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Parent - Child Guide

October/November 2014 Vol. 20 No. 4 Est.1995



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**Chronic Pain –
What Is It &
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**Gloom
Amidst
the Glitter**

**Grandparenting in
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INSIDE

5 Chronic Pain - What Is It & What Can Be Done About It By Nancy Adams, MA - Psychologist (Candidate Register) Roth Associates in Psychology

6 Gloom Amidst the Glitter Dr Nina Woulff

8 Gum Disease In Children And Adolescence By Dr. Negin Ghiabi, Pediatric Dentist at Pinnacle Dental Specialists

8 Emera Oval - A successful second summer comes to a close - bring on winter fun!

9 Straight teeth without conventional braces? A clear reason to smile! By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C), Halifax Orthodontic Specialist Group

10-12 Fun Places To Go

13 Nova Scotia Museums

14-17 Seniors Section

17 Grandparenting in Style: What type of Grandparent are you? By Dr. Maureen Gorman, Registered Psychologist

18 Homework Help for Great Grades the Whole School Year by Lorelei Burgess, Oxford Learning HRM

20 A Season of Wishes - Make A Wish

21 Laboratory Testings For Pets PART 2 OF 2 Courtesy of Carnegy Animal Hospital Member of the American Animal Health Association

22 In Full Swing From the Big Apple, Jenny Joan Larisey, Craft Consultant for Maritime Hobbies & Crafts

Parent-Child GUIDE

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Chronic Pain – What Is It & What Can Be Done About It

By: Nancy Adams, MA – Psychologist (Candidate Register) Roth Associates in Psychology

Much of what we know about pain comes from what happens in normal, problem-free recovery from injury or illness. In this situation, physical injury is causing the pain which is at its worst immediately after the injury. As the injury heals, pain gradually tapers off. By the time it has recovered, the pain is either gone away or at a minimal level. If we must have pain, this is how we want it to happen. Thankfully, it often does – but not always and not to everyone. In some cases, pain continues long after an injury has physically healed. It stays so long that we fear we will be stuck with pain forever. Pain can also start without any physical injury. No cause is found but the pain persists. When pain lasts much longer than expected or when it comes and stays for no known reason, it is considered to be chronic pain.

Among the general public, there is a lack of knowledge about pain. That can affect how people in pain see themselves and how society sees people in pain – and not in a good way. The goal of this article is to provide information about how pain is processed in the body and mind, and about what can be done to help people in pain.

To explain how pain is processed, let's take the example of a broken ankle. Special nervous system cells in our ankle detect pain signals and send them to specific locations in the spinal column, then on to the brain. We only "feel" the pain when the pain signal reaches the brain (no brain, no pain). Many people think pain signals don't change between the ankle and the brain. They think the pain received in the brain is exactly

the same signal that left the ankle, and that the ankle injury is the only "cause" of pain. This is not necessarily the case. Pain signals on their way to the brain can be changed by how a person's pain processing system reacts to the incoming signals. The first way this can happen is that the brain and/or sympathetic nervous system release chemicals that amplify or reduce the incoming pain signals. Secondly, the pain system has a lot of neurochemical "gates". When the pain signal arrives at a gate, rules are applied that govern how the pain signal is transmitted through the gate. The signal may be blocked and not make it through. It may pass through unchanged; it may be amplified, or made weaker. Thirdly, following a big episode of acute pain, the pain systems of some people become much more sensitive to pain (hypersensitivity). Fourthly, our individual pain systems can work differently in very nitty-gritty, small but important ways to further modulate pain signals. This individuality can be behind the fact that two people with the same injury feel different amounts of pain, and why some have chronic pain while others do not.

If we have chronic pain, do we have to just give up and accept it? Absolutely not! Help is available to address and reduce chronic pain, and to manage the associated issues that can go along with it (e.g., workplace and family stress, activity and expectations management, changed relationships). Even if we cannot get rid of the pain altogether, the suffering can definitely be reduced. One common source of suffering is having to deal with the assumptions, questions, and even suspicions of people who are not well-informed about chronic pain. This can leave you feeling unsupported and out on a limb. I believe this is a big problem - for the person in pain and also for society.

