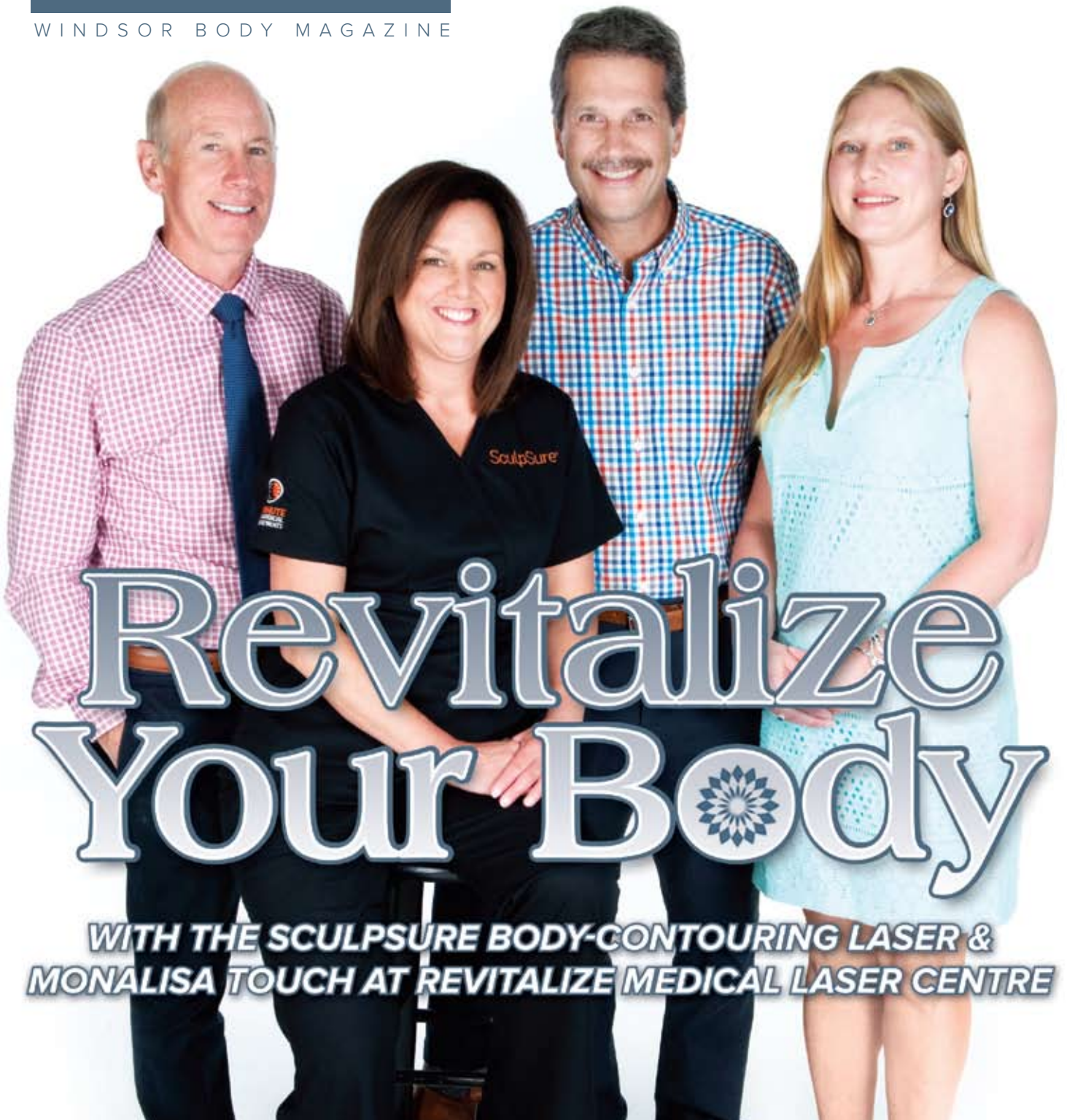


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WINDSOR BODY MAGAZINE

SUMMER 2017
ISSUE 70
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At Parkway Family Dental, Dr. Peter Siedlakowski – you can call him “Dr. Pete” – his colleague Dr. Snjezana Ljeti, and their helpful staff of hygienists, assistants, and coordinators work hard to create and nurture a health-positive, child-friendly, always comfortable atmosphere.

A University of Windsor and Detroit Mercy graduate, Dr. Pete has been practising as a dentist at several locations throughout Essex County since 2012. Today, the proud Windsor resident is delighted to have established a long-term home for himself at Parkway Dental.

Dr. Ljeti, Parkway's founding dentist, graduated from the University of Sarajevo School of Dentistry in 1985. By 1996, she was fully certified to practise on this side of the Atlantic by the National Dental Examining Board of Canada. Supported by more than three decades of experience in general and family practice, Dr. Ljeti is always committed to delivering the best possible patient care.

As Dr. Pete explains, because your overall health originates with your oral health, your dentist is an incredibly important line of defence against certain systemic diseases that can originate in the mouth.

“One of my greatest joys as a working Windsor dentist is having the opportunity to educate and get to know new people,” relates the caring and conscientious young professional. “The ability to provide some value to people's lives is my favourite part of what I do.”

Critically, Parkway Family Dental is there when its patients need it most. When oral health emergencies occur, Dr. Pete is always on the other end of the phone line; 24-hour service is available in some cases.

Always welcome, new patients receive a complimentary take-home teeth-whitening kit. Parkway also offers no-fee custom-moulded sports guards for its regular patients.

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“One of my greatest joys as a working Windsor dentist is having the opportunity to educate and get to know new people.”



Parkway Family Dental is located at 2825 Lauzon Parkway, Unit 203, in Windsor. To book an appointment, or for further information, phone (519) 948-0101 or email info@parkwayfamilydental.com today. You can also find Parkway Family Dental on Facebook.

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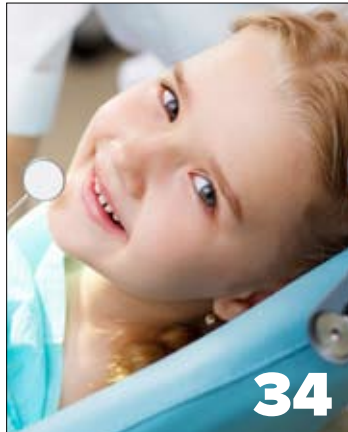
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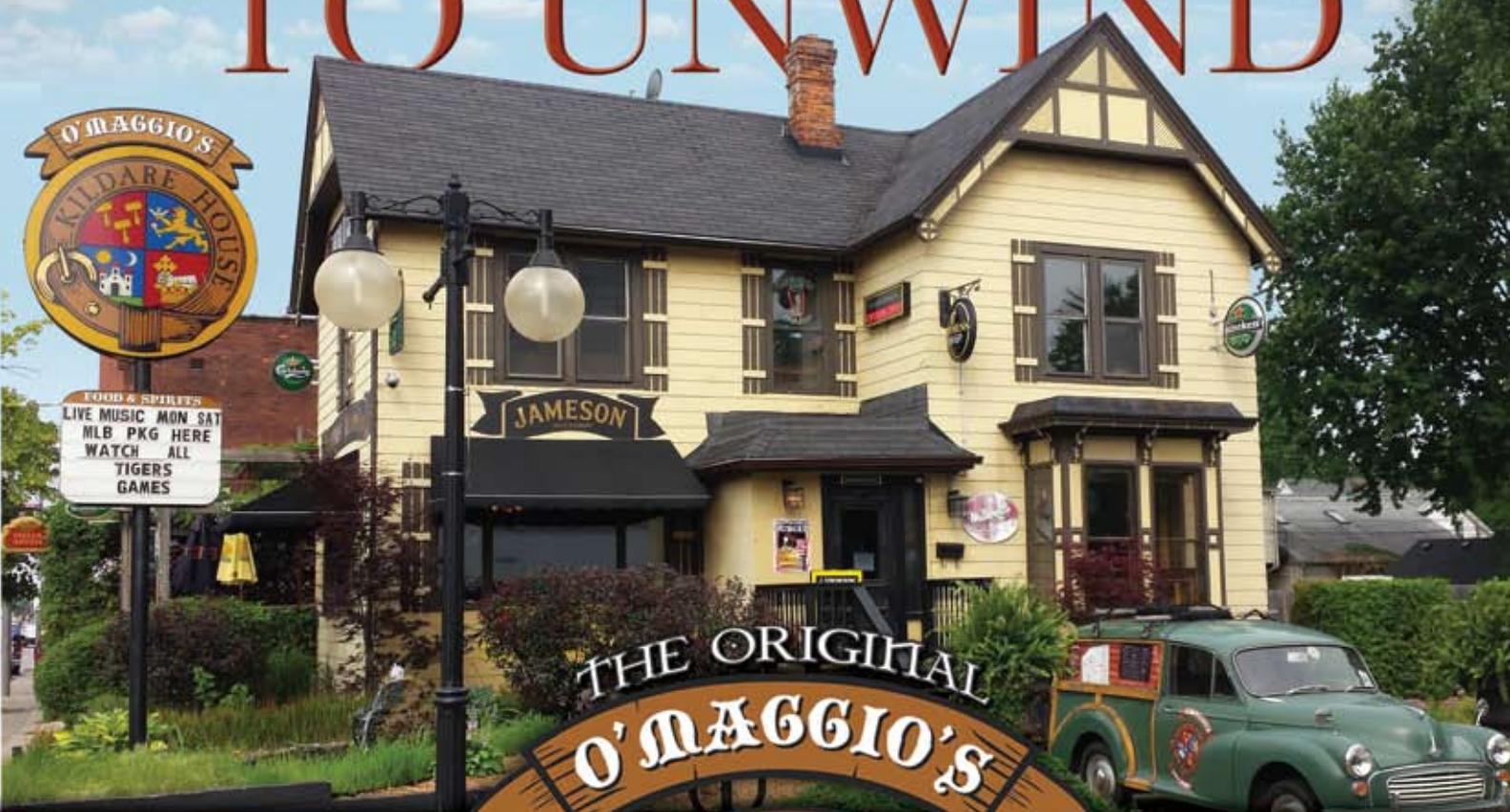
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by Jesse Ziter



Revitalize Your Body:

The SculpSure Body-Contouring Laser and MonaLisa Touch

Cosmetic surgical and medical procedures can represent drastic interventions into a man or woman's life. Often, things get a lot worse before they get better – if they ever do – and the choice to go under the knife constitutes a commitment to step away from one's day-to-day work and family lives for a significant amount of time.

