in Markham, Stouffville and Uxbridge

HEALTHY LIVING IN MARKHAM, STOUFFVILLE AND UXBRIDGE is published 4 times yearly for Markham

Stouffville Hospital by:
Lenmark Communications Ltd.
590 Alden Rd., Suite 206
Markham, Ontario L3R 8N2
Phone: 905-475-5222
Fax: 905-475-6369
www.lenmarkgroup.com

Markham Stouffville Hospital
381 Church St., P.O. Box 1800
Markham, Ontario L3P 7P3
www.msh.on.ca

Leslie Walsh
Co-ordinator Public Relations
905-472-7373 ext. 6708
lwalsh@msh.on.ca

Chad Hanna
President
Markham Stouffville Hospital Foundation
905-472-7396
channa@msh.on.ca

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The Health Benefits of Tea

You might be interested to know that current evidence suggests tea contributes to a healthy lifestyle. Recent research indicates that tea consumption may, in fact, reduce the risk of certain diseases. The polyphenols in tea may lower blood pressure and cholesterol, stabilize blood sugar and destroy tooth decay-causing bacteria. In addition, the high concentration of antioxidants in tea may inhibit the development of cardiovascular disease and cancers. In fact, the amount of antioxidants in two cups of tea is equal to that found in seven glasses of orange juice or 20 glasses of apple juice.

Even more good news: tea has no additives, artificial flavourings or colourings. And, tea is sodium-free and has only one calorie per 100mL.

With regard to caffeine, tea has very little. In general, a tea leaf contains 2.5% to 4.5% caffeine. Since caffeine is soluble in water, approximately 80% of it is extracted during brewing. In other words, a 170mL (6 ounce) serving of tea, contains only 34 mg of caffeine – two-thirds less than coffee. Coffee has 99 mg of caffeine in a 170mL serving.

Canada's Food Guide To Healthy Living states, "For most people, intakes of up to 400 mg to 450 mg of caffeine a day do not increase the risk of heart disease, hypertension or adverse effects on pregnancy or the fetus." This amount is equivalent to 10 – 12 cups of tea per day.

The future looks promising, as new research adds to the scientific



community's knowledge of the health benefits of both green and black tea.

Nutritional information per 170mL serving of tea:

Calories:	2 Cal (7 kJ)
Protein:	0 g
Fat:	0 g
Carbohydrate:	.5 g
Sodium:	5 mg
Potassium:	63 mg
Caffeine	34 mg

For more information, contact The Tea Council of Canada, 885 Don Mills Road, Suite 301, Toronto, Ontario, M3C 1V9

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Upfront

During June 2005, the Greater Toronto Area had 19 smog alert days, nearly surpassing the 20 smog days which were declared in 2001! The summer of 2005 is turning into one of the hottest since 1987. As part of its commitment to the environment, the Town of Markham is working to do its part in emissions reduction.

Emissions reduction is one of the key goals to building a better community. Within the operations area of the Town of Markham, several initiatives are underway to focus on this goal.

First of all, the Town of Markham, working in partnership with the Town of Richmond Hill, Region of York, the Markham Board of Trade and the Richmond Hill Chamber of Commerce and with the financial support from Transport Canada has adopted the Smart Commute program. This program provides Markham employees and local businesses with cost saving options for travelling to and from work, and for reducing their ecological footprint by limiting the number of single occupant vehicles on the road. The Town has also introduced carpool ride matching, transit support programs and new facilities for cyclists.



Vehicle idling is another major challenge. This year Markham joined other municipalities throughout the GTA and the Clean Air Partnership to launch an Idle-Free Week Campaign (June 13-17). We participated in the Markham and Newmarket Idle free Community Challenge, with Markham winning

the challenge by having over 1600 Markham residents pledge to stop idling their vehicles and to spread the message to others.

Markham has also created idle-free zones at all community facilities, libraries and around many schools.

Finally, in June 2005, Markham Council approved an idling control bylaw that limits vehicle idling to a maximum of three minutes to reduce the unnecessary pollutants being emitted into the atmosphere. Communications and education about this bylaw will be rolled out over the next several months.