One treatment approach used by psychologists, multidisciplinary pain clinics, and others is Chronic Pain Management. It helps with management of both chronic and acute pain (to prevent it from becoming chronic). Chronic Pain Management provides an approach tailored to each individual and focuses on the mind-body links that are

associated with chronic pain. It includes treatments to help people get their pain system back to normal. Research shows that it helps reduce pain and improve quality of life. A Chronic Pain Management professional can also be an advocate on your behalf and help you work effectively with and get the best service from your health care team. If you have chronic pain, do not suffer



in silence. Get connected to care providers who understand the realities of chronic pain. They can and will help you.

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Ask Away - Questions and Answers with Dr. Nina Woulff



Gloom Amidst the Glitter

Answer: Although most children feel excited and happy during this season, many adults feel tense and despondent. Calls to helplines rise by nearly 10% during the Holiday Season. A survey done by the American Psychological Association revealed that more than 8 out of 10 adults (particularly those adults with children!) expect to feel stressed at this time of year.

Question: But this is the time of year when people expect to feel joyful and happy - how can I feel so down?

Answer: Actually, you've identified one of the key causes of Seasonal Stress - expectations - that are unrealistic! From the time we are children, we start to build up expectations of what the holiday season should be. We are inundated with perfect images of family, friends, food, parties, gifts and

infinite abundance. When the reality of our own lives falls short of these ideals we often feel deeply disappointed and may think of ourselves as failures. Those of us who have experienced loss during the year (i.e. death, divorce, children moving away) are more prone to sadness during the upcoming Holiday Season.

As well, if you have negative past memories of the Holiday Season (discord/alcoholism/disappointment) it might be more difficult for you to enjoy this season.

Question: What can I do to feel better?

Answer: If you recognize that you take on too much and need to seriously chill out, I suggest you sit down and ask yourself the following questions:

-Do I expect that everything about the Holidays will be "perfect": Christmas dinner, gifts, decorations etc.?

-What do I really enjoy about the season?

-What don't I enjoy?

-What do I have the energy to do?

-What will suffice to make my children happy and excited about their holiday experience?

If you find that your Seasonal Stress is hard to manage, you should consider accessing the help of a psychologist who can provide you with greater understanding of the contributing factors and offer strategies to better manage the stress.

Question: Do you think New Year's resolutions are useful or just plain silly?



Answer: There is a lot of cynicism and jokes about New Year's resolutions. However the tradition of self-reflection and identifying personal goals for a new year is psychologically healthy. The process of achieving those goals can indeed be complex and challenging. The good news is that some studies suggest that by making a resolution you are 10 times more likely to succeed in your goal - if you have a repertoire of effective strategies.

Many people need help in reaching their goals - from fitness coaches, support groups, diet clinics, psychotherapists or others. Reach out for help if doing it all alone just hasn't worked for you before.

Dr. Nina Woulff has a private practice in Halifax where she provides psychotherapy for children, teens, adults, parents and couples. For more information, phone 492-1271.

For over 20 years, psychologist Nina Woulff has provided answers to questions posed by CBC radio listeners on the popular Maritime Noon live phone-in. In a series of columns for Parent-Child Guide she will share some of the most frequently asked questions.

In this issue she will deal with questions about the emotional Ups and Downs of the Holiday Season.

Question: I often start feeling tense and down as the Holiday Season approaches. Is that normal?

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Health & Wellness

Gum Disease In Children And Adolescence

By Dr. Negin Ghiabi, Pediatric Dentist at Pinnacle Dental Specialists



Dr. Negin Ghiabi

Children and adolescence are affected by variety of gum disease.

Gingivitis, which is the inflammation of gum tissue, starts with redness and bleeding of gum tissue. It is uncommon in younger children however the incidence increase by age and it peaks at puberty due to hormonal change; round age 10 for girls and 13 for boys. There are some other factors, which increase the

gingivitis in children such as crowded teeth, orthodontic appliance, lack of good oral hygiene and mouth breathing. Gingivitis is reversible and manages by improved oral hygiene. Young children as young as 8-10 years old need parental assistant and even older children need parental supervision for proper brushing and flossing. Some medication such as anticonvulsant medication can cause of gingivitis. By changing the type of medication under physician direction can be resolve to some degree.

Periodontitis that is the bone loss is less common in children. Chronic periodontitis often begin in adolescence and response well

to good oral hygiene. Periodontitis in primary teeth is more common in African American population. It can be heredity and cause by immunodeficiency. It needs to be treated as soon as possible. The sign of that is heavy calculus and plaque, inflammation and bone loss.