It doesn't have to be that way.

Windsor's Revitalize Medical Laser Centre (formerly Medical Laser Associates of Windsor) uses only medically proven, state-of-the-art laser technologies that are widely regarded as the industry standard. Just as importantly, the ethically operated, easy-to-access clinic favours outpatient procedures that deliver real, substantial results with little to no recovery time.

Critically, each safe, evidence-based procedure at Revitalize is performed or overseen by a member of the clinic's team of six accredited physicians: Drs. Greg Hasen, Brad Jasey, Jenna Rawlins, Michelle Suga, John Tomc, and Rahi Victory.

Frankly, Revitalize's is an invigorating approach to cosmetic medicine. Keep reading to get the details.

SculpSure: Customized body contouring on your lunch hour

SculpSure is a fat-reducing, body-contouring therapy that destroys fat cells permanently in one virtually painless treatment. The paradigm-shifting procedure uses advanced laser light technology to reduce stubborn fat on the waistline, abdomen, and elsewhere.

Best of all, the no-downtime, 25-minute treatment can even be squeezed into a lunch hour.

Approved in 2016, the liposuction alternative is the world's first laser treatment system for non-invasive lipolysis to be cleared by both Health Canada and the United States Food and Drug Administration (FDA). It is a clinically proven, safe, and effective non-surgical treatment for patients looking to reduce the appearance of stubborn fat.

Specifically, the FDA has tested and cleared the procedure for use targeting fat deposits around the lower abdomen, "love handles," hips, and thighs.

Ideal for fit, healthy men and women who've tried everything else, SculpSure targets an entirely different patient population than traditional cosmetic surgical interventions.

"SculpSure targets people who already diet and exercise, but have stubborn areas that are difficult to get rid of," explains Dr. Hasen. "It's been very effective for that. Typically, these patients have a Body Mass Index (BMI) of less than 30. They're looking to treat more targeted areas to achieve a slimmer appearance."

While Dr. Hasen recommends a generalized weight-loss program involving diet and exercise as a first line of defence, SculpSure is an excellent means of losing that last half-inch or inch.

To help patients do so, SculpSure acutely and exclusively targets fat cells, destroying up to a quarter of them. The medical device selectively targets fat via four applicator pads, each about the size and shape of a modern-day smartphone.

"The number of fat cells you have in your body is determined at birth," explains Dr. Hasen. "Some people are prone to gain more fat in certain areas because they contain more fat cells. SculpSure heats up those fat cells, many of them die, and they are gradually reabsorbed over 6 to 12 weeks."

Significantly, SculpSure catalyzes skin tightening and "feathering" of fat deposits. It produces more even, aesthetically appealing results than competing devices, which can have the conspicuous effect of removing fat in a very linear, sharp line. What's worse, these devices require more and significantly longer treatments, and they can even result in nerve pain.

Just as importantly, while certain skin colours can be limiting factors for competing laser therapies, SculpSure works similarly well on any skin or body type.

Pre-treatment procedures are minimal and reasonable. "The major thing is to just avoid anti-inflammatories at the time of or right after the procedure, as they may diminish the inflammatory response that we're trying to induce with the laser," outlines Dr. Hasen. "Patients should also stay hydrated to reduce discomfort. Otherwise, there are no other special preparatory tasks to perform before or after treatment."

During the procedure, most patients feel a slight warming or tingling sensation intermittently, which is generally well-tolerated. "It just feels like you've done an ab workout," relates Dr. Hasen. "There's a warming sensation as the device is heating up the deeper tissues, and the average patient feels a bit of muscle tightness underneath the area. It's usually very mild."

Attractively, SculpSure treatments come with virtually zero downtime. Following treatment, patients generally pick up their normal routines exactly where they left off. "We often perform the treatment on Fridays," says Dr. Hasen. "Patients have the weekend to recover, but they are typically back to normal later that day or the next day."

In fact, Dr. Hasen and his colleagues enthusiastically prefer that patients be active shortly after a treatment session, as this can help mobilize the disrupted fat for processing through the lymphatic system. "We actually encourage light activity or exercise afterwards," he explains. "It increases blood flow, which as the fat cells are destroyed, effectively 'flushes them out.'"

Most patients see results after a single fat-reduction treatment, but many choose to have a second treatment to remove additional fat deposits. "A majority of Revitalize patients opt for two treatments in a target area," confirms Dr. Hasen.

Generally, meaningful results take as few as six weeks to appear. Typically, the full scope of a treatment's effects will be apparent after 12 weeks, once the body has had time to naturally expel the destroyed fat cells.



Above: Dr. Suga with the Mona Lisa Touch.
L. to R: Revitalize Lobby, SculptSure & Jordan administering a SculptSure treatment.



Dr. Greg Hasen



Dr. John Tomc



Dr. Michelle Suga



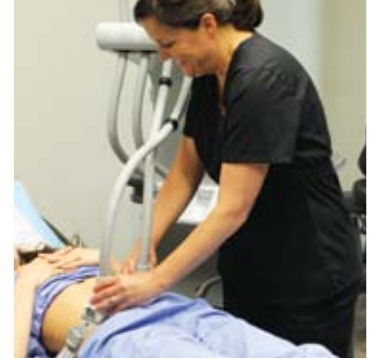
Dr. Rahi Victory



Dr. Jenna Rawlins



Dr. Brad Jasey



At Revitalize, our physician-supervised procedure is performed by a registered nurse or certified technician. Julie, one of Revitalize's technicians, recently joined our team from Toronto, where she previously worked as an expert in multiple types of non-invasive body contouring procedures.

So far, early cases have been uniformly successful. "We're doing more and more," notes Dr. Hasen. "We're getting better as we fine-tune the nuances of the machine and discover what gives you the best success rate."

Interested? This summer, Revitalize is extending its popular spring promotion. New clients have the unique opportunity to receive \$400 off their first treatment.

MonaLisa Touch: A Medical Marvel for Post-Menopausal Women

As any woman of a certain age knows, hormonal changes are an unavoidable and often thoroughly unpleasant part of life. Predictable, entirely common changes occur in aging bodies, and menopause specifically comes with a meaningful decline in estrogen production. In many cases, the resultant lack of estrogen can bring about undesirable vaginal symptoms with serious implications for day-to-day comfort and sexual health.

The often-unspoken truth is, millions of Canadian women experience a set of hormonal-related symptoms including pain during intercourse and vaginal dryness, itching, and burning. Often, these symptoms present themselves as vaginal atrophy, a condition in which an otherwise healthy woman's vaginal walls become thinner and drier. It affects somewhere between 20 and 45 percent of women at some point in their lives.

If any of this sounds familiar, you should know there are options.

One of them is MonaLisa Touch, a revolutionary new treatment option for women experiencing changes in vaginal health after menopause.

In Southwestern Ontario, it's exclusively available at Revitalize Medical Laser Centre. With this remarkable medical laser device, affected women can regain their confidence and improve their day-to-day quality of life without resorting to invasive surgery, whole-body hormone therapy, or unproven "alternative" therapies.

According to Dr. Hasen, many primary care physicians fail to sufficiently address a number of important topics pertaining to sexual health. Because patients are often uncomfortable bringing sensitive issues to the table, many common, improvable conditions – like vaginal atrophy – are ultimately left untreated. "With the Baby Boomer generation aging, we're seeing increasing numbers of patients who are young, healthy, and frustrated with current sexual treatments," he explains.

Of course, while vaginal atrophy is often caused by hormone changes associated with menopause, it does also occur in younger women – generally those who experience low estrogen production due to premature menopause induced by chemotherapy treatment. This cohort also includes BRCA generic carriers who have had their ovaries removed prophylactically for ovarian cancer risk.

MonaLisa Touch is the first intravaginal laser treatment available to the public. The remarkable medical breakthrough has been well covered by several North American journals and newspapers plus several widely read websites, including *The Daily Beast* and *Refinery 29*. A revolutionary treatment modality, it's the only device currently approved by both Health Canada and the FDA to treat the vaginal changes associated with menopause.

Specifically, the innovative laser therapy is designed to address vaginal atrophy, genitourinary syndrome of menopause (GSM), and many further hormonal-related symptoms like recurrent urinary infections and hematuria.

Minimally invasive and virtually painless, the European-built MonaLisa Touch device employs a specially designed CO₂ fractional laser to stimulate collagen production beneath the surface of the vaginal wall and create new hyaluronic acid, elastin, and other structural substances. Treatment rehydrates the vaginal walls, increases blood flow, and restores the natural functionality of typical younger, healthy tissue.

"It helps to regenerate healthy tissue that has thinned out," says Dr. Hasen. "It's functional. You've gone from atrophic skin to normal, healthy, young, vaginal mucosa."

While some women experience perceptible improvement after an initial treatment, three sessions, spread over three months, are generally recommended. Most patients will very likely require a "top-up" treatment after 18 to 24 months to maintain the effect.

Fortunately, each course of treatment takes only five minutes – or about as long as a pap smear. Referrals are not necessary, and new patients can schedule an initial consultation in one or two weeks. Often, treatment can start that day.

While the MonaLisa Touch is most commonly used to treat the interior of the vagina, it can also have a positive effect for atrophied vulvar area in conditions such as Lichen Sclerosus, a rare inflammatory condition that results in extremely inflamed and thin skin.

In any case, at Revitalize, the MonaLisa Touch procedure is always performed onsite by a board-certified gynecologist.

