

## **HEALTH ALERT, WEDNESDAY MARCH 7<sup>TH</sup>, 2007**

In the Friday March 2<sup>nd</sup> Record there was an article on the soaring rates of Diabetes in Ontario. Presently almost 9% of the adult population in Ontario is diabetics. There has been a 70 % increase in diabetes in 10 years!

The number one reason for this is lifestyle. Children for years have not been active. They are eating the wrong foods and in some houses, they may be raising themselves. The result of an unhealthy child? Well, it is an unhealthy adult. According to the World Health Organization, in Ontario, we have already exceeded the diabetes rate predicted by the year 2030. This is not a good time for the cheer **“We are number 1!”**

Did you know that 70% of obese children become obese adults? One in three obese adults are dead by 50 years of age. Obesity means 25 pounds over your ideal body weight. Not only are we dealing with early death, but the quality of life is also greatly affected. We can prevent any disease that is lifestyle related. How? Simple, we will change your lifestyle before you get sick.

These diabetics were once healthy children (the majority cases of diabetes are adult onset diabetes). We need to lead our children and our community to better health. I believe if our children develop a disease like heart disease or diabetes before they are 40 years old, it took the parents help. A tough pill to swallow, but probably accurate.

What would a type 2 diabetic pay to not have diabetes? Probably a lot of money. Unfortunately you cannot buy your way out of sickness; health has never worked that way. You see sickness is a process that takes years to develop before the symptoms finally show up. You have been told you are not sick until it hurts. It may be too late if you wait until symptoms. For example, high blood pressure is called the silent killer. This is because you can have it for years and it can damage your body before you know you even have it.

We need your help to get people to our talk next week. Please see the attached flyer. The talk is “Eating to Live” and it is Thursday March 15<sup>th</sup> at 6:30 pm . We will teach you how to make better, healthier food choices and how to start. We will also address specific children issues and Attention

Deficit Disorder and how it could be caused by diet. Drugs like Ritalin can be very dangerous to children.

People's lives are at stake. We need no excuses. We need you to be there, it will be worth your time. Dr. Roger and I will show you the stepping stones to change your life. Do not stay home and watch television, nothing is ever that good on tv.

**March is Raising Healthy Minds in a High Tech World Month.** On Saturday March 31<sup>st</sup>, 2007 we are celebrating children's health with a Kids Appreciation Day. The big event will run from 9 to noon. Activities will include face painting, "**10 minutes to health for kids**" lectures and a special surprise kid's entertainer that I cannot tell you about until next week. Bring another family with you. Let my staff know how many of your family members will be coming so we can have enough healthy snacks. Wouldn't it be great if other people could experience the improved life that you are now living?

This is a perfect opportunity to become an even better parent by getting more information on how to raise the next Einstein or Lester B. Pearson. Is it worth it? Yes! We live in a time where we say we would do anything for our kids. Well here is your opportunity to do something! We will have a variety of information from the effects of exercise, healthy diets, stress and bullying to neuroplasticity- a fancy name for rewiring the brain and making healthier connections in it.

Other upcoming office events

Dr. Jeff will be speaking at HopeSpring Cancer Support Group on Friday March 16<sup>th</sup> at 1:30. The topic will be "How to Start Exercising".

Extreme Makeover God's Way at St. Al's Catholic Church starts on Tuesday April 17<sup>th</sup> for 6 consecutive weeks. All are welcome. See our website in the next week for more details.

Yoga night all Wednesdays in March 6:30 to 7:30 pm

Dr. Jeff will be speaking at KW Habilitation on Thursday March 22<sup>nd</sup> and Friday March 23<sup>rd</sup>.

Are you looking for a guest speaker? Dr. Jeff is always willing to help out and speak at your church, workplace or community group. Our website has many of the recent topics that we have spoken on.

Thank you for being part of our lives.

Sincerely,

Dr. Jeff, Linda, Linda and Meaghan

Logo and attachments- flyers for Eating to live and PAD