Some systemic disease such as diabetes, Down syndrome, immune deficiency, leukemia can cause of periodontitis.

There is another type of gingivitis or periodontitis which common in late teen. It happens because of malnutrition, stress and lack of sleep. It shows sign of fever and ulceration and necrosis in gum tissue. And need immediate treatment. However calculus is uncommon

in young children however the behind of lower anterior teeth and front of upper back teeth are 2 most common areas to see calculus and need special attention. Therefore regular dental check up including gingival and periodontal health should start as early as 1 year old.

Dr. Negin Ghiabi is a Board certified Pediatric Dentist. Her private practice, Pinnacle Dental Specialists, in Halifax limited to dentistry for infants, children and adolescents. We welcome new patients as young as 1 year old. No referral is needed. For more information please call 902-407-7377.



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Emera Oval - A successful second summer comes to a close - bring on winter fun!

Our second Summer Oval season has been a great success! With a range of activities offered that included inline skating, roller skating, walking, biking and special events, the Emera Oval attracted a lot of attention this past summer.

Just a few special summer events included: Try A Bike workshops, Rollerblading lessons for families, children and youth. Free Zumba class, and Jumpstart Games for Youth.

We look forward to next summer for more events, more sports and more visitors to this great HRM venue!

We'll be getting ready soon for the winter season at the Emera Oval and hope to see again the over 130,000 winter enthusiasts who show up for our public skates, speed skating, school skates and special events. We'll be planning some great outdoor winter fun for HRM residents and visitors and



hope you'll come out and experience it for yourselves.

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Here's to a great upcoming winter season - see you soon!








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Health & Wellness

Straight teeth without conventional braces? A clear reason to smile!

By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C), Halifax Orthodontic Specialist Group



You probably know someone who has "them" or have at least overheard two people discussing that there is a new alternative to conventional braces when it comes to straightening teeth! Invisalign has become a household name for magazines, tv shows and among the many adults and teens who sport them. But although many people can tell you they are familiar with the term; few people understand exactly what Invisalign is and how it works.

Invisalign is a brand name for

a clear aligner product that aligns teeth. Although the technology has been around since 1999, recent years have shown major advances in improving the product resulting in widespread use of Invisalign as an alternative treatment modality for patients seeking to improve their smile.

Invisalign works by having the patient wear a series of clear aligners, in sequence, that gradually guide teeth to their ideal position. Small, tooth-colored attachments are sometimes temporarily bonded to teeth that have especially difficult movements. These discrete attachments aid the aligner in distributing forces to the teeth so that the proper movements are achieved.

If at your initial consultation your Orthodontist recommends Invisalign, the next step is to obtain a 3-D virtual model of your teeth. Although traditional molds of

your teeth can be made, digital scanners offer a more accurate method for capturing your bite that avoids any impressions. Before your custom-made clear aligners are manufactured, your Orthodontist must use software to manipulate your bite in virtual reality until the perfect result is achieved. This step is the most important one as your Orthodontist's knowledge and expertise of this technology is paramount to the quality of your result.

Historically, Invisalign treatment was limited to simple crowding and minor bite issues. Orthodontists now have the opportunity to do further training on advanced Invisalign techniques, which means many challenging bite problems can now be treated with Invisalign. Many patients that have previously been told they are "not an Invisalign candidate" are now finding that they in fact are! Check with your Orthodontist as to their

experience with Invisalign. The Invisalign website has a doctor locator that lists doctors with a high degree of expertise using this technology.

In addition, Invisalign is also available in an Invisalign teen product for younger patients. If you or your child are looking for an alternative to conventional braces, ask your Orthodontist if Invisalign or Invisalign teen is right for you.

Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist with the Halifax Orthodontic Specialist Group. She is a co-owner of The Brace Space in Bedford (Larry Uteck) and Stuart & Davidson Orthodontics in Dartmouth, offering conventional braces and Invisalign for children, teens and adults. For more information, contact 455-7222.