"We've received an overwhelmingly positive response from over 100 patients who have undergone treatment with MonaLisa Touch," stresses Dr. Hasen. "We have had quite good success and results, and there has been tremendous patient satisfaction."

Revitalize Medical Laser Centre has treated more patients with MonaLisa Touch than any other clinic in Canada so far."



REAL ESTATE UPDATE



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6 Real Estate Trends Taking Over 2017

A sound investment for global investors, Windsor has become part of a bigger conversation – a trendy escape, especially for our neighbours to the south. With all eyes on Windsor's housing market in 2017, if you're looking to sell and catch the eye of a potential buyer, here's what you'll need to know.

Location, Location, Location

Windsor as a whole will be on everyone's wish list in 2017, but in terms of the trendiest hotspots, prospective buyers will be looking outside of the city's downtown core. Lakeshore and LaSalle residents will see big interest, as new homeowners seek out trendy but not overcrowded sanctuary.

A Pop of Colour

Although the colour of the year may be green, when it comes to home trends buyers will love, neutral with a twist will reign supreme in 2017. Providing a blank canvas for buyers to incorporate their own taste and style into your home, a neutral palette with a burst of colour (either via accent wall or artwork) can give a home the character or charm the buyer may be looking for.

Exterior is the New Interior

Now more than ever, buyers are looking for sleek curb appeal. Whether it is a new reclaimed wood deck, an impeccably manicured lawn, or interlocking in the driveway, a buyer's positive first impression is key.

A "Smarter" Home

With an increased dependency on smartphones, it's no surprise homes with smart features are more attractive to potential buyers. From the ability to set alarms, to the option of putting your home into "away mode" and locking your doors all from a smartphone, a home that incorporates functionality into design will pay off big time when it comes time to sell, especially with millennial buyers.

Forget a Fixer-Upper

Who has the time or money to renovate or fix a home? Most buyers don't. Since the cost to move is typically 10% of the value of your home, the idea of additional costs for renovation may not be ideal for a buyer. Despite a red hot market in Windsor, investing in minor renovations to make your home more appealing to buyers will pay off big-time when it comes time to sell, as buyers will be more likely to pay above market value for a turnkey home that is move-in ready.



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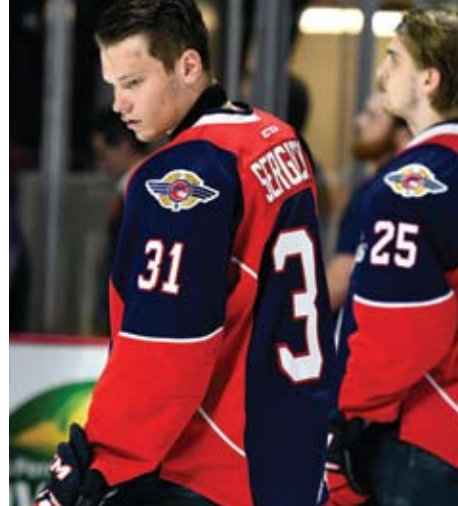
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by Jesse Ziter

Team photo courtesy
of the Windsor Spitfires
Game photos courtesy of
Aaron Bell / CHL Images



The Kids Are All Right

WINDSOR BODY CONGRATULATES THE MASTERCARD MEMORIAL CUP CHAMPION WINDSOR SPITFIRES

There's a reason the games are decided on the ice.

A sellout crowd of 6,500 frenzied hockey fans filled the WFCU Centre on Sunday, May 28 to witness the Windsor Spitfires best the OHL Champion Erie Otters in a thrilling 4-3 contest. The night will live long in the memory.

Backed by a resilient goaltending performance from Mike DiPietro, and buoyed by Aaron Luchuk's second game-winning goal of the tournament, Windsor resisted a third-period onslaught from the talented Otters team to bring its hometown arena to its collective feet at the final whistle. In doing so, Windsor became the first team to capture the Memorial Cup without first winning its regional league title since 2012. The victory wrote a storybook

ending for the 99th edition of the CHL's season-capping tournament, which entertained Windsorites from May 19 to 28.

To capture the Cup, Head Coach Rocky Thompson's Spitfires notched consecutive wins against the QMJHL champion Saint John Sea Dogs, WHL champion Seattle Thunderbirds, and Erie in round-robin play to set up a rematch with the Spits' OHL rivals on the tournament's grandest stage.

The utterly unexpected triumph was the third Memorial Cup in nine years for what can credibly be called the best-run organization in Canadian Junior hockey. Heading into the tournament, few pundits outside the locker room gave the hometown team anything more than a puncher's chance.



“It was unbelievable. Nobody in the world picked us to do that.”

- VP and General Manager Warren Rychel

VP and General Manager Warren Rychel, who also steered the organization to consecutive Memorial Cups – and OHL titles – in the 2008-09 and 2009-10 seasons, was kind enough to speak to *Windsor Body*.

“It was unbelievable,” he said. “Nobody in the world picked us to do that.”

In truth, the season had been something of a tumultuous one for the Spitfires, which finished dead last in the OHL’s Western Conference as recently as 2015. Despite ending the season with an impressive 90 points, the club could only manage the fifth playoff seed. (Statistically, the Spits were the strongest ever OHL club to cede home ice advantage in the first round.)

Eliminated by the London Knights in a grueling first-round OHL playoff series on April 4, the club had to endure a virtually interminable 44-day wait before its next competitive game.

What followed was a highly unorthodox postseason training camp. With no games on the calendar, the squad sweated through a three-days-on, one-day-off schedule of grueling practices and taxing morning workouts.

“You never as a player do that,” noted Rychel, an ex-NHLer. “You always peak in August for training camp in September. A lot of our guys were in better shape at the Memorial Cup than versus London.”

As Rychel relates, a series of untimely interruptions and injuries to key plays like forward Gabe Vilardi and defenceman Logan Stanley meant the Spitfires were never able to fully take flight during the OHL season.

“We never had our full lineup together [during OHL play],” Rychel explained, “but we did for the first time at the Memorial Cup.”

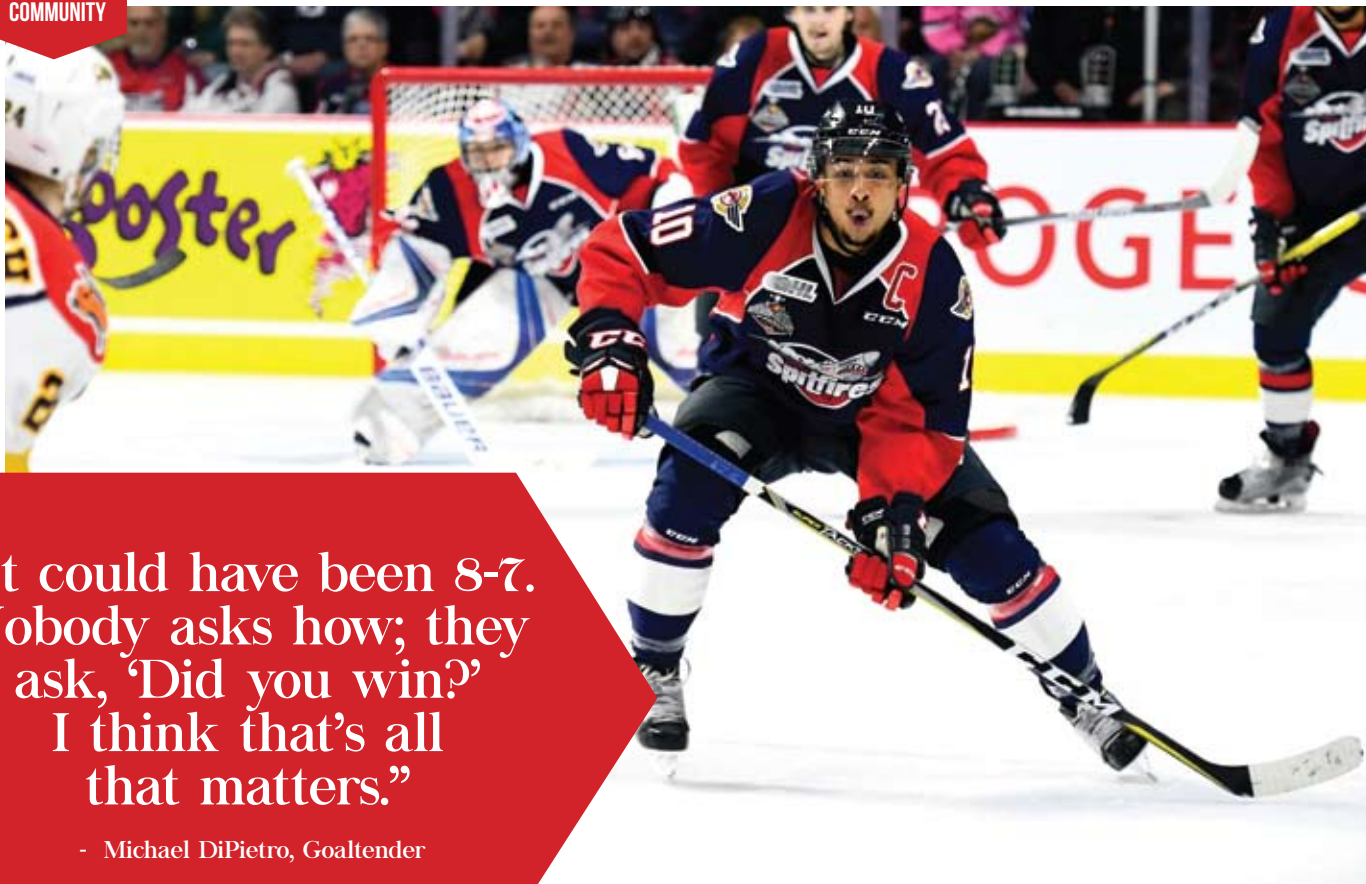
“At first, I think everybody was really disheartened by the entire outcome of the [London] series,” said DiPietro. “Especially a couple calls we thought could have went the other way, [but] sometimes that’s the way hockey is. The Western Conference in the OHL was one of the toughest conferences in the history of the CHL.”