Recent research shows exposure to smog contributes to a variety of health issues including heart problems and asthma, as well as increased visits to doctors and emergency rooms. Many of these Markham initiatives have been designed and implemented to create better community awareness for a sustainable future. Breathing clean air can no longer be taken for granted. We, as a community, must all make a commitment to change our actions to reduce air emissions. Markham continues as an environmental leader, taking action to make this community the best place to live, work and play.



Upcoming Events in support of Markham Stouffville Hospital

Markham Day at the Rogers Cup presented by American Express Wednesday, August 17

See the top female tennis players, including Maria Sharapova, Venus and Serena Williams, and tennis legend Martina Navratilova. One quarter of all ticket sales will go towards the Markham Stouffville Hospital Foundation and the fight to end breast cancer.

Call now for your tickets!
1-877-2TENNIS ext 4575.

Cornell Classic Golf Tournament 2005

Saturday, September 10

Parkview Golf Club

For more information or to register, please email
cornellgolf@hotmail.com

Angus Glen Half Marathon and 10K Reindeer Run

Presented by Pfizer Consumer Healthcare

**Sunday, November 6, 2005,
10:00 am**

Angus Glen Golf Club

Funds raised at this event will support Cardiac and Mental Health services at Markham Stouffville Hospital. For more information, visit:

www.angusglenhalfmarathon.com

For more information on these exciting fundraising events, including sponsorship opportunities, please contact Andrea Guarino, Manager, Special Events, Markham Stouffville Hospital Foundation (905)472-7395.

Learn about the Gift of a Lifetime: umbilical cord blood stem cells. Cells for Life will present information sessions for expectant parents, family members, and health care professionals at Markham Stouffville Hospital 10:00 - 11:00am on the following dates:

Saturday, September 10, 2005

Saturday, October 22, 2005

Saturday, November 19, 2005

Saturday, December 17, 2005

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Giving Back

2005 Legacy Event Raises \$130,000!

With more than 1,200 participants attending this year's event, the Legacy 5K Run or Walk was a resounding success. Funds raised at the event have made possible the purchase of a new infant ventilator for the Maternal/Child Unit and will help fund the brand new MRI suite at Markham Stouffville Hospital.



Lemonville Girls Give Plenty Back to their Community

During the Bethesda Road Garage Sale in Stouffville, Ani Chemilian (on the right) and her friend Kimberly Keller (left in the photo) held a Lemonade Sale. Thanks to their go-get'em approach and warm smiles, Ani and Kimberly raised \$110 for the hospital. It was an absolutely great day for the girls, and for everyone who stopped by.



McHappy Day for Markham Stouffville Hospital

Wednesday, May 18 was McHappy Day at McDonald's. Staff and volunteers from the hospital and community flipped burgers, took orders, sold McHappy souvenirs and raised over \$3,000.



Carrie Delany

St. Brigid Catholic Elementary School Family Fun Fair Raises Money for MSH

For the 3rd consecutive year, St. Brigid Catholic School in Stouffville organized a fun fair for students, their families and the community. From games and prizes to clowns and face-painting, the group raised money for both Markham Stouffville Hospital and the school's library.



Olivia White, Social Butterfly Extrordinaire, had a great day!

Giving Back on the Course! Golden Ridge Golf Charity Event

Golden Ridge Golf recently held its Golf Charity Event, raising funds for both Markham Stouffville Hospital and York Central Hospital. With plenty of golfers and some great swings, proceeds from the sale of large buckets of balls at the range went to the hospitals.

The 8th Annual Firkin Golf Classic

The proceeds from this tournament, which took place at Cardinal Golf and Country Club, will help Markham Stouffville Hospital fund the new MRI suite. Proceeds totalling \$225,000 were divided between Markham Stouffville Hospital and Sunnybrook & Women's College Hospital. A fun-filled cocktail reception and dinner followed this incredible tournament.



A grateful Chad Hanna, President of MSH Foundation thanks Larry Isaacs of The Firkin Group of Pubs for their generous support.

Johnston Equipment Donates \$5,000

Johnston Equipment, the exclusive Canadian dealer of Raymond materials handling equipment, chose Markham Stouffville Hospital as one of the recipients of their charity fundraising efforts from the 15th Annual Johnston Equipment Golf Tournament, held on June 6 at Nobleton Lakes Golf Course. The full-day tournament also included cocktails, dinner, and a presentation of funds to the Hospital in the amount of \$5,000.

