



# FRIDGE FACTS



## Ask the Health Professional



### What is Muscular Dystrophy?

Muscular dystrophy is the name given to a group of neurologic disorders that result in the progressive weakness and wasting of those muscles under voluntary control – the muscles that control the movement of our bodies. As the muscle wastes away, it is replaced with fatty and connective tissue. This new tissue has no contractile properties and results in the inability to move the limbs or trunk, speak and breathe.

Although often thought of as a childhood disease, it can affect anyone. Many types are detected early in infancy or childhood but some may not appear until later in life. Some types of muscular dystrophy are genetic while others are the result of a single gene mutation in an individual. The cause and the cure are currently unknown.

### Battery Facts and Figures

With Christmas coming, batteries are always a heavily purchased item. They supply everything from power radios, toys, cellular phones, watches, to laptop computers and portable power tools. In the US, there is nearly 3 billion dry-cell batteries purchased every year.

Dry cell batteries include alkaline and carbon zinc, mercuric-oxide, silver-oxide and zinc-air and lithium. These heavy metals can leech into the soil if discarded into the landfill. On average, every person in the US discards 8 dry-cell batteries per year. With a population of 312 million people that is a lot of discarded batteries.

In order to reduce the battery waste try the following: check to see if you already have the batteries on hand, try hand operated items/toys, look for batteries with less mercury and lead and consider rechargeable batteries when you can. Check your local municipality for ways to discard batteries more safely.

### Snow Shoveling Tips

from the Ontario  
Chiropractic Association.



1. **Warm-up.**
2. **Don't let the snow pile up.**
3. **Pick the right shovel.** Use a lightweight, non-stick, push-style shovel.
4. **Push, don't throw.**  
Push the snow. Avoid throwing it. If you must throw it, avoid twisting and turning – position yourself to throw straight at the snow pile.
5. **Bend your knees-keep your back straight.**
6. **Watch the ice.** Coarse sand, ice salt, ice melter, or even kitty litter can help.
7. **Wear proper footwear.**
8. **Take a break.** If you feel tired or short of breath, stop and take a rest. Make it a habit to rest for a moment or two for every 10 or 15 minutes of shoveling. This is especially important if the snow is wet and heavy. Stop shoveling immediately if you feel chest or back pain.



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## Clinic News

### Naturopathic News

Dr. Katrina Cox is attending the Annual Naturopathic Medicine conference in Toronto in November.

Also, the natural flu clinic designed to combat the flu using natural remedies is underway. Those interested should contact the clinic – 905-428-9370.

### Toy Drive

Again this Christmas, Duffins Creek HC will be accepting donations for the Toy Mountain in the Pickering Town Centre. Please bring in an unwrapped child's toy starting Tues November 29th until Thurs December 22nd.

### Clinic Holiday Closures

Duffins Creek will be closed on Sat. Dec 24, Mon Dec 26, and Mon Jan 2.

### 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](http://www.dchealthcentre.com) to compare your words to ours.

R	E	T	I
M	A	M	P
D	P	I	H
T	E	N	T

## Turkey Quiche

### Ingredients

- 2 cups shredded Swiss cheese
- 1 cup chopped, cooked turkey
- 1 tbsp finely chopped green onion
- 1 tbsp finely chopped celery
- 1 tbsp finely chopped parsley
- 1 tbsp all-purpose flour
- ½ tsp salt
- 3 eggs
- 1 cup half-and-half (10%) cream
- 1 unbaked pie shell (9 inch)
- 1 tbsp grated Canadian Parmesan cheese

### Instructions

1. Preheat oven to 375 degrees F.
2. In a medium bowl, toss together Swiss cheese, turkey, onion, celery, parsley, flour and salt.
3. In a large bowl, beat eggs lightly; gradually stir in cream. Add cheese and turkey mixture; stir to combine.
4. Pour into pie shell and place shell on baking sheet. Sprinkle with Canadian Parmesan cheese.
5. Bake in a preheated oven for 30-35 minutes, or until knife or toothpick inserted in centre comes out clean.

**Note: this dish contains 445 mg of Calcium.**