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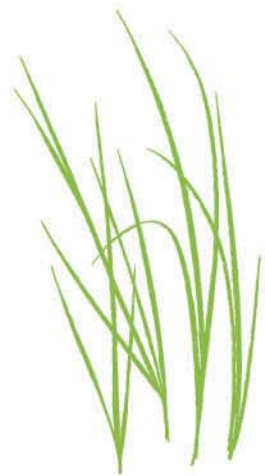
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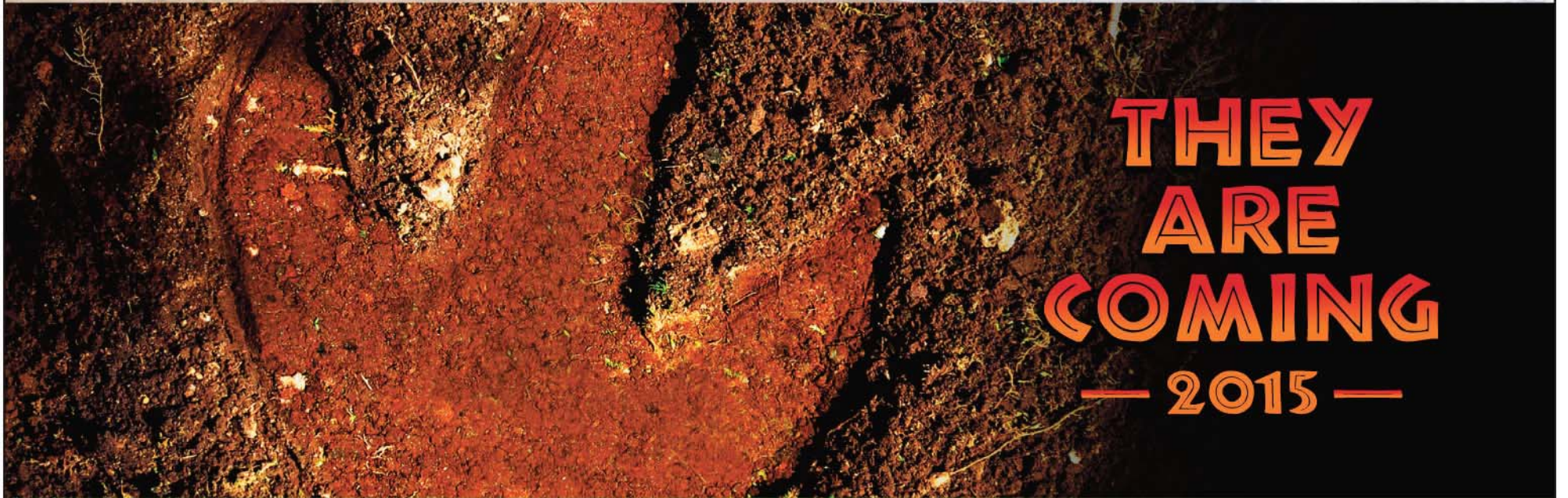


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well as supports and medial compression stocking therapy. On the footwear side, the staff at Soles in Motion will take you through a fitting process that includes a gait assessment to insure that your feet are placed in the proper footwear.

Are you suffering with pain in your knee from osteoarthritis (OA)? Soles in Motion is offering a FREE Trial Program on the Osteoarthritis Unloading Knee Brace. This gives you a no risk opportunity to try one of these specialty braces that have been very successful in the reduction of pain in the OA knee. Our new hours gives you the opportunity to drop by and see how we can assist in finding the best solution to improve and maintain your activity level no matter what your ability.

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Planning for Life's Final Transition

During your life, you will have experienced many transitions: launching your career, raising a family, retiring, and so on. You learned how to deal with these changes – and you can also learn how to manage life's final transition: death. As you think about planning for this transition, ask yourself and your close family members some key questions:

• *How do you want your life to be commemorated?* Think about those beliefs and ideas that you and your family value most highly, and visualize what your funeral might look like. A detailed vision will make it easier to create

an appropriate final transition plan.

• *How can you ease the transition for your family?* By taking care of funeral and cemetery pre-planning, updating your Will to reflect your objectives and communicating your desires to your loved ones, you will allow your family to come together to celebrate your life – without worrying about the finances and logistics that can be especially worrisome during a time of stress.

• *Where can you get some help?* You'll want to seek the assistance of a funeral director or a professional cemetery planner.

During these discussions, you will learn how pre-paying your final arrangements may ultimately result in savings of thousands of dollars, while protecting

yourself from inflation and rising taxes. This article is brought to you by Atlantic Funeral Homes by Arbor Memorial – family owned and operated.