Markham-Unionville Rotary Charity Golf Tournament

The Markham-Unionville Rotary is a 20-member club with a 40-year presence in the community. The proceeds raised at their second annual golf tournament were split between Markham Stouffville Hospital, the UnionVilla and Markham Museum.

Ustad Rashid Khan Indian Classical Vocals

Not-for-profit organization Sarathi & House Raga teamed up to present the Indian classical vocal singing of Ustad Rashid Khan (India). Accompanying artists included Anandagopal (tabla) and Jyoti Goho (harmonium). The enchanting musical evening raised funds for Markham Stouffville Hospital.

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4 – 6 years	<ul style="list-style-type: none"> ✓ Diphtheria ✓ Tetanus ✓ Pertussis ✓ Polio
12 years (grade 7)	<ul style="list-style-type: none"> ✓ Hepatitis B
14 – 16 years	<ul style="list-style-type: none"> ✓ Diphtheria ✓ Tetanus ✓ Pertussis
Adult (every 10 years)	<ul style="list-style-type: none"> ✓ Tetanus ✓ Diphtheria
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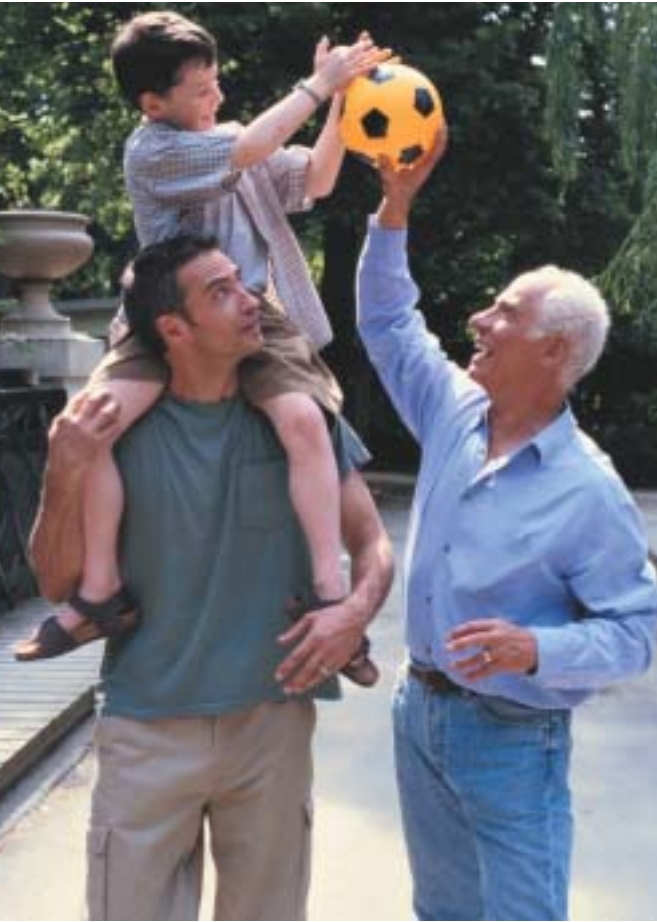
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Healthy Tips for Reducing Your Risk of Prostate Cancer

Maintaining a healthy lifestyle goes a long way toward lowering prostate cancer risk. Believe that you can eat well, be active and feel good about yourself.

Although there may be no current cure for prostate cancer, research has indicated that men who modify certain aspects of their diet and lifestyle also lower their prostate cancer risk.

“Maintaining a healthy lifestyle is always a good start in avoiding serious illness,” says John Blanchard, prostate cancer survivor, and President and CEO of the Prostate Cancer Research Foundation of Canada. “Regular exercise combined with a low-fat diet, moderate alcohol consumption and no smoking are important components of a healthy lifestyle.”

Here are a few healthy and helpful tips for every man:

- Limit the amount of high-fat foods from animal sources and concentrate on a diet that includes vegetables, fruits and grains.
- Focus on three colours for your foods: red, green and white. Red fruits and vegetables contain a powerful antioxidant agent called

lycopene. Cooked tomato products, including even ketchup, are rich in lycopene, as are watermelons and grapefruits. Greens – cabbage, broccoli, spinach and brussels sprouts – are rich in sulphoraphanes, which help detoxify ingested cancer-causing compounds and flush them out of your body. Whites – seeds, nuts, olive oils and whole grains – contain Vitamin E that has been shown to decrease risk of prostate cancer. Alliums – garlic, leeks and shallots – contain both selenium (a mineral that may help fight prostate cancer) and antioxidants.

