

# HEALTH CORNER



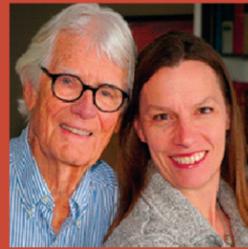
**STOP SMOKING N STAY STOPPED**  
 BY: ROGER M. FARRELL

**Do You Want To Smoke For The Rest Of Your Life**

**WARNING:**  
 By reading this book you may become a non-smoker, or quit alcohol or drugs.

**STOP SMOKING N STAY STOPPED**  
 END INSTANTLY THE CRAVING TO SMOKE

**Bonus: How to Quit Craving Sweets**  
 Order the book from Amazon now while still available  
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## Kidney Disease Has No Good Ending

By W. Gifford-Jones MD and Diana Gifford

Will humans ever learn to care for their kidneys? Or will they live to count mixed blessings – staying alive but reliant on a machine to clean the blood. This, or a kidney transplant, is the result of end-stage kidney failure.

Over 40 million North Americans are living with the precursor, chronic kidney disease. Astonishingly, nine in ten sufferers are unaware they have the problem. But the body knows, and as the disease progresses, other health problems including stroke and heart attack can result.

A dialysis machine can remove waste products and excess fluid from the blood when kidneys stop working. Dialysis patients require treatment 3 to 7 times a week, for three or more hours per session, in a hospital, clinic, or at home. Year after year, the number of people needing dialysis is increasing. Why? Because North Americans continue to abuse the kidney's one million delicate nephrons.

We tend to think the bowel is the main disposal organ of the body. But it's the kidneys. They're like chemists that day after day check the balance of water by keeping it neither too acidic nor too alkaline. They also help in the production of red blood cells. Every 30 minutes, kidneys filter the body's entire volume of blood.

What are some of the problems? A discussion years ago with the Director of the Transplant Nephrology Clinic at The John Hopkins Hospital in Baltimore was shocking. He said that five percent of all hospital patients developed acute kidney injury! He added this figure jumps to 23 percent for those in intensive care and to 30 percent among patients scheduled for heart surgery.

Those odds should be a reminder that prevention is better than cure. But the doctor explained this was the price to pay for surgical operations and other treatments.

Many hospital procedures require invasive injections and catheters before and after surgery. Doctors and the nursing staff know the dangers of infection. Often it's a roll of the dice that determines the outcome. Hospitals are dangerous environments.

What about lifestyle? Do you have "Pillitis"? It's the terrible folly of so many people who cannot stand even a little headache or sniffle. They mindlessly pop a "minor painkiller". Those pills eventually take their toll on nephrons that clear waste products from the blood.

The worst offenders are the nonsteroidal anti-inflammatory drugs such as ibuprofen (Advil or Motrin) and naproxen (Aleve). Don't believe big pharma that there's no need to put up with pain. But don't swallow this nonsense. Your purchases are great for their profits. Some headaches can be cured by placing a cool cloth on the forehead and relaxing.

Other huge problems are getting worse year after year. About half of North Americans are obese. Obesity contributes to 95 percent of type 2 diabetes. Obesity and diabetes combine to trigger further health problems for an increasing number of people, including diseased kidneys that require kidney dialysis machines.

It's depressing to see people destroying healthy kidneys with often needless medication. The other tragedy is that many people have no idea this is happening. But there does come a time when kidney failure becomes quite apparent. That's when the need for a kidney machine becomes crystal clear. Transplants are more common now, but the operation is no less of a risk.

Nocturnal dialysis allows patients to receive treatment while they sleep. While this helps some to work during the day or care for children, it also requires trained nurses to stay up at night monitoring these individuals, either in person or remotely. More mixed blessings? Sign-up at [www.docgiff.com](http://www.docgiff.com) to receive our weekly e-newsletter. For comments, contact-us@docgiff.com. Follow us Instagram @docgiff and @diana\_gifford\_jones



## Identity Theft

from Wayne & Tamara

I've known my best friend for six years. Initially I thought she was a great person who was there for me in times of crisis. As time went by I noticed she was very competitive with others, and then I saw she was most competitive with me.

She will ask what I am wearing, then wear something shorter or more low-cut. She sees me in something, then buys that exact item. She copies phrases I say and repeats facts from me and claims them as her own. When we were in college, she constantly tried to one-up me in grades and games, even cheating to do so.