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Seniors Section



VON offers community programs to help you stay independent

When Lynn's father died in the spring, she worried how her mother, Peggy, would cope. Lynn tried to be there as often as she could, but with her own children, job and other commitments, it was hard.

Then Lynn heard about VON Greater Halifax's community support programs. She suggested her mother try Frozen Favourites, a meal delivery program where volunteers deliver healthy meals right to your door. Peggy enjoyed the meals, but what she enjoyed more was the visit from the volunteer driver. He took the time to chat with her and Peggy liked seeing someone throughout the day.

Lynn recognized that her mother enjoyed the quick visit from the volunteer.

She phoned VON to find out about more programs. She was told about Volunteer Visiting, a program designed for seniors to have a friendly visit from a volunteer.

Now, Peggy receives her Frozen Favourites on a weekly basis as well as a visit from her volunteer visitor each Friday afternoon. Peggy and her volunteer go for walks, play scrabble, talk about gardening, and lots more.

"When I talk to Mom I can hear in her voice she's much happier," says Lynn. "Knowing she's well taken care of during the day and has made new friends makes me feel so relieved."

For more information on VON programs and services:

Phone: (902) 455-6655
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Now all you have to do is dial 211 or visit ns.211.ca and guidance is yours.

When you dial 211, your call is answered by welcoming, highly-trained community resource specialists who have information on more than 4,000 community and social services across Nova Scotia. And since the service is available in over 100 languages help is available to all Nova Scotians.

211 community resource specialists are happy to help you find nearby organizations

that can provide family support programs, seniors' help, or food bank assistance. They also know how to navigate an extensive range of support services, from income assistance to addiction treatment and more so that you connect with someone who really understands your needs.

Whether you seek help for yourself, a loved one, or for a client as a helping professional, you can choose to make a free

confidential call to a 211 specialist or simply visit ns.211.ca where an easy-to-access database is at your fingertips.

Everybody needs help sometimes. When we receive information on services that assist in resolving life's larger problems, the day-to-day issues can become more manageable. Dial 211 or visit ns.211.ca to find the community and social services you need.

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Seniors Section

Seniors and the Internet

The Internet, once the playground of the technical elite, has become the most compelling reason for seniors to get involved with computers and smart phones. While email, Facebook and Twitter may be the most popular features, the Web has the potential of transforming the entire experience of aging. Working or "playing" on the Internet can combat isolation and spur life-long learning.

Children and grandchildren correspond with their senior parents and grandparents more frequently when email and

instant messaging are options. Email is an immediate way for families to share photos and family news, regardless of how far they may be separated geographically.

The internet brings goods and services right to the door. Shopping on the Web can be accomplished at ones leisure, without taking the car out of the garage or arranging for other transportation. Gifts can be sent, books delivered, prescriptions ordered and travel arrangements made right from the comfort of your home.

Seniors are using the Internet to

keep up with issues vital to their welfare, such as Social Security and Health. They are making their power felt in politics and government and taking a proactive interest in their health through research and communication on the internet.

Through their special interest groups and forums, seniors share their wisdom, get advice and lend support. The limits of their social groups are expanded to include people of all ages with similar interests, no matter where in the world they reside. The result is a rich, varied exchange of ideas that

freed the intellect from some of the physical limitations brought on by aging. Suddenly, there is more to talk about than what hurts! The self-esteem that seniors gain from the Internet experience can combat depression and contribute to a healthy aging attitude.

Even if you have questions about using the Internet, there are most likely some young folks in your life who would be delighted to help you with your computer/Internet questions, creating a rewarding, multi-generational experience for both parties.

Grandparenting in Style: What type of Grandparent are you?

By Dr. Maureen Gorman, Registered Psychologist

What does becoming a grandparent mean to you?

This article focusses on the roles and styles of grandparenting. Some people immediately embrace grandparenting while others need time to adjust. One difference between the two is the degree to which they think the event is appropriate at their "stage in life".