- Include some form of enjoyable physical activity in your day, even if it's only a daily walk. Exercise not only helps you physically, but it soothes the mind as well.

Don't forget that family members are an important key in urging the men in their lives to care about their health and well-being! Let them know that it's important to have a healthy diet, to exercise, to get a moderate amount of

sun and to check in with their doctors during the year.

Learning about the risk factors for prostate cancer and determining where improvements in lifestyle can be made is critical. The first step is to complete a quick online assessment of risk using the Risk Assessment Tool developed by the Prostate Cancer Research Foundation of Canada, at www.prostatecancer.ca.

The Prostate Cancer Research Foundation of Canada is the leading national organization devoted solely to eliminating prostate cancer. Their mission is to raise funds for research into the prevention, treatment and cure of prostate cancer by engaging Canadians through awareness, education and advocacy. Prostate cancer is the number one cancer threat to Canadian men. It will afflict 1 in 7 men in their lifetime.

For more information on a healthy lifestyle, and to assess your risk online, please visit www.prostatecancer.ca

Good and Bad Fats!

High fat, low fat, no fat – these days we're often obsessed with those three little letters. But we all need some fat in our diet: it's the *amount*, and more importantly, the *type* of fat we consume that really matters.

According to current nutritional advice, a well balanced diet is one in which the number of calories made up by fat is below 30%. Now that we know how much fat we can safely consume, let's look at the types. This is the area that has become really confusing for many of us. So here's the low-down on low fat.

First of all, changing to a low fat diet is not the same as 'going on a diet'. It's simply a matter of changing your eating habits for the good of your health. And in these days of fast foods, convenience foods, eating on the run, worryingly high levels of obesity and a shocking rise in diabetes, as a society we need to start making big changes, and fast!

Saturated fats. These are the fats we need to curb because they can raise cholesterol levels and cause other health problems. Saturated fats appear mainly in animal products, such as meat, butter and cream.

Mono-unsaturated fats. These are kinder to our bodies, and can be found in olives, olive oil, many vegetable oils, nuts and

avocados, as well as fish, poultry, lean meat and eggs.

Polyunsaturated fats. Now we're really getting into the good stuff! Eat plenty of nuts, grains, seeds and oily fish, and you'll be feeding your body well.

Omega 3 essential fatty acids. Even better! Found in oily fish, such as sardines, herring, salmon, anchovies, mackerel and fresh tuna, they help to maintain a healthy cardiovascular system and keep our joints working properly. Omega 3 is also good brain food, especially for children. We should include at least two meals of oily fish a week.

Trans fats. These are the real bad ones! Cookies, potato chips, crackers, pastries, pizzas, muffins, packaged and deep-fried foods – these are just a few of the foods that are bursting at the seams with health threatening trans fats. When hydrogen is added to vegetable oil, mainly to give foods a longer shelf life, the result is trans fats – or 'killer fats' as many doctors and nutritionists refer to them. And the really scary fact is that it doesn't take much to do you damage, boosting your cholesterol and clogging up your arteries. Obesity, high blood pressure, diabetes – trans fats heighten our chances of suffering from these and other potentially life-threatening conditions.

In short, the sooner we stop eating convenience foods and go for the healthy option, the better.

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What is Supportive Nutrition?

The act of ingesting foods in a way that is supportive to your metabolism, that is, the speed at which your body burns through food. It's what nature intended. Read on to learn more.

By John Leonard

Today there are more diets and eating programs making the rounds than we can count. Some of them tell you how you should eat and promise ridiculous results. Some are unfounded. And some outright lies.

Supportive nutrition, or eating supportively, is the act of ingesting

foods in a way that is supportive to your metabolism, that is, the speed at which your body burns through food. Eating this way is not a diet and it is not a fad. It is simply the way we were born to eat. To truly eat supportively, you must consume a visible serving of a lean protein, a starchy carbohydrate and a fibrous carbohydrate every 3 to 3 1/2 hours. It's that simple.

I know you are probably saying to yourself, "I have been hearing everywhere that I am supposed to avoid carbs. Right?" Well, no. Not at all. That is one of those false beliefs. We will get to the importance of carbohydrates shortly; first I want to explain supportive eating.