I confronted her after a close mutual friend brought this to my attention. I tiptoed around the issue because I did not want to hurt or insult her. She said she competed with everyone, but not me, because with me she feels she cannot compete. After that I let it go.

Not to boast, but I am an attractive person, and her male friends always ask about me. I only mention this because I know she is insecure, even though she is an attractive girl who is physically fit, smart, with many friends.

When I moved, she purposely "forgot" to pass on invitations to a wedding and to a reunion of college friends. She forgot my birthday, then tearfully explained it was all a misunderstanding. Mind you I live five minutes from her house, and she did not even pick up the telephone.

You cannot get into a car without her speeding to show you how fast she can go, or be in a group without her trying to appear more intelligent than you in conversation. I see the person she is inside, and I don't like that person.

Part of my problem is during college she was there for me financially when my family could not be. I will always love her for that. Even though I paid back every dollar, I still feel indebted. Sometimes I think she only helped me so she could feel superior.

### Hailey

Hailey, who you are is a compilation of all you have experienced. You were raised to be good and polite. You have a sense of style and a sense of self. But your friend is invading your identity.

Robbers in a home invasion might take a homeowner's gun and use it against her. You may not own a gun, but you own a sense of niceness and your friend is using that sense of niceness against you. The word "nice" comes from a Latin word which means to be ignorant. You are not ignorant of what is going on, but you are ignorant of your own best interest.

She is injuring you. When you fail to confront her, you are not being honest, and being honest outweighs being nice.

You've seen inside her, and you don't like what you see. The only way to take back your identity for your sole use is by severing this relationship. Don't be nice. Be honest.

Wayne & Tamara

SEND LETTERS TO: [Directanswers@WayneAndTamara.com](mailto:Directanswers@WayneAndTamara.com)  
 Wayne & Tamara are the authors of *Cheating in a Nutshell* and *The Young Woman's Guide to Older Men*—available from Amazon, Apple, and booksellers everywhere.



## 7 REASONS

By Rosaldo Russo

Allow me to begin this column by thanking the Oshawa/Central newspaper for allowing me the opportunity and access to the press. Not to many if any allow an average person like me to tell the world what I see and think. In my opinion. The Editor/Publisher is a real upstanding type of guy. He shoots from the hip and hold traditional core values.

My name is Rosaldo Russo. I came to this great country to make a better life for myself and my family. I thank Canada for everything it has allowed me to do and earn. I worked construction all my life. I know the value of hard work and honesty. I remember as a boy my father always telling me to work hard and buy land. So I did.

I remember days when I did not have enough to eat. I go to work... but I did not wait for hand outs. I rounded up my pride my skill and my determination to succeed and went to work. In those days the only benefits we received was the fact we were employed.

Before retiring I was the owner and operator of local material supply company that allowed me to retire without worry. Now that I have time to enjoy life. I look around me and have some concern for future generations. I see that the world is finished.

When are we going to stop paying for politicians mistakes. You would think that with more people coming to the area. We would have more tax money coming in and taxes would go down. Not at the region. It appears that they took it upon themselves to increase the Regional tax by 7%. This means that a guy like me on a pension. I have to further bleed my income.

I did not get a 7% pension increase. Then how is the government setting such a rate. They do not care. They make their 100k plus. This is not right.

Not only are people starving and living on our streets. But these pricks think they can ignore the need and go 7%. The real bad thing is that the Region sits on 2 Billion or reserve. Here are 7 reason why the tax should not go up.

Reason: 1. People can't afford to pay mortgages, put food on the table. Every dollar is stretched to the max. They don't get 7% increase in wages.

2. The minimum wage just went up a few cents. No, 7%. How are people working 3 four jobs suppose to make it? 3. How is a 7% increase going to improve the quality of life? So far we paid 5% increase last year and have you seen any improvement? People still live on the streets and the number increasing. 4. How is it that the region can pass such a high tax without public inquiry. This is wrong. I say they should take a pay cut equal to the increase.

5. Why does the region sit on a 2 Billion dollar reserve? Are the taxes not to go for what they are sitting on? 6. A 7% this year, what next 10%. Is there a regulatory body or are we riding on a run away train? 7. People to many. 7% might as well be a financial death sentence.

We the people are being treated like slaves. We are not part of the equation. The modern day slave has no recourse. What you don't pay your bill. They cut you off. Life is not fair. I feel for future generations. This is not right and this is not the Canada I love. Politicians must be held accountable. Democracy is failing and politicians keep getting richer. Sad.