The roles you take on as a grandparent depend on your style of grandparenting. A basic difference in style is Active versus Passive. Over the years, there has been an increase in an undoubtedly active style: "Surrogate Parenting", in which grandparents (typically grandmothers) have full responsibility for their children's children. Part time surrogates provide regular baby-sitting or child care services. This increase is thought to be due to relatively high divorce rates, higher numbers of young single mothers, and dual working parents. If you are raising your grandchildren you likely appreciate the multiple stressors created by this situation, including financial strain, tight living quarters, social isolation (e.g., no time for lunch with friends) and "role restriction" (e.g., primary caregivers are less likely to be world travellers or volunteers in the community). The more say you have in how your grandchildren are raised, and/or you are actively involved in their daily lives, the more you would be called an "Influential" grandparent.

An "Authoritarian" style is less common; it describes an older man (typically) who enjoys special status as "wise man" or has influence coming from a position of power in the family. His role is more about being a parental figure than about his participation in activities or helping.

Another active type grandparents is "Supporter". The roles involve baby-sitter, financial supporter of education, chauffeur to after-school activities. Some may also supplement their children's income

or buy their weekly groceries.

The "Fun-Seeker" is an active (and supportive) style of grandparenting; you especially enjoy spending considerable time with the grandchildren, taking them hiking or on trips, attending their sports and artistic performances, and otherwise (some may say) spoiling them. Your disposable income will determine just where you will hike, and how far and frequent you treat your grandchildren to holidays.

Emotionally Distant grandparents may be seen as "Detached" or perhaps even disinterested in their grandchildren's lives. If grandparenting is accepted as inevitable but there is not a lot of interest in the children's day to day activities, you are "Passive" in your grandparenting style. This style may also indicate that you are more "Formal" in your approach: you are more likely to attend birthday parties than to plan them.

Some grandchildren live 30 or 3000 miles away; distance can be a barrier no matter how far it is. You may be "Distant" and live close by, if you also have not formed a strong emotional connection with your grandchildren. If your dream is to know and be known by your grandchildren, you can accomplish both, using today's technology (e.g., Skype or Facetime).

Dr. Gorman is in Private Practice in Dartmouth, at 33 Ochterloney St., Unit 145. Please call 902-466-0469, visit website www.gormanandgarland.com, or email me directly at maurengorman31@eastlink.ca for information about my areas of practice (to adults of all ages) or if you want references pertaining to this article.

Parent-Child Guide



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Education

Homework Help for Great Grades the Whole School Year

by Lorelei Burgess, Oxford Learning HRM

When it comes to homework time, a little organization and strategic planning help to make homework time structured, so that kids know what to do, where to do it, and how to complete their homework on time.

With solid homework habits established, good grades are sure to follow... Not just for the next test, but for the entire school year.

Top 10 Tips to Handle Homework:

1. Set Up a Study Area—from the first day of class, even if there is no homework, designate one area of the house the homework zone. This is an area

with no distractions that is dedicated to working on projects and assignments.

2. Make Materials Available to the Homework Zone—what tools does your child need to get the homework done? Use a container or box to keep all supplies handy. Anything that your child may need access to during homework should be easily accessible so that he won't have to rummage around for it.

3. Remove the Distractions—if the homework zone is the dining room table, and a TV is nearby, make sure that the TV is off. Or if the area is next to a window, and the falling leaves are just too distracting, switch

places, or consider a change of location. But don't be too stringent; some people work best with a little background noise, like a radio playing quietly in the background.

4. Set a Time Frame—choose a time that is best suited to your family's needs to work on homework. Whether it is right after school, or after dinner, sticking to a set schedule helps the work to get done.

5. Offer Guidance—but don't do the homework for your child. Be close by, maybe sit at the table too, or in the next room, and read the newspaper, or read a book, so if your child needs to ask a question she won't have to go looking for you.

6. Use An Agenda—it's the key organizational tool for homework. An agenda reminds students of tasks to be completed, and is also a great place to write down questions to ask the teacher.

7. Stay Informed—regularly talking to your child's teacher is a great routine to establish. Ask about upcoming projects that may require extra help. How does your child fit into the class average? — it's good to be informed.

8. Be a Role Model! "Do your homework!" is a refrain heard in many households. Set a good example by practicing what you preach. Set a good example by your actions; read a book, do

some research, or bring something home from work to complete.

9. Offer Praise—be specific, and be sure to praise their efforts, and hard work, not their intelligence. Kids will appreciate that their efforts are not going unrecognized, and you'll help bolster their confidence.

10. Watch Frustration Levels—if your child is feeling stressed by homework, or just can't master the concepts, then it's time to seek help. Getting homework done is a routine part of school, just like eating lunch—but with a well-established homework routine, it doesn't have to be the worst part.