Here are some examples of the three groups you will need to eat from:

Lean protein

- chicken breast
- egg whites
- most fresh fish fillets
- shellfish
- turkey breast

Starchy carbohydrate

- brown rice
- oatmeal
- potato
- whole grains

Fibrous carbohydrate

- broccoli
- cauliflower
- mushrooms
- onions
- peppers

It doesn't seem that hard after all, does it? An example of a supportive meal would be chicken breast with brown rice and mixed vegetables, or an egg white omelet with peppers, onions and mushrooms, with a side of oatmeal or whole grain toast.

I understand that most of you have lived with the idea of a small, if any,

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breakfast, lunch and a large dinner. So eating supportively will pose a small challenge, but it can be done. And to prove how it is natural instinct, all we have to do is to consider the example of a new baby.

A baby wants to be fed every three hours – like clockwork. Remember those 3am feedings? It seemed all the little one did was eat and sleep. But he or she ate every three hours. And that is supportive.

There are, most likely, a few questions bouncing around your head now. Why the carbs? Why do a lot of diets talk about reducing them? First of all, carbohydrates are your body's preferred source of energy. They fuel everything you do from moving to breathing to thinking. But there are two types of carbohydrates, simple and complex.

Simple carbohydrates convert quickly to blood sugar or glucose. A few examples of simple carbohydrates are

cookies, cakes, sugar and refined flour or white flour.

Complex carbohydrates are complex strings of sugar molecules. Because complex carbohydrates are made up of these complex streams of molecules, your body really has to work to break them down to be converted into glucose in the blood. This causes the complex carbohydrate to be released slowly and steadily into the bloodstream, thus avoiding large spikes in blood glucose.

With good supportive eating habits, you will always have a nice steady stream of glucose into the blood, which will allow your body to release fat. This is extremely important due to the fact that the glucose is carried in the blood and stored as glycogen in the muscle.

Glycogen is the fuel for all muscular contraction. Muscular contraction is involved not only in exercise: all movement we do requires muscular

contraction on every level. From blinking to thinking, glycogen is your fuel. As long as you are consuming adequate carbohydrates, you are accessing stored glycogen and burning it up. The thing is that it is quickly replaced.

This is a key understanding at any suggestion of reducing carbs in order to lose 'weight'. Supportive eating is the only way we were meant to eat.

Following is a list of the three food groups to choose from. Always remember, consume one visible serving from each group every 3 to 3 1/2 hours. Avoid all simple sugars, and refined and bleached flour.

You will be well on your way to a healthy lifestyle, feeling better than ever!

*John Leonard
President of Fit 4 Real Fitness*

Protein:

- Bass (white)
- Bluefish
- Blue pike
- Canned white chicken (water)
- Canned tuna (spring water)
- Catfish
- Chicken breast
- Cod crab (steamed)
- Egg whites
- Haddock
- Halibut
- Herring
- High protein parillo
- Lobster perch (white)
- Maverick meat
- Pollock
- Red snapper
- Round steak
- Shrimp
- Scallops
- Sushi
- Smelt
- Swordfish
- Tuna
- Turkey breast
- Veal
- Venison
- Yellow perch

Fibrous Carbohydrates:

- Asparagus
- Bamboo roots
- Beans (green)
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Lettuce
- Mushrooms
- Okra
- Onions
- Red or green peppers
- Spinach
- Summer squash
- Zucchini

Starchy Carbohydrates:

- Acorn squash
- All whole grains
- Barley
- Black-eyed peas
- Brown rice
- Butternut, winter squash
- Corn
- Lima beans
- Lentils
- Oatmeal
- Peas
- Popcorn
- Potatoes
- Pro carb parillo
- Red beans
- Sweet potatoes
- Tomatoes
- Wheat (shredded)
- Whole wheat flour
- Yams



Body, Mind & Soul

Anti-Aging Treatments – If you feel you look good, you feel good

A couple of years ago, the buzz word at spas was “detox”. You could check-in, spend a couple of hours and check-out lighter by so many toxins. Today the word-de-jour is “anti-aging”. Now, you might be thinking if that means checking in looking 50 and checking out looking 45, you’ll take half-a-dozen treatments. Me too! But the term anti-aging means different things to different people.