“Team-wise, we never really stopped believing in ourselves,” DiPietro stressed. “Coach and our training staff instilled a really good plan.”

As it turns out, Coach Thompson, who recently accepted a move to the American Hockey League’s Chicago Wolves, played his hand masterfully.

He needed to. Unlike Taylor Hall’s 2009 and 2010 teams, this Spitfires squad lacked a singular surefire NHL superstar. “Going back, we never had any all-stars in the OHL,” notes Rychel. “That says a lot about the team. It’s not about individuals. It’s about teamwork.”

Windsor’s achievement looks all the greater when you consider Erie’s roster, which featured CHL player of the year Alex DeBrincat and Dylan Strome, the eventual tournament MVP. “Erie’s the best team we’ve faced this year,” admits Rychel. “To beat them twice, we deserved it.”



**“It could have been 8-7.
Nobody asks how; they
ask, ‘Did you win?’
I think that’s all
that matters.”**

- Michael DiPietro, Goaltender

Of course, none of this is to suggest the Spitfires failed to impress on an individual basis. Perhaps most notably, DiPietro recorded 32 saves during the championship game to cement a star-making tournament that saw him win the Hap Emms Memorial Trophy as top goaltender. His .932 save percentage and perfectly flat 2.00 goals against average in the tournament were both unmatched.

Jeremiah Addison led the way for the Spitfires with 5 goals in the tournament, while Jeremy Bracco contributed 5 assists, plus 3 markers himself – including a goal and two assists in the final. Star forward Vilardi contributed seven assists over the course of the competition’s four games.

DiPietro, Vilardi, and defenceman Mikhail Sergachev were named to the tournament all-star team.

For DiPietro, who turned 18 in June, winning the Memorial Cup in the Spitfires’ home arena was especially resonant. An Amherstburg native, he cheered on the Spitfires from the stands during OHL play in 2009 and 2010, and he was glued to his family’s television as his hometown team lifted back-to-back Memorial Cups.

“Winning it personally was definitely a better feeling and a different, better perspective for myself than watching somebody else win it,” he stressed. “I’m just so happy for the organization, for Warren, and for everybody.”

While DiPietro’s shot stopping played a significant part in Windsor’s triumph, the NHL prospect still has his skates on the ground. “I’m just happy to win,” said the well-spoken netminder. “It could have been 8-7. Nobody asks how; they ask, ‘Did you win?’ I think that’s all that matters.”

A calm, composed, and confidently athletic stopper, DiPietro is likely to be one of the first goalies drafted in the 2017 NHL Draft, which will be held shortly after press time. After a single day of celebration, he jetted off to Buffalo for the NHL Combine. DiPietro later made his way to Montreal and Calgary for what must now be considered work-related trips. “For myself, it’s been a whirlwind,” he admitted. “To be honest, it really hasn’t sunk in yet. I’m sure I’ll enjoy it when it does.”

At that time, it seems clear DiPietro will credit that unexpected 44-day training camp for galvanizing the dressing room and spurring the Spits on to a night they’re unlikely to ever forget.

“We knew it wasn’t going to be that much fun during the process,” he said with a laugh. “At the end of the day, you want to be playing hockey.”

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by Griffin Handsor



A PARENT'S GUIDE TO A PICKY EATER

We all know, as parents, the importance of encouraging our children to make healthy food choices. While it's easy to say, it's sometimes not so easy to do!

Our busy lifestyles can often be hard on our families' health. This is why it's so important to stop, prepare ahead, and make a conscious decision to follow a healthy lifestyle for your child. Eating and drinking the right things is one of the most important elements of following a healthy overall lifestyle. By taking a few steps, you can help ensure your children are getting the proper nutrition in their meals all while enjoying what's placed in front of them.



TAKE A TRIP TO THE MARKET

One of the best ways to really get a feel for what your child enjoys is to bring them on a trip to a local produce market. Produce markets provide healthier options than the long aisles at your nearest grocery store, which unfortunately allow your child to choose from many unhealthy options. Yes, it may be like finding a needle in a haystack, but you always run the chance that your child finds what he or she likes – and you don't. Moreover, a trip to the market allows you to interact with your child and maybe see why and for what reasons they do not like certain foods.

PREPARE A MEAL TOGETHER

Often, the reason why children can be picky or hesitant to eat a meal is largely that they do not like specific added ingredients. Take a step back and really see what your child likes and dislikes. You might be pleasantly surprised to find out they are really not as picky as you may have thought. Giving your children the ability to choose from healthy options can make things so much easier – not only for yourself but for the child as well. Most often, your child will open up to foods they like if they know they have been given the option of eating them. Your specific food preferences are not always the same as your child's.

MAKE IT FUN!

Let your child be a child again. As parents, we tend to enjoy having nice, evenly portioned, presentable meals. However, what may look appetizing to you doesn't necessarily appear similarly to a child. To remedy the situation, add a little fun to your child's plate. Strategically lay out the meal so they can look forward to eating it. Maybe create a fun character out of food items, or allow your child to eat off a plate featuring their favourite television show or action figure with a colourful spoon and fork. Presentation is key for a child, so why not go a step further if it means they can also enjoy a healthy meal?

“Giving your children the ability to choose from healthy options can make things so much easier.”

GET ACCUSTOMED TO WHAT IS AND ISN'T A HEALTHY CHOICE

A child at a young age will follow their parents' lead with little knowledge about what really constitutes the healthiest choice in a given situation. If you have made a habit of preparing family meals consisting of unhealthy items – and/or eating them in front of your children – it becomes difficult for a child to actually enjoy a truly healthy meal. Forcing your child to eat healthily while you opt for an unhealthy choice is a poor way to teach your child about nutrition. We should all set a better example as parents when it comes to dinnertime, but many of us are often unaware of what are and aren't healthy choices. Take the time to research what you are putting in both your and your child's bodies. What may be labelled as or seem to be a great option might actually be a harmful choice.

Yes, it may be a tall task as a parent to help guide your child's diet in a healthier direction. That said, if you take the few extra steps mentioned to ensure your child is getting a proper nutritional intake, it can make breakfast, lunch, and dinner a walk in the park in the long term. It takes time to adjust, but it really is worth it to remember to make mealtime fun, enjoyable, nutritious, and just as tasty for your little one.

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The Challenges of a Medical Malpractice Lawsuit

Several times per month people call my office to inquire about commencing a medical malpractice lawsuit against their physician or surgeon, for such issues as alleged missed or misdiagnosis of medical conditions, poor or unexpected surgical results, medication errors, improper advice and treatment or operative procedure mishaps or mistakes. As I explain to every such client in an initial meeting, there are many hurdles – financial, procedural and evidentiary – which must be cleared before such an action can proceed.

First, and most importantly, except in the rarest of circumstances (such as, for example, a surgeon leaving a surgical instrument inside a patient after an operation), it is not immediately self-evident or ascertainable by a layperson, or a lawyer for that matter, that professional negligence has occurred in the circumstance described. As a matter of public policy, Courts grant physicians a fair amount of deference in reviewing their conduct, assessments, diagnoses, treatment decisions and surgical interventions. Not every mistake a doctor may make will rise to the level of actionable negligence. As medical professionals' work is only partly science, but also partly art and technical craft, Courts accept that surgeons' hands may slip, different illnesses may have confusingly similar symptoms and there may often be multiple alternative procedures or solutions to resolve a given condition.

A photograph of a person sitting in a wheelchair. Their right arm is in a white cast and is being held by a hand. The person is wearing a grey t-shirt. The wheelchair is silver and has a large rear wheel.

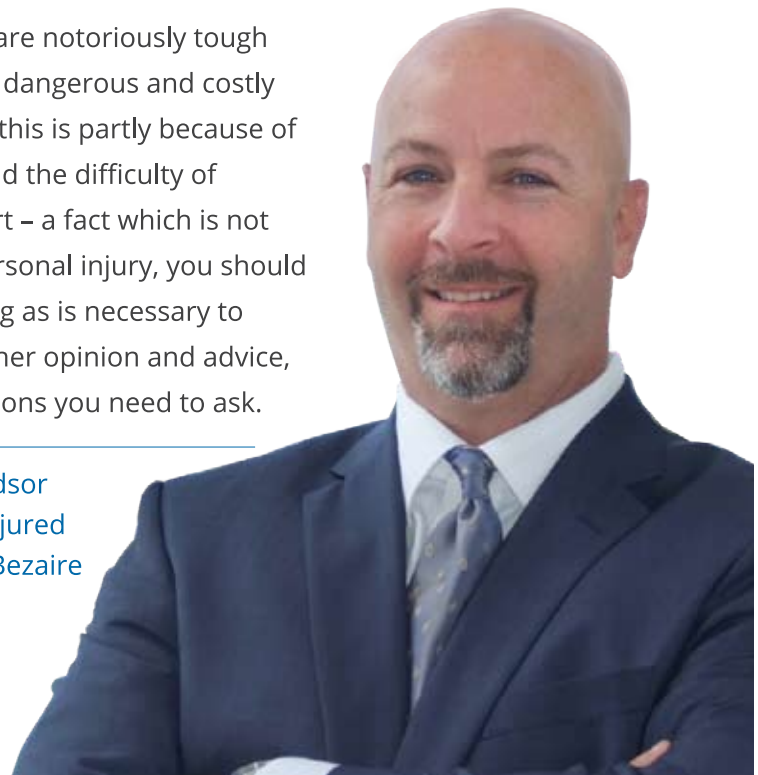
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All surgical procedures have inherent risks that are beyond the reasonable control of a surgeon or anesthetist. It will not be enough that a physician's decision turned out to be less than optimal, or that another surgeon would not have proceeded in the identical manner. Rather, it is the Plaintiff's onus, on a balance of probabilities (i.e. more than 50% likely), to establish, with sound medical evidence, that the doctor's conduct, decisions, surgical technique or practice fell below the standard of a reasonable peer practicing in the same area (both in terms of specialty and geography) and that it was that deviation from acceptable practice that was the specific cause of the Plaintiff's detrimental condition.