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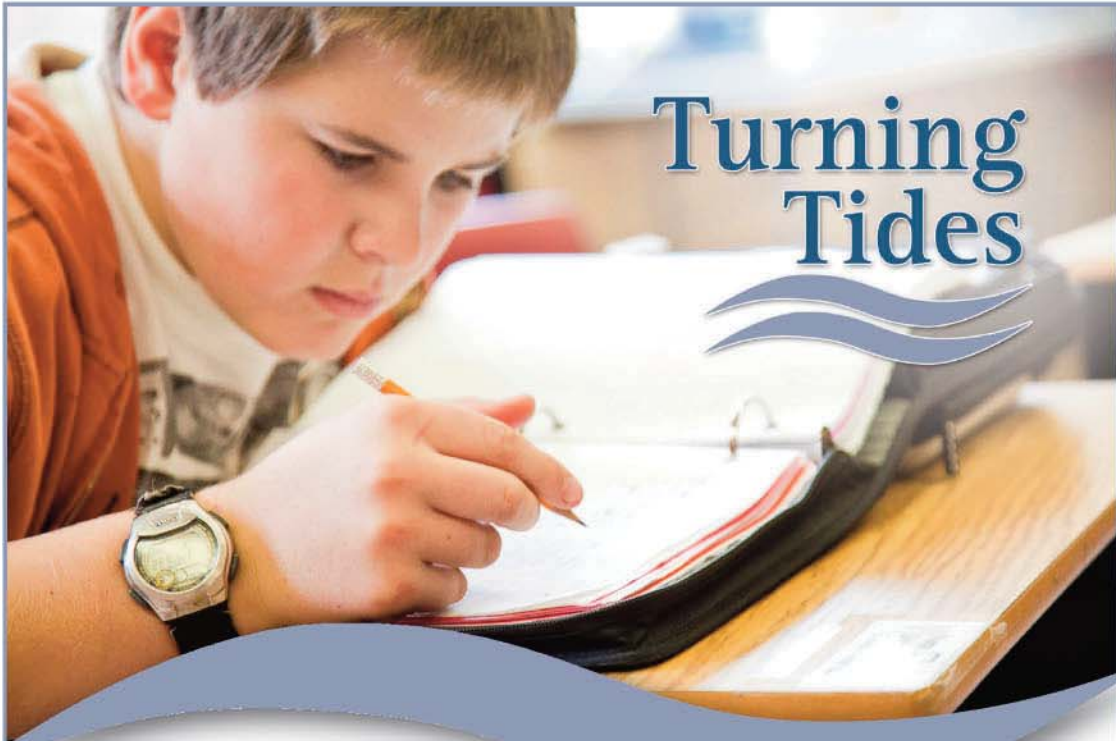
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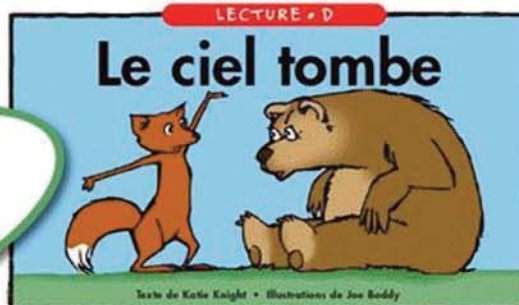
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Children like Maya. At 5 years of age, she finds inspiration in dance. The music and the magic of ballerinas who seemingly float on air make this little girl's heart swell with happiness. Her mother would see the smile on her daughters face and want to give her the opportunity to realize her dream. Her battle with leukemia seemed to be an insurmountable mountain, of making this vision impossible.

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Your veterinarian may recommend a chemistry panel to obtain your pet's baseline values, which can be compared to later tests. Any differences between the baseline values and values measured at a later time will help your veterinarian diagnose new problems.

Heartworm Test

Your veterinarian may recommend a blood test to confirm the presence of heartworms in your pet. Several different heartworm tests will show the presence of microfilariae (offspring of adult heartworms) in your pet's blood. There are other blood tests that confirm the presence of adult heartworms by detecting certain substances in the bloodstream. For more information about heartworm, see the Healthypet article Heartworm Disease.