By Anne Dimon

For some it means maintaining a lifestyle that keeps body, mind and soul fit and healthy regardless of age. For others, anti-aging means reversing the visible signs of aging. There are spas that cater to both definitions. At one end, Willow Stream, the Spas at Fairmont Hotels & Resorts combines sophisticated products with a nurturing touch and lifestyle education helping clients achieve a healthy mix of ageless attitude, energy and confidence.

At the other end of the scale, there are spas that offer facial peels, Botox and laser treatments. In the middle are spas that bridge the gap – offering alternative medical treatments (such as acupuncture) in a holistic environment. These days, you’d be hard pressed to find any spa worth its sea salt scrub without at least one anti-aging treatment on its menu of services. Some even offer non-surgical face lifts or acupuncture facials.

“Our life span has been extended and we want to look as young as we feel”, says John Goldhar, cosmetic dermatologist

and owner of Cosmedix MD in downtown Toronto. “Thanks to boomer demographics we have demanded and forced the development of technology that can keep us working and playing longer,” he says, “and that includes how we look on the exterior.” But he’s quick to add that even though people want to look good, they don’t want it at any cost. “People don’t want downtime,” he says. “They want to avoid surgery.”

Donna Holtom, owner of Holtz Spa with locations in downtown Ottawa and at the Hilton Suites Conference Centre & Spa in Markham, Ontario, agrees that people are looking for alternatives to cosmetic surgery, and timing, she says, couldn’t be better. “Products, equipment and services that give clients the alternative to surgery are coming into the market place,” she says, “and they are becoming more accessible to the spa industry.”

Here, at the intimate Rosewater Spa in Oakville, esthetician Melissa Chong is telling me that the defining feature of this 75-minute Thermal Corrective Facial, (\$120) is its double-

layer mask – a honey mask as the based topped with a self-heating clay mineral mask from the German line of products, Biodroga.

As typical of most facials this one start with cleansing, followed by an exfoliation with alpha-hydroxy (a natural fruit and vegetable enzyme that exfoliates natural) based product, extractions if needed, then a firming serum, a facial massage then the double mask. It's not a good choice if you're claustrophobic.

"Honey is very hydrating for mature skin," says Chong, "and the clay mask acts like an air tight barrier between skin and the environment making the active ingredients of the honey mask more effective." The heat generated by the clay also helps increase circulation and purify the skin, she says. During the 20-minute mask, Chong turns her attention to other parts of the body – the feet receive a scrub with salt from the Dead Sea, the hands and arms are treated to a massage. After the clay mask has hardened and is removed, there's a toner and a final moisturizer for mature skin and an eye cream. "The whole process is geared to reducing fine lines and wrinkles"

Of course, feeling rejuvenated after a spa treatment – any spa treatment – is nothing revolutionary. "Every spa has exfoliation, rehydration and moisturizing treatments," says Gordon Tareta, director of spa operations at Hyatt

International, "so we've had 'anti-aging' for a while." He adds, "spas also play an integral role in stress reduction which, in itself, is anti-aging." But what has changed, he points out, is the science and technology behind the anti-aging product, and the marketing of it in keeping with growing demand.

Consequently we're seeing the evolution of medical spas – those with a full-time, in-house doctor - offering more potent and medically sophisticated anti-aging treatments than those available at the typical resort spa. At Hyatt, Tareta says there is only one true medical spa in the chain's worldwide family of 44 spas – the holistic-influenced Medical and Skin Spa at the Hyatt Regency Grand Champion in Indian Wells, California. In Canada two facilities with on-site medical doctors include the Institut de Santé Spa in Calgary, and in Toronto, SpaMedica specializing in a wide range of anti-aging producers both surgical and non. Two other Insitut de Santé spas are expected to launch in spring of 2006. One at the new-opened Spirit Ridge Vineyard Resort & Spa in B.C.'s Osoyoos region and the second at Victoria's Bear Mountain Resort, opening next March.

In the words of Mae West "You are never too old to become younger."

Anne Dimon is a Toronto travel writer, spa columnist and founder/editor of www.traveltowellness.com

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Buying a treadmill?

Tread very carefully indeed!

If you're in the market for a new treadmill to give your exercise regime a boost, don't rush into it. It's essential to take your time, do your research, and to know what you want and what you don't want.