Second, and the biggest financial hurdle, the need for 'sound medical evidence' referenced above means that, as a preliminary matter before proceeding, the Plaintiff must obtain an expert's report from another physician providing the opinion, with sufficient detail as to acceptable practice, that the doctor's conduct fell below that standard. This can be expensive, typically costing between a few and several thousand dollars. There are reasons for this: as the saying goes, you don't want to 'bring a knife to a gunfight,' so the expert should be the pre-eminent expert in the very specific field of the alleged negligence, usually found at a teaching university somewhere in North America (failing which the Defence may find this expert and use him or her to refute or minimize your expert's claims); this expert will have to review a considerable pile of medical history, hospital and surgical records in order to be sufficiently informed and this takes significant time, and, therefore, cost; and such experts are usually in high demand, both for their practical expertise consulting on actual cases, and for providing their academic opinions lecturing at universities, at conferences and providing opinions in similar cases. This is a financial hurdle for the client because, even though most personal injury lawyers will handle a file on a contingency fee basis without any upfront fee, they will not typically pay the significant cost for such an initial report in a medical malpractice case at the outset due to its speculative nature.

Finally, as a practical matter, physicians' insurers are notoriously tough and resist settling cases without a trial for fear of setting dangerous and costly precedents for their doctor plan members. Presumably, this is partly because of the complexity of the subject matter of these lawsuits and the difficulty of proving such a case against their member doctor in Court – a fact which is not lost on them and their lawyers. As with any matter of personal injury, you should spend as much time with your lawyer in an initial meeting as is necessary to provide all the known facts, hear and understand his or her opinion and advice, and ensure you understand the answers to all the questions you need to ask.

Steven Bezaire has been a personal injury lawyer in Windsor working for insurance companies initially and then for injured parties for over 20 years. He is the managing lawyer of Bezaire & Associates, a seven-person law firm concentrating on helping motor vehicle accident victims and other personal injury clients.



www.bezaireassociates.com

SUMMER SPLASHDOWN!

Refreshing News from Adventure Bay Family Water Park

It's easier and more affordable than ever to splash through a summer day at one of Southwestern Ontario's most unique family-fun facilities.

At Windsor's Adventure Bay Family Water Park, upwards of 1,500 thrill-seekers, staycationers, and family fun enthusiasts can flow through the doors on a single day during the warm-weather months. This season, new membership packages, admission options, and visitor-friendly rule changes promise to raise the tides for our region's flagship recreational attraction.

Windsor Body sat down with Manager Jen Knights to learn more about what the Water Park is doing to entice even more Windsor-Essex residents and visitors from far and wide this season.

To start, you may be surprised to learn that **Adventure Bay is open from 10 a.m. until 8 p.m. seven days a week** throughout the summer.

"We know Adventure Bay is a great opportunity for families to recreate together in the summer," shares Knights, who previously managed a similar facility in Victoria. "We have attractions and activities for participants of all ages, from little ones right up to teens who are looking for thrill-seeking opportunities. We like the fact that people will come in, leave their electronic devices at home, and spend time moving around at their own pace. Families and groups of friends can come here to participate in activities where they can have conversations and get some physical activity."

Sounds good to us.

One of the only year-round, municipally operated water parks in Canada, Adventure Bay notably forms part of Windsor's waterfront Vision Corridor, which also includes the Sculpture Park, Chimczuk Museum, and Art Gallery. While we think the Water Park is worth the trip on its own, the area offers families an overflowing amount of recreational options.

"We think we're a great spot for families," notes Knights, backed up by ever-increasing attendance figures for Americans and Southern Ontario day-trippers. "We find a lot of people now will spend the morning here at Adventure Bay, then maybe take the family to the Chimczuk Museum."

We're a really good local day trip, whether they stay here and eat at our concession, or pack a picnic and enjoy that out in front of the building in the park."

Here's some big news: Since the 45,000-square-foot facility opened in January 2014, Adventure Bay has exclusively offered annual membership options to frequent visitors. This year, the Water Park is debuting an exciting summer membership initiative that promises to make a seismic splash.

Adventure Bay's 2017 Summer Memberships take effect July 1 and remain active right through to Labour Day. Unlimited admission for visitors under 42 inches in height is just \$35, while taller guests still pay only \$48 for an entire summer of adventure. As always, one- and two-year-old guests can enter free of charge.

Refreshingly, these membership prices apply across the board to Windsor, Essex County, and out-of-town residents.

The initiative comes on the heels of Adventure Bay's innovative March Break membership program, which was a roaring success this spring. "We've heard from a lot of folks, and we know that people's schedules throughout the year change," says Knights. "In March, we thought we might sell 50 memberships, and we sold over 500! We were really thrilled. This year, we've seen our attendance start to move back up again, and we think that's due in part to the new membership options that we have."

The Water Park has also introduced an innovative "**Land Lover**" admission rate, which allows parents to accompany their children at a reduced fee if they don't plan on getting in the water themselves. "That's been extraordinarily popular," says Knights. "We're seeing people come back more often now, because they're not paying full admission rate for everybody all the time."

(Swimmers five and under still require in-water supervision within arm's reach, and children six to nine years of age must be accompanied by an active adult participant.)

Adventure Bay has also taken safe steps to **relax its adult-child supervisory ratio**, making it easier to attend the park with multiple children. "In the past, our guidelines were stricter in terms of how many adults would have to be in the water with the kids," admits Knights.

"We looked at best practices and how people use the space and we relaxed that a bit, which has been very well received."

During the academic year, when the Water Park suspends regular hours on Mondays, Tuesdays, and Wednesdays, Knights and her team have instituted a regular series of **registration-based programs**. This year, Adventure Bay's special programming included snorkeling classes, multiple aqua fitness options, and parents-and-tots swimming lessons. The Water Park also rolled out an expanded program this fall and winter around the FlowRider, Adventure Bay's exciting surfing simulator with controllable six-foot waves.

To build its lineup, Adventure Bay regularly fields suggestions from its staff and members of the public. The facility also belongs to the World Water Park Association, a global group of private and public water park owners and operators. "We really encourage outside-of-the-box thinking here," says Knights. "These registered programs and these specialty things are just prime opportunities for us to continue to grow and develop this space."

While Adventure Bay, like any new business of its scale, experienced the odd growing pain during its first three years, Knights notes that recent visitor feedback – from newspaper comment sections to in-person conversations – has been unprecedentedly positive.

"We are extremely proud of the work that we've done since the facility opened," says Knights, who joined the Adventure Bay team near the end of its first year of business. "You have to find your fit, and we really, honestly are unique. We know that we're a park for this community, so the community's input – whether it's positive or critical – is really important. People often expect change to be instant, but most of the times there's a lot of value in it being well thought through and incremental rather than knee-jerk."

"We hope to continue to grow and develop," concludes Knights. "We realize that takes work on our part, so it's nice to see that we're hopefully moving in a direction toward a place where people feel as proud as we do about this amazing facility. We work really hard to make this a fun place for everybody to be."

Windsor Body will see you there this summer.

For much more information, including specific rates, regulations, and programming schedules, consult www.adventurebay.ca.

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Kids, parents, grandparents and teens all agree: there's nothing more fun than the wet and wild rides at Windsor's Adventure Bay. With 35,000 square feet of rides – everything from an uphill tube ride to a full-on surfing experience – all you need is a bathing suit and a big bunch of smiles.

www.adventurebay.ca

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by Reena Kainth
owner Rain Fitness

MIND YOUR OWN STRETCH MARKS



Her butt is way too big for those pants.

Her shorts are too short for having that much cellulite.

Check out that muffin top.

Yikes, she shouldn't be wearing that.

Guilty of thinking one of these things to yourself (or maybe even out loud) about another woman you don't even know? Don't be ashamed; we all do it, and it is a perfectly natural human instinct. But have you ever stopped to wonder why you care so much about other people and their choices? It's actually pretty simple, and there is even a word for it: judgment.

Judgment has a commonality in all situations: fear. Fear of what others might think about us, fear of not conforming to ideals, and fear that we are "just not good enough." Directing passive-aggression towards other people is a clear yet ineffective way of diffusing the insecurities we have about ourselves onto other people for temporary distraction.

Fear is a damaging cycle that works in two ways. First, it contributes to the disease of body shaming and promotes women to “fear” their bodies (and those of other women). Second, through these statements it exhausts our energy and does the opposite of distracting us by actually placing an emphasis on negative qualities.

Now, for the truth: Every single woman you know has something they want to change about themselves. You are not alone!

This is not surprising considering how frequently we are blasted with unrealistic images of women and damaging ideals of “normal.” The average model weighs 23 percent less than the average woman, and yet we expect to live up to these ideals by having a bit of fat removed here and some tightening done there. When we judge and compare ourselves to women who come from different genetic makeups, ethnic backgrounds, those who have had kids versus not, and/or those who work out versus not, we are comparing apples to oranges.

Do these supposed flaws mean we should be forced to hide in our homes, only coming out in oversized clothes that hide every blemish to prevent a gawking eye? The answer is ultimately up to you, but imagine the power if you decided to . . . wait for it . . . stop caring. There is such freedom in wearing what makes you happy and feeling good about yourself – rolls and all.

All we have to do is take some steps to start loving our bodies. First, we should start by recognizing when physical appearance is falsely linked to happiness and well-being – most obviously in ads.

“DON’T TAKE FOR GRANTED THE POWER OF BELIEF.”

Look beyond your physical self and stop taking for granted the wonderful things you have accomplished. Feel good from the inside out by making improvements that will help you to love yourself overall. You are an entire being – not just your “sagging breasts” or “big hips.” Consider using a mantra in your everyday life, like starting your morning by looking at your flaws and saying, “I love this about myself.” Don’t take for granted the power of belief.

