



FRIDGE FACTS



Ask the Health Professional



What is Polycystic Kidney Disease?

Polycystic kidney disease is an inherited disorder of the kidneys which is characterized by the formation and enlargement of cysts in the kidneys. It can affect other organs as well including the liver, pancreas and spleen. Due to its progressive nature, it is the most frequent inherited cause of kidney failure in adults in the US. It is estimated that it accounts for 6-8% of patients on dialysis south of the border. Symptoms of the disease usually start in your 30s or 40s but can start as early as in the fetus.

A recent study examined the number of patients with polycystic kidney disease that had other kidney related disorders including kidney stones, urinary tract infections and gross hematuria (bloody urine). Of 180 patients examined, it was found that 42% had kidney stones, 60% had a urinary tract infection, and 63% had gross hematuria. The study suggested that if the patients had gross hematuria that was diagnosed before age 30, the rate of kidney survival was lower than in other patients.

October 3-9th is Fire Prevention Week

Kitchen Fire Prevention

Avoid loose long sleeves when cooking.

Check kettles and toasters for damaged electrical cords and thermostats.

Use appliances that have an automatic shut-off.

Keep a timer handy to remind you when the oven and burners should be switched off.

Use a temperature-controlled electric skillet or deep-fryer for frying.

Never leave your cooking unattended.

Use appropriate cooking appliances and keep them clean.

Keep a pot cover nearby to "put a lid on it" in the event of a fire. *From: /www.fiprecan.ca/*

Back to School Backpack Tips



Pack it Light, Wear it Right

Get a backpack with many compartments to balance the load.

Fill your backpack at table level or get someone to help you put it on.

Wear both shoulder straps and your waist belt.

From:
www.chiropractic.on.ca





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Clinic News

Duffins Creek Health Centre Golf Tournament – Saturday Sept. 17th, 2011

Our annual golf tournament will be held this year in conjunction with Canada's 2nd annual National Sports Day and the Tru Sport movement. The tournament is a scramble format with a shotgun start at 4pm. Featured this year will be four former Olympians, one of which will be bringing the Olympic torch. Please call the office at 905-428-9370 for more details or to book.

The office will be closed on Oct. 10, 2011 for Thanksgiving.

Drain Bamage

Make as many words as you can in 3 minutes. Each of the letters must connect and you cannot use the same letter twice in a word (unless it is on the board twice!!) Go to: www.dchealthcentre.com to compare your words to ours.

E	S	O	H
N	A	N	E
E	T	E	M
F	A	A	E

Apple Loaf

Ingredients

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup chopped walnuts
- ½ cup butter, softened
- 1 cup white sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup apples – peeled, cored and shredded

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease one 9x5 inch loaf pan.
2. Mix together flour, baking powder, soda, salt and nuts.
3. In a large bowl, beat margarine, sugar and 1 egg until smooth. Beat in second egg, and stir in vanilla. Stir in shredded apples. Pour flour mixture into batter; stir just until moistened. Spread into prepared pan.
4. Bake for 50 to 60 minutes, or until an inserted toothpick comes out clean. Let stand 10 minutes, then remove from pan. Place on a rack to cool.