Buying a treadmill should be a considered purchase, so don't buy the first one you see. Be sure to check out the workings of the machine and don't be swayed by superfluous bells and whistles.

Try before you buy, choose a reputable store with knowledgeable (but definitely not pushy) staff, and don't be enticed by mail order advertisements full of fancy claims and discounts. Remember – if it sounds too good to be true, it may well be.

As with any new exercise program, consult your doctor about your general health before investing in a treadmill. And once you have your new machine, be sure to start out slowly and build your stamina gradually. Don't overdo it!

Finally, before you set out to buy your own treadmill, here's our list of handy hints to help you through the process.

Check it out!

1. Does the machine carry a minimum warranty of 20 years on the motor?
2. What is the horse power of the motor? A minimum of 1.5hp 'continuous' is recommended.
3. What is the rpm (revolutions per minute)? For walking, it should be under 5000; for running, under 4000.
4. What warranty is offered on the belt?
5. How wide is the belt? A belt width of 18 inches is recommended for walking, and 20 inches for jogging or running.
6. How long is the belt? A minimum belt length of 55 inches is

recommended to ensure comfort and safety.

7. Does the machine feature an orthopaedic belt? This will provide an additional cushion layer.
8. What is the material of the deck? Look for MDF, as particle board can crack.
9. How thick is the deck? For walking, 3/4 inch will do, but for jogging and running, be sure it is 1 inch.
10. Do you find the treadmill too bouncy when you step on it? If so, this is not the machine for you. Bouncy treadmills should be avoided at all costs!

For more information about purchasing a treadmill, visit www.treadmilladvice.com



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Good health starts with great information. To help, *Healthy Living* has recruited a team of medical professionals from Markham Stouffville Hospital to answer your questions.



Dr. Bill Newton, Chief of Family Medicine,
Markham Stouffville Hospital

Question: *How can I protect myself and my family from West Nile virus?*

Dr. Bill Newton responds:

West Nile Virus (WNV) was first recognized in Ontario in 2002. The virus is transmitted by the bites of mosquitoes, with an incubation period of between two and 14 days. WNV infection can range from a minor infection with no symptoms at all to a serious central nervous system infection with debilitating neurological consequences.

Fortunately for the vast majority (80%) of people who contract WNV, there are no symptoms at all and no serious consequences. About 20% of infected individuals will develop flu-like symptoms which may include: fever, fatigue, headache, body aches, nausea, vomiting, swollen glands and rash. During mosquito season, anyone with fever and these flu-like symptoms should suspect WNV and consult a physician.

Unfortunately, in a very small minority of infected individuals (less than 1%), WNV infection will manifest with significant neurological symptoms. These may include:

muscle weakness, altered level of consciousness, paralysis, confusion, meningitis and encephalitis. Severe cases can be fatal. While anyone is at risk for WNV complications, the individuals most at risk are those with weakened immune systems and the elderly.

As there is no current licensed vaccine for WNV and because there is no cure, prevention is the key. Preventing WNV involves preventing mosquito bites. We can't prevent all mosquito bites; however, we should take reasonable precautions when we enjoy the great outdoors.

Reducing mosquito breeding sites by eliminating standing water can reduce mosquito populations. Precautions against mosquito bites can include: light coloured clothing, long sleeves, netting, tucking in pant legs, and being extra careful at dusk and dawn when mosquitoes are more prevalent. An effective mosquito repellent is essential. Repellents containing DEET are safe and effective when used properly. Please consult the Health Canada Website for the safe use of DEET. It is not recommended for children under 6 months of age.

More information on WNV can be found on these websites:
www.health.gov.on.ca
www.hc-sc.gc.ca
www.cdc.gov

Do you have a question for our experts? Please e-mail it to info@healthylivingmagazine.ca or send to: Ask the Experts, Healthy Living in Markham, Stouffville and Uxbridge 590 Alden Rd., Suite 206, Markham, Ont. L3R 8N2.