It is so important to take these steps and lead a positive example for the youth in our community. According to some chilling data on the Canadian Women’s Health Network, dieting in young girls is increasing at an alarming rate, with young girls beginning to diet as young as five to six years old. 36 percent of Grade 6 girls in Canada have low self-confidence, and that plummets to 14 percent by Grade 10. Young girls are looking at us to remind them of self-love in a world telling them to change.

Don’t be ashamed to be happy with your body just how it is: curves, butt dimples, and all. Dare yourself to wake up, love what you see, wear what makes you happy, and be who you want.



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Tina Pickle and Mark Eugeni - The Legal Edge Team

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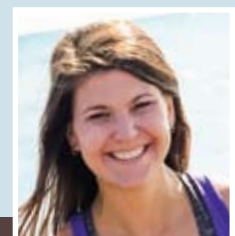
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Mary Farrell
 owner/instructor

Photos of Mary courtesy of Frank Michael Photography

EARLY-CHILDHOOD EDUCATION

It is difficult to overstate the importance of an enriching early-childhood education.

While we never stop learning as we age, there is no better time to begin positive intellectual, physical, and emotional trajectories than in childhood.

Windsor Body reached out to Jo Ann Kohuch, Académie Ste-Cécile International School Elementary Principal and Annette Rondot, RECE, a supervisor at Ste-Cécile Child Enrichment Centre to get a feel for the unique Junior / Senior Kindergarten and preschool programmes.

"For our Junior and Senior Kindergarten Programme, we offer a very low pupil-teacher ratio with instruction provided by qualified OCT-certified teachers and supporting ECEs.

Both Kindergarten curriculums combine free play, directed discovery-based centres and structured lessons to teach phonics, language, mathematics and core French. Formalized printing of letters and numbers also begins in Junior Kindergarten and continues through the primary years. As well, students receive specific weekly instruction from specialized teachers in computers, Mandarin, music, drama and literacy. Daily physical education classes in the gymnasium exceed DPA (Daily Physical Activity) requirements.

We also offer monthly field trips to locations like J.R. Park Homestead, the Safety Village, Colasanti's Tropical Gardens, Zehrs Markets, and the Animal Hospital extend our students' learning into the community."

- Jo Ann Kohuch

"Ste-Cécile Child Enrichment Centre is a Day Nursery for preschoolers aged two-and-a-half to five years. Our programme is a reflection of our philosophy and belief that children best learn and grow by being actively involved in their environment – both indoors and out. We believe our programme and environment, based on the musical and social aspects of development, is instrumental in and designed to promote the child's skills, independence, resourcefulness, curiosity, creativity, dignity, self-respect, and self-esteem.

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- Annette Rondot



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by Jesse Ziter

The Power of Balance:

BUSY LOCAL REALTOR AND MOM SHOWS POISE IN THE FACE OF M.S.

For more than 12 years, Vision Realty's Stephanie Winger has built a sterling reputation for honest advice, efficient results, and personalized client relations.

These days, her most important relationship is with her own body.

Six years ago, after experiencing numbness in her arm, Winger visited her family doctor. Her life was about to change forever.

While Winger's physician was initially unable to diagnose the root cause of this lack of sensation, the hardworking residential and commercial real estate professional knew something wasn't right.

Eager to get to the bottom of what had become a daily inconvenience, Winger accepted a referral to a neurologist, who was similarly stymied by the sudden, painless phenomenon.

Her symptoms persisted, so Winger pushed her doctors further. After an MRI, a spinal tap, and multiple rounds of bloodwork, they had an answer: multiple sclerosis (MS).

The news struck the dedicated mother of three completely out of the blue. Winger, whose children are now teenagers, calls the day "a total life changer."



A full-time realtor, she had always done her best to maintain a healthy equilibrium between her professional and private lives. Now, achieving balance was going to become even harder.

"My life has always been about balancing my clients and my family," Winger explains. "There are still those big 'rocks' in my life. When you throw your health in there, behind the scenes, it can become difficult to balance it all. You have to be principled, but also realistic and flexible."

In keeping with her industrious character, Winger quickly got to work absorbing as much information as possible about her body's new reality.

According to our best estimates, about 2.5 million people around the world are currently living with MS, including 100,000 Canadians. The most common autoimmune disorder affecting the central nervous system, it affects women at twice the rate at which it presents itself in men. Essentially, the disease disrupts the nervous system's ability to communicate in specific ways, which can result in a wide range of physical and mental effects. Symptoms, which tend to manifest irregularly, can include muscle weakness and difficulties with coordination, sensation, and/or vision.

Eventually, Winger made the somewhat unconventional choice to manage her MS without the aid of prescription medication. While options are available, drug therapy is modestly effective at best, and many patients experience debilitating side effects and poor tolerance levels. There is no known cure.

Six years after her diagnosis, Winger is in a good place. To start, she's worked hard to develop her already-substantial emotional intelligence, helping her keep everyday stressors in perspective. She combats fatigue by prioritizing rest and getting to bed as early as possible. Regular walks and a healthy yoga practice also help.

"I've learned how to deal with this," sums up Winger, who credits a substantial attitude change to her current healthy lifestyle. "I feel great. I'm just really paying attention to my body; I'm constantly learning."

A healthy diet is another major component of Winger's day-to-day self-care strategy: She has sworn off dairy, sugar, and caffeine, among other foods, which means chocolate is entirely off the menu. "People need to eat better," she says matter-of-factly. "Everything starts with what we're putting into our bodies. It's been hard, but it's about realizing that piece of chocolate is only going to taste good for a few minutes."

Windsor Body is curious: After more than half a decade of living with MS, does Winger have any direct advice for somebody newly diagnosed with the disease?

"I would tell them not to become a hermit and hide," she stresses. "There are so many outreach programs, even in our community, that I at one point didn't know existed. It's important to seek out support groups and use the resources that we have around us. Tap into that."

Along similar lines, Winger also attributes a healthy part of her positive outlook to her regular schedule of volunteer work. As she explains, it's easy to let a personal matter consume one's entire experience of the world. Making an unpaid commitment to help others is an excellent way

to "pull back" and reorient oneself. "When people have something going on personally," she offers, "it's easy to kind of get stuck in that world."

Of course, in her working life, Winger has more than enough to keep her busy.

Because real estate is such an emotional business, Winger appreciates that she often ends up becoming an important part of her clients' lives. Being able to relate to one's clients on a personal level is a key skill possessed by any successful Realtor. For Winger, this is true now more than ever.

"As a Realtor, I see people at their best and their worst," she explains. "I was always relationally driven with my business, but my diagnosis has deepened those relationships. Being able to say 'me, too,' makes it easy to relate to people. If my clients have any kind of health conditions, I want them to know that I understand; I'm a person, too."

As part of their mutual understanding, Winger's clients have been incredibly supportive of her personal and professional journey.

"I do set some boundaries with clients," Winger admits. "I let them know that I take one day off a week so that I can spend time with my family, and I set boundaries for when I answer my phone. I'm not available 24 hours a day."

Should a rare emergency circumstance emerge, Winger takes comfort in the knowledge she is supported by the expert team at Vision Realty, where her compassionate colleagues share her hardworking entrepreneurial spirit. "I work with a great group of realtors at our office," she confirms. "I have people I can call and can count on."

Always a dedicated, attentive, and detail-oriented professional, Winger has adjusted comfortably to keep pace with the ever-accelerating Windsor-Essex market, in which multiple-offer scenarios and bidding over asking have become the order of the day.

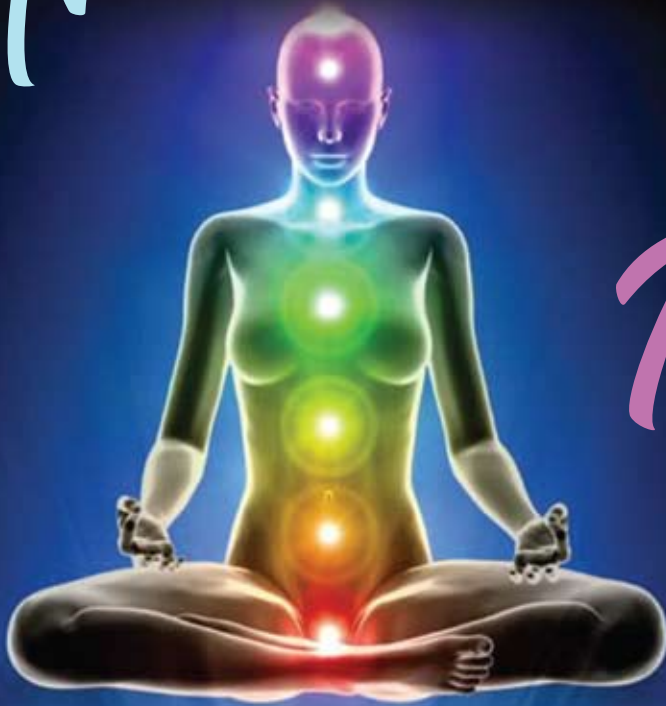
While some Windsorites can be discouraged by rising house prices, Winger sees this market trend as a welcome reflection of our region's economic health. "There are two sides to it," she explains. "Overall, I'm excited about the market."

In a very real sense, Winger's take on the market mirrors the way she approaches her personal life.

She smiles: "I wish people would look at the positive side of it."

How to contact Stephanie:
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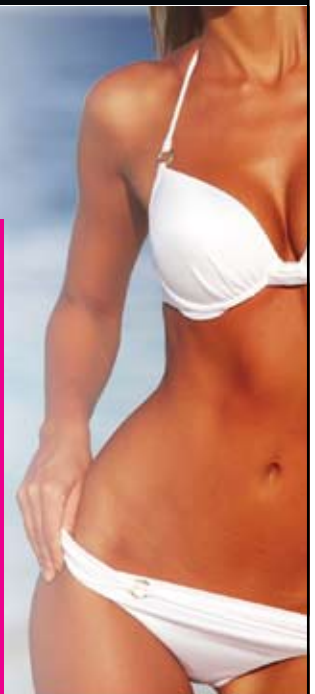
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by Dr. Paul Serra,
Dentist, Eastside Dental

THE TOOTH, THE WHOLE TOOTH, AND NOTHING BUT THE TOOTH

DENTAL CARE FOR INFANTS AND CHILDREN

In almost 20 years of general practice, some of the most common questions I've received have been from new mothers concerning their children's dental health. When I field these inquiries, I try to stress that, although primary teeth will naturally fall out, they are extremely important for chewing, speech development, and holding space for the erupting permanent dentition.

