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Independent Lifestyle: Is it time for a personal medical alarm?

(NC)—Every year, nearly one-third of all people over the age of 65 take a fall as they conduct their daily lives. That figure increases to 50 percent by age 80 – and the resulting injuries can fast become a medical emergency, if help is delayed.



at risk of falling in the house?

- Has this person been hospitalized or been to the emergency room recently?
- (CHF), stroke, chronic obstructive pulmonary disease (COPD), diabetes, osteoporosis, and/or

Wearing a medical alarm provides security for people with chronic medical conditions. Knowing that help can be summoned with just the push of a button – worn on a pendant or wristband – gives seniors the confidence needed to continue to live independently in the place they feel most comfortable, their own home.

If you're wondering if it's time to engage the services of a personal response system for someone in your life, here are a few questions to consider:

- Is the person you care for alone for several hours during the day and/or night?
- In the past year, has the person been anxious about falling or otherwise been

arthritis?

- Does the person use a cane, walker, wheelchair, stair climber, or other assistance device to help with balance or walking?
- Is the person required to take several daily medications?
- Does the person you care for need assistance with at least one of the following daily activities: bathing, toileting, dressing, grooming, eating, meal preparation?
- As a caregiver, is it becoming difficult for you to find the time you need for yourself?
- Is it important for the person you care for to continue living independently?

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"What do you do when a family member falls ill and needs consistent care, you have a deadline to meet with your career and can not take time off from work". The stress of having to find someone to take care of your family member can be heart aching.

Central Health Services is an accredited business, providing health care services to the community as well as facilities. Central Health Services is a Canadian based company. The Winnipeg office has been operating since 1985. We have a large number of employees capable of fulfilling your needs in health care.

Central Health Services provides registered and licensed practical nurses, certified health care aides, home support workers, companions and escorts available 7 days a week, 24 hours a day. We also provide professional foot care services within the convenience of your home. All employees of Central Health Services are screened, reference checked and bonded.

An initial, cost free, assessment is provided by a registered nurse to determine the best possible service to meet the need of the client. Central Health Services can provide post operative care, dressing changes, medication administration, foot care, palliative care, meal preparation, respite, house cleaning or companionship for a loved one living alone. The range is limitless!

Let Central Health Services bring peace of mind to your family. Please call for an in home assessment visit at 772-4000.

Simplifying nutrition labels

(NC)—As Canadians we're lucky to have one of the most progressive new food labeling systems in the world. It ensures that robust, accurate information is included on the labels of all packaged food products sold in this country. This is great news for Canadians, as accurate labeling makes it easier to assess nutrition value and compare brands.



During your next trip to the grocery store, look for the Nutrition Facts panel printed on the side or back of the package. It provides information on the amount of calories and 13 common nutrients per serving size. The following basic steps can help you better understand these panels and make more informed choices about the foods you buy:

1. Serving size. Serving size is always listed at the top of the panel, shown in both

household measurements (1 cup) and metric measurement (grams or litres). It is important to always compare the serving size on the package to the amount that you actually eat.

2. Calories. Calories are also always listed at the top of the panel. The amount of calories outlines the amount of energy in one serving of the food product.

3. Per cent Daily Value (% Daily Value). Per cent Daily Value, listed along the right side of the panel, provides information on how much of the recommended daily intake is present in each serving. This ranges from zero to 100 per cent.

• Eat less... Choose packaged foods with a low Per cent Daily Value for the following nutrients: fat, cholesterol and sodium.

When comparing similar foods based on the same serving size, look for items that are free of trans fat and low in saturated fat. By lowering the amount of these fats in your diet, you lower your risk for heart disease and stroke.

• Eat more... Look for products that have high Per cent Daily Values for the following nutrients: fibre, vitamin A and Vitamin C, calcium

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Tips to keep your diet on track

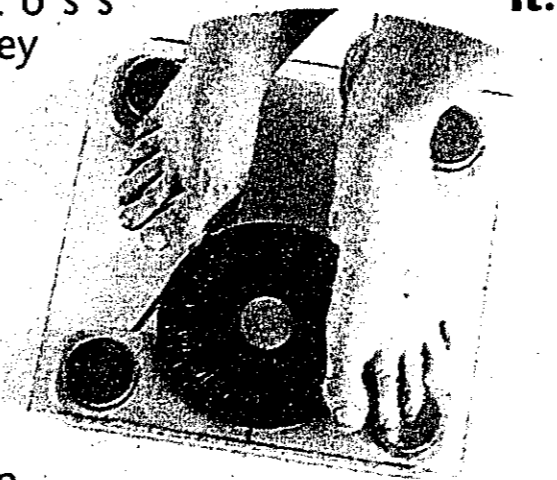
(NC) Did you overindulge with comfort food this winter season? Are you filled with anxiety at the thought of squeezing into those summer shorts? Results of the recent 2006 Jamieson Laboratories **Weight-Loss Attitudes Survey** conducted by Leger Marketing reveal what Canadians identify as the most difficult challenges they face when it comes to their diet. Following these simple steps to help overcome your dieting roadblocks can help make the transition into bathing suit season virtually stress free.

Over one third of Canadians find it hard to make healthy choices.

Make a list and shop for nutritious foods that are ready to eat: fruits, vegetables, milk

and whole-grain snacks instead of high-fat, high-sugar snacks. The golden rule - don't shop when hungry!

Over half of Canadians who are on a diet have a difficult time sticking to it.



Make sure you set realistic goals and reward yourself as you go. Eat sensible portions and do exercises you enjoy. If you fall off your diet, don't get discouraged, just jump back on!

Over one third of Canadians find it hard to resist their cravings.

Stock up on low-fat versions of the foods you crave such as chocolate and cheese. There are several low fat, low calorie chocolate bars available at all supermarkets - keep a few of these on hand to avoid poor snacking choices.

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