Fecal Examination

Your veterinarian may examine your pet's feces under a microscope for clues about many different kinds of diseases, including difficulties with digestion, internal bleeding and pancreas disorders. Most importantly, fecal examination will confirm the presence of intestinal parasites, including roundworm, hookworm, whipworm, tapeworm and giardia. For more information about parasites, see the Healthypet article External and Internal Parasites.

Skin Scraping

Skin scraping is one of the most common tests in veterinary dermatology. Your veterinarian will take a small scraping of your pet's skin and examine it under a microscope to confirm the presence

of certain types of fungi or microscopic parasites on your pet's skin.

Fungal Culture

Your veterinarian may take a few hair samples if he is concerned about the possibility of a fungal infection on your pet's skin. A culture test can be performed on the hair sample to detect the presence of fungi such as ringworm. Unlike other laboratory tests, it usually takes one to two weeks to get a final result from a fungal culture.

Test of Thyroid Function

A thyroid gland that is not functioning properly may not be producing hormones that are vital to maintaining normal growth and metabolism, or it may be producing too much hormone. Your veterinarian will measure the hormone concentrations in the thyroid gland to determine if your pet's thyroid is functioning properly.

Fine-Needle Aspirates

If your pet has an unusual lump or bump on his skin, your veterinarian may take a sample of it using a hollow needle to withdraw cells and/or fluid from the lump. Your veterinarian will examine the sample on a slide under a microscope to help diagnose infections or cancer. Fine-needle aspirates also provide information about whether a tumor is malignant or benign, and if additional testing or treatment is needed.

Test for Feline Immunodeficiency Diseases

Your veterinarian may recommend a test to determine whether or not your cat has contracted feline immunodeficiency virus or feline leukemia virus. Your veterinarian will take a blood sample to perform an enzyme-linked immunosorbent assay (ELISA) to diagnose these viruses. For more information, see the Healthypet article Feline Leukemia.

Laboratory testing can help catch many conditions early before they become serious illnesses, so be sure to ask your veterinarian about which tests your pet may need during your pet's next wellness exam.

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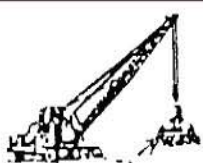
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CRAFT CORNER

In Full Swing



From the Big Apple, Jenny Joan Larisey,
Craft Consultant for Maritime Hobbies & Crafts

fall is my favorite of all seasons, the crisp air feels so fresh and helps to clear my thoughts which allows for a good flow of creativity. I enjoy being outside working on projects or taking nature walks. Colors are inspiring this time of year with all of the golden tones and the sun has enough strength to keep me warm on the cooler days.

have you prepared. I always enjoy those moments when I have an unexpected couple of hours in an evening and have all supplies needed to just get down and crafty.

I was thinking as far back as June for one of my holiday gift ideas. It started with solar dyeing cotton and linen yarn in jars of natural dye, and now my plan is to turn it all into woven cloth.

There are many types of looms and devices for weaving and some are easier to use than others. Starting with something as basic as picture frame and backstrap looms, to larger industrial types. I remember using pieces of cardboard in elementary school to create small pieces cloth to learn basic weave structures.

There are many projects you can make using just a small loom like coasters, guitar strap, headbands and belts.

Here are a few links to check out and give ideas for building a loom of your own.

<http://www.instructables.com/id/Make-a-Frame-Loom-for-Weaving/>

<http://www.marlamallett.com/loom.htm>

<http://www.hallnet.com/Build.html>

Please drop in to *Maritime Hobbies & Crafts* to see our craft corner, 1521 Grafton Street, Halifax, 423-8870, www.MaritimeHobbies.com



One of my favorite gifts to give are tea towels and dinner napkins. They are a great way to experiment with different craft techniques. I have sewn my own towels in the past and

practiced techniques such as blockprinting, embroidery and tie dye.

This year I am going to take my tea towels to another level. I wanted a project to keep me warm and cozy over the winter, and after saving up I am finally going to buy my first floor loom. As part of my learning process, I am going to stay focused on just a few of the basic weave structures using up all of the naturally dyed yarns.



Now that many of us have had enough time to settled into our fall season routine we can start making a little extra time for projects. I like to create projects this time of year that I can use for gifts around the holidays. If I start thinking about and making things early enough, I will be less frantic around the holidays and have more time to enjoy cooking and festivities.

Thinking ahead and making lists of your project ideas, and collecting supplies in advance will



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