In addition, if not cared for, primary teeth can decay and abscess in the same way as adult teeth. This can lead to significant pain and swelling and may have negative effects on the developing adult dentition.

It is very important that children develop good oral care habits from a very young age. It is paramount that all children visit the dentist every six to nine months for a dental examination, cleaning, radiographs or x-rays (to check for decay and proper tooth development), a fluoride treatment, and oral hygiene instruction. Proper brushing and flossing techniques should be stressed at home, and protective mouth guards must be worn while playing any contact sport. Trauma to a newly erupted adult tooth could lead to root or crown fracture, an abscess, and/or even tooth loss. We must convey to our kids a message: We are only given one set of adult teeth, and these teeth need to last us a lifetime.

Below are some of the most common questions I answer in my practice.

Q: I have an infant at home. When should I bring her to the dentist?

A: It is recommended to make a child's first dental appointment after the first baby tooth erupts and before the child's first birthday.

Q: How do I care for my infant's teeth at home?

A: Before his or her teeth come in, an infant's gums can be gently washed with a soft washcloth or a square of gauze. Once the primary teeth start erupting (around the five-month mark), the teeth should be brushed gently with a children's toothbrush. A small amount of fluoridated toothpaste can be used (about the size of a grain of rice). Since there is no fluoride in the drinking water in our area, the fluoridated toothpaste will help prevent dental decay. The child should also become familiar with flossing. This skill can be practised once the full complement of primary teeth are present, which usually occurs before the age of three. Brushing should be done in the morning and – most importantly – before bed. Parents must supervise their children and ensure they are spitting out and not swallowing the toothpaste.

Q: My child has cavities that need to be fixed. He is terrified of needles and I doubt he will let you treat him. What should I do?

A: Local anesthetic is almost always required to restore decayed teeth. Many children are fearful of needles and dental treatment. Dentists are well trained in different behavioural techniques to make the appointment as comfortable as possible for your child. In addition, nitrous oxide sedation (laughing gas) or other oral medications can be prescribed to young patients to make their appointments stress free. In certain cases, where there is an extensive amount of work to be done or the child has extreme anxiety, we can refer the patient to a certified specialist in pediatric dentistry. The work may have to be done in a hospital setting under general anesthesia.

"It is very important that your children get on the right path of oral health even before their first tooth is ready to poke through."

Q: Why does my child get so many cavities?

A: Cavities (decay) are caused by certain bacteria metabolizing fermentable carbohydrates (sugar) left on or between the teeth. Certain children have low counts of the cavity-causing bacteria and are at low risk of having decay. Other children have very high levels of this cavity-causing bacteria and, despite the best oral hygiene efforts, they still get decay. In general, the development of decay is multifactorial. Genetics, diet, and oral hygiene all play a role. In cases of rampant dental caries (extensive cavities), consultation with your dentist to determine the best course of action is advised. Perhaps a fluoride rinse needs to be prescribed. Alternatively, diet modification and/or a possibly increased frequency of preventative dental appointments is recommended. In addition, it may be prudent to have preventative dental sealants placed on the permanent molars when they erupt. Your dentist and hygienist will be more than happy to counsel you and your children on cavity prevention and oral health.

Q: My children's teeth look crooked? Should we get a referral for braces?

A: Typically, children aren't referred to the orthodontist until many of their permanent teeth are present in the mouth (usually between seven to 10 years old). Crooked or crowded baby teeth usually aren't cause for worry.

In cases where children thumb suck or have tongue-thrust habits and the baby teeth have moved out of alignment, an early referral to the orthodontist may be necessary. Sometimes, "habit breaker" appliances are used to prevent orthodontic problems with the permanent teeth.

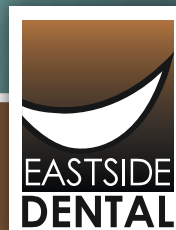
Orthodontic analysis and growth and development evaluations are done at all checkup and cleaning appointments for children. This is yet another important reason why your child should be on a regular schedule with his or her dentist. In this way, you can be assured that a timely referral to an orthodontist will be made before orthodontic problems worsen.

It is very important that your children get on the right path of oral health even before their first tooth is ready to poke through. We find that good dental hygiene habits in childhood translate to good habits in adulthood. As I've alluded to above, dental education, diet, regular dentist visits, and oral hygiene are all important factors in achieving optimum oral health. As dental professionals, we see ourselves as partners with you while on this journey with your young family.

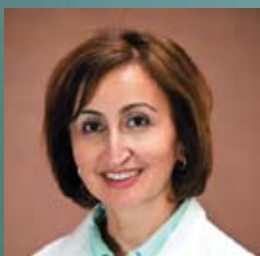
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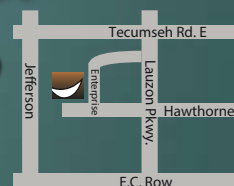


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by Ryan Chris Tate
Owner, Feel Good Now

PARENTS:

**GET
OUTSIDE
WITH
YOUR
KIDS**



How can physical activity benefit a young kid's life?

If you get your children started early, they could gradually grow into healthy habits and eventually make regular movement a part of their everyday adult life.

My youngest child is three years old, and my oldest is 12. I also have an 11-year-old. They're all beautiful girls; I love them.

Since my oldest was born, I've made a habit of taking her outside and getting her running around; everywhere I've gone, she's gone. By the age of two or three, she was walking around alongside me. The same goes for my middle daughter: She's been brought up to move around constantly with me.

Over the years, I've noticed that this habit has allowed my daughters to grow their confidence. When I'd take them to the park and say, "Hey, just run around with that kid," they didn't come back to me and say, "Dad, I'm tired. I can't do it."

Meanwhile, I'd observe other kids huffing and puffing. Perhaps they would go up and down the slide a couple times before running out of breath. They'd be tired out simply from running around the park. Why? Because they were not physically active enough.

A lot of the time, we put our kids in front of the TV and hope that it becomes their babysitter. As our kids grow older, they begin to develop negative habits. At age five, say, or seven, nine, or thirteen, they're used to spending time with the TV rather than going outside.

Summertime is too hot. Wintertime is too cold.

I'm not doing this. I'm not doing that.

Kids will come to you and cry, but it's important to stand your ground if you want to have healthy, active children.

The impact of physical activity is most important for emotional health. When kids lack physical activity, they fall out of shape and maybe gain pounds to the point where they're overweight. At this point, they feel insecure; people might make fun of them. Emotionally, they can't get through a single day without worrying: *Is this person talking about me? Are they looking at me?*

To be honest, I don't know what goes through a five-year-old or a ten-year-old's mind anymore, but what I do know is that physical activity is crucial for both of them.

Even if you can only get your kids outside for 30 minutes a day, you should – and that's outside of school. We don't want to just say, "Oh, we're sending them to school, so they're going to be good."

As parents, we have to give our kids more than what the school is giving them. We have to give them all that we can, so that they can evolve and be their best selves.

These are lessons that have been taught to me by my grandparents and my mother. In my childhood, there was no TV and no sitting around in the house. I can still hear their voices: *Well you better get up and go do something!*

So, get your kids up early and start getting them outside. Run around the block or get on a bike with them.

This is an important point: You have to be active with your kids. If you involve yourself in your child's physical activities, you both benefit. You can't just say, "Johnny, go outside," because Johnny doesn't understand that. What Johnny understands, when he's young, is that he wants mommy and daddy to go outside with him. He needs to do things with his parents, so they can understand them.



Another major issue I see is the amount of time kids spend using electronic devices. Guess what? Our kids are young, and they don't have jobs; where are they getting the money to buy their electronics? Because these purchases obviously come from us, the parents, we can't complain about these devices. It's our fault; we have to take responsibility.

I've also noticed some athletically gifted kids who, because they're so gifted, don't work as hard. If your son or daughter is a gifted athlete, you need to make sure they work even harder than their peers who aren't as talented. Sometimes, we fall into the trap of relying only on our gifts, only to be surpassed by someone who wants it more and

is prepared to work harder. If you want to get to the next level, it requires work. My advice: Get up every day and do it!

Of course, school work is most important. It doesn't matter how talented or athletically gifted you are. Even if you think you are the next LeBron James or Sidney Crosby or whoever, whatever your sport is, you have to get the grades to get to the next level.

So, just remember, the Feel Good Now movement is based on keeping one thing in mind: Whatever our goal is, we always have to work hard. It doesn't matter what you are trying to achieve: You have to work hard for it, get up every day, and go get it. Get up off your ass, and move around outside of school.

Especially now, as summertime's coming now, my daughters and I get up, run around the block, and ride our bikes. We just keep it moving, man. You should do the same.

Until next time: Bless up. Feel Good Now.

"There are three things I tell my girls everyday and would encourage you to tell your children on a daily basis; I love you, I am proud of you, and I am listening."

- Ryan Chris Tate



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The person who says it cannot be done should not interrupt the person doing it. - Chinese Proverb

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By: Dr. Christopher Cole, MD, MPH,
Medical Director of The Cole Clinic
of London and Windsor



COLE'S corner

The State-Of-The-Art **ARTAS Robotic Hair Transplant**

Throughout my 20 years performing hair transplant surgeries, I've noticed that many of my patients have a few things in common. While some men start to lose their hair at an advanced age and others experience premature hair loss, thinning and receding heads of hair almost always come with an associated loss in confidence. Across the board, the most common element I find associated with hair loss in patients is low self-esteem. I've seen firsthand how it can impact work, social life, and family relationships. Thankfully, the follicularly challenged aren't without help. From the latest in growth technology to supplements to camouflaging products, I've learned how best to handle all manner of hair scarcity.