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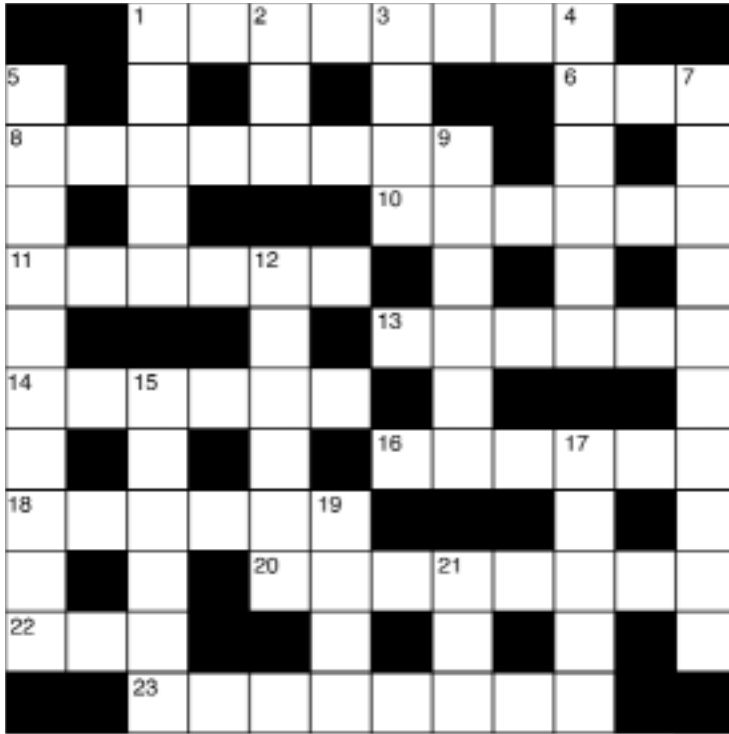
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CROSSWORD



ACROSS

1. A method of cooking meat
6. ___ *Miserables*
8. Finding a way out
10. A deep furrow
11. Basket for fruit
13. Something of little worth that glitters
14. Simple or artless
16. Useful qualities
18. Prove too clever for
20. Tubular-shaped pasta
22. Born
23. Haphazardly

DOWN

1. English philosopher and writer
2. Standard unit for measuring electric current (*abbrev*)
3. Despatched
4. Organs that separate certain elements from the blood
5. Dried berry ground as a condiment
7. Educational; academic
9. Tiny bits
12. Hypothetical substance sought to prolong life
15. Type of dog
17. Hard, heavy, dark wood of certain tropical trees
19. Bound
21. Intention

Answers on page 23

Take a Hike and Feel Great!

Hiking is an excellent source of physical and mental fitness and if you live in York Region, you don't have far to go to reap the joy and health benefits of a good hike.

As little as a brisk 30-minute hike and even a slower one-hour hike have an array of health benefits and there are no less than 32 recreational trails and 18 regional forests tracks in the region just waiting to be discovered.

Below is a list a healthy hiking tips to get you started. So go ahead – take a hike and feel great!

Gearing Up

- Check the weather conditions and dress appropriately.
- Wear a hat to protect you from the sun and heat.
- Wear ankle-high hiking boots and break them in beforehand.
- Decide where you're going before you leave home. Visit www.region.york.on.ca (click on Services, then Environmental and then Take a Hike Trail Guide) for a listing of trails in York Region.
- Bring a map of the trail and a compass.
- Tell someone at home where you're heading and when you plan to be back.

- Take along water and energy snacks such as bagels, trail mix or granola.
- Consider taking a walking stick.
- If you are heading into the wilds for a long hike, add a flashlight with extra batteries, waterproof matches, small first aid kit and a pocketknife.

Hitting the Trails

- Stretch your leg muscles before and after your hike to reduce the risk of leg cramps.
- Keep your eyes on the terrain and adjust to changes in trail conditions.
- Avoid stepping on mossy areas, wet leaves and wet rocks.
- Step over logs, not on them.
- Stop and ensure your safety before you look when reaching scenic viewpoints.
- Be alert for signs of exhaustion and overheating.
- Pace yourself and be willing to turn back before reaching the end of the trail. Most injuries happen on the way back, when people are fatigued.

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Crossword Puzzle Answers

ACROSS

1. Braising
6. Les
8. Escaping
10. Trench
11. Punnet
13. Tinsel
14. Rustic
16. Assets
18. Outwit
20. Rigatoni
22. Nee
23. Randomly

DOWN

1. Bacon
2. Amp
3. Sent
4. Glands
5. Peppercorn
7. Scholastic
9. Grains
12. Elixir
15. Setter
17. Ebony
19. Tied
21. Aim



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