To perform the newest method for restoring hair and restoring confidence, I need a little help from a special assistant. It happens to be a robot.

The ARTAS Robotic Hair Transplant system is a state-of-the-art image-guided robotic method used to perform follicular unit extraction (FUE) hair transplant surgery. A doctor-assisted system, it involves precisely dissecting thousands of follicular units in a single session and redistributing them to balding and thinning areas of the scalp. The process produces healthy, robust results, all the while maintaining the natural look of the donor area. If you do what I do for a living, or if you're losing your hair, it's a big deal.

A Brief History of Hair Restoration

I'm sure many of our fathers and grandfathers would have loved to have the ARTAS option. Allow me for a moment to turn back the clock.

Once upon a time, the only way to deal with hair loss was to struggle with wigs and hairpieces. The first procedures resembling modern-day hair transplants began in the 1960s. They involved obvious, plug-looking "punch grafts" and painful scalp reductions, through which large areas of bald scalp skin were removed so that the hair-bearing portion of the scalp could be advanced to cover it. The primitive hair plugs used during the first few decades of hair restoration procedures were as unconvincing as they were painful to receive. While some patients experience positive results, the implants were noticeably discrete units, and many likened the appearance of the finished product to rows of corn on the scalp.

In the 1990s and 2000s, significant advances in hair transplant technology allowed patients to achieve functional and "natural-looking" hair, hairlines, and overall fullness. These gains came with the introduction of smaller mini- and micro-grafts, the strip method of hair transplantation, and the development of the follicular unit extraction (FUE) hair restoration procedure, all of which are used to great effect today.



At this time, surgeons began to transplant their patients' own permanent, growing hair. Normally, it was harvested from the back of their heads; doctors would cut a large band of tissue from the rear of the head and relocate its hair follicles to areas of the scalp in need of coverage in what became known as the strip transplant procedure.

In the early 2000s, this methodology advanced and grafts became even smaller. They were dubbed "follicular units," and they could be more densely packed into balding areas. This resulted in an even more natural-looking hair restoration procedure. Today, physicians who perform strip method transplants are even able to implant delicate follicular units in balding frontal areas to create a convincing natural hairline.

Currently, both the strip transplant and the FUE procedure are viable, widely used hair restoration options. Unlike most practitioners of hair transplants, Dr. Cole is a licensed surgeon who regularly performs both. Today, the two options are roughly equal in popularity. In terms of results, the major difference between them is the resultant linear scar that comes with the strip transplant. Depending on a patient's age, normal hairstyle, and personal preference, this may or may not be a significant factor in the decision-making process. The ARTAS procedure is an example of an FUE hair restoration method.

The ARTAS Innovation: Hair Restoration Goes Robotic: Today, we have ARTAS, a breakthrough, minimally invasive method that uses digital imaging and precision robotics to select permanent hairs from the back of a patient's head, which don't have the genetic instruction to fall out with age, and implant them in thinning areas of the scalp.

At a rate of 900 to 1,000 hair grafts per hour, the ARTAS robot is a superior hair restoration option for most patients that provides safe and consistent results. To get to this point, both robotic engineers and practising hair transplant surgeons featured prominently in the research and development phase.



Because the robotic ARTAS device minimizes the strain on a doctor's hands, arms, shoulders, and neck, the procedure allows for more grafts in a single session than was ever possible in the past. Now, the same amount of grafts (or more!) can be performed in one eight-to-10-hour session as would have previously required multiple sessions over a two- or three-day period.

Here's how it all works: The ARTAS system begins the follicular unit extraction by digitally mapping your scalp. Using sophisticated imaging technology, it identifies thousands of individual follicular units. Next, a robotic arm quickly and carefully gets to work "harvesting" them and then implanting them into recipient sites in targeted balding or thinning areas of the scalp. Perhaps most intriguingly, the ARTAS system uses an intelligent computer algorithm to select the best hairs for harvesting. The end result is real, natural-looking hair growth.

Importantly, the ARTAS Hair Transplant is a virtually painless outpatient procedure that requires only local anesthetic. You may experience some minor discomfort and swelling post-procedure, but it should subside in one to three days. Since there are no scalp incisions or stitches required with this procedure, healing time is short; you can resume normal activities after a day or two in most cases.

Even better, the ARTAS Robotic Hair Transplant procedure is virtually undetectable. After a week, it will leave behind no linear scar. Instead, most patients experience multiple small, easily hidden scars rather than one fine linear scar across the back of the head. This benefit is particularly important for men wanting to wear their hair very short at the back and sides.

Within six to nine months after an ARTAS Hair Transplant, you'll really begin to see a dramatic, noticeable improvement. Because your new hair is your own, you can feel confident growing it out and wearing it in any style.

About Dr. Christopher Cole:

Dr. Cole is a practising medical doctor certified by the Ontario College of Surgeons & Physicians who has been working in hair restoration and cosmetic medicine for over 20 years. He is the founder of the Cole Clinic for Hair Restoration and Cole Clinic Medi Spa, which operates locations in both Windsor and London. While hair transplants have always been Dr. Cole's claim to fame, he also performs and oversees a full suite of world-class aesthetic and cosmetic procedures, including skin rejuvenation, Botox and other injectable fillers, plus Advanced Laser Therapies including laser hair removal.



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by Dr BK Wahab, OD MBA
President, SEEN Vision Care

NOT ALL glasses are created equal



We've come a long way since classing eyewear as painfully unfashionable medical appliances. Initially intended as optical aids, glasses are today considered less as correctional devices and more as outfit-enhancing accessories. The scope of options available on the current market ranges from neutral and barely-there frames to thickset and boldly patterned styles.

Still, with this huge choice on offer, it's all too easy to fall afoul of fashion and find yourself spending far too much on something shoddily crafted. Read on to get the lowdown on five of the eyewear world's most highly regarded brands, each of which is revolutionizing the industry in its own way.

1. MYKITA



Out of a workshop in Berlin's central district of Mitte, this German brand produces hand-assembled spectacles and sunglasses crafted to the highest standard. Styles range from trend-led acetate designs to ultra-light stainless steel frames. The name itself stems from the German word *kita*, a common abbreviation for *Kindertagesstätte*, which nods to the brand's first premises in a former day nursery.

Unsurprisingly, MYKITA's smart combination of distinctive design and impressive engineering has won it interest from some of the fashion world's most experimental designers and brands. If technical prowess and simple styling are what you're about, MYKITA has what you're looking for.

2. L.G.R



L.G.R eyewear is created from the concept of an everlasting object intended to accompany the traveller on endless journeys filled with adventure. Material selection is therefore at the very core of L.G.R's approach. The company sources only the best in order to ensure resistant and long-lasting products. Cellulose acetate is used for its inherent durability and flexibility, allowing L.G.R's frames to adapt to the wearer's face over time. Meanwhile, the company uses metal for its strength and design possibilities. L.G.R eyewear is made by hand in company-owned factory in Italy. It has a uniqueness unseen in most other eyewear.

3. AM Eyewear



In an industry where multinational companies are all about numbers sold, AM Eyewear's ethos is to be a *creator* of eyewear and not a *counter* of eyewear. From its inception, the AM Eyewear brand has grown and evolved from a cheeky young upstart into a cult eyewear label respected and loved around the globe.

AM Eyewear was founded in 2003, thanks largely to the absence of unique, handcrafted frames in its native Australia. Before long, AM's mission to create beautiful and exceptional eyewear allowed the outfit to mature into a global wholesale company with leading optical and fashion stockists around the world. Handcrafted in Italy using a combination of premium materials, AM's frames are fitted with co-branded nylon Zeiss lenses.

As of 2017, the AM Eyewear collections are available throughout Australia and internationally – in some of the globe's finest boutiques. AM Eyewear has a sterling reputation for both its commitment to cutting-edge designs and its use of the highest quality materials, including French APX nylon lenses, hand-moulded Italian-made acetate frames, and French spring-loaded hinges. However, the evolution of AM Eyewear frames continues way beyond the workshop: Once out of the box, the Italian acetate frames mould to the wearer's face, resulting in a bespoke fit.



4. Cartier

Cartier is world-famous for its stunning portfolio of jewelry, watches, and other accessories. Originally founded in 1847

by Louis-Francois Cartier in Paris, the company has gone on to become a universally adored, luxurious name. Steeped in history and with extensive expertise, Cartier designs magnificent creations. They include a more recent expansion into eyewear, which are inspired by the same unique vision and refinement that have been characteristic of the French label since its creation.

Cartier Eyewear is influenced by the luxury house's jewelry and watchmaking heritage. Each piece is manufactured in Cartier's own factory, located in Joinville-Le-Pont, near Paris. Cartier Eyewear is made from a wide variety of materials, including common metals (e.g., titanium and steel), solid gold, and materials of exception such as bubinga wood, buffalo horn, leather, carbon, and onyx.



5. Gucci Prestige Collection

Gucci was formed nearly a century ago as a leather goods and small luggage company. Since then, its fine-quality product line has grown quite a bit to include apparel, luggage, fragrances, and – our favorite – eyewear. Today, Gucci is one of the most famous brands in the world, and surely one of the most renowned in the eyewear market. Its collections offer a range of models aimed at combining style and sophisticated needs, all characterized by Gucci's unmistakably iconic elements. Gucci is a premium high-fashion brand that has always carried a great deal of prestige, and its sunglasses are an essential part of the style-savvy man or woman's wardrobe.

The Gucci aesthetic blends modernity and heritage, innovation and craftsmanship, and trendsetting and sophistication. Gucci shades are distinctive; the brand is characterized by a particular youthful-yet-timeless look. Some of the label's sunglass styles make a bold, confident statement with brightly coloured frames and contrasting temples or inner rim colours. Other frames in Gucci's product assortment have a more classic and minimalistic look, with thin metal rims in popular shapes.

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