

The REFLEX HAMMER



MONTHLY FEATURE BY DR. DAVE HEPBURN

Advertise
your products
and service
company on this
page every
month.

Published
the First
Week of
Every
Month

Dr. Dave is no ordinary doctor or columnist. His columns are always **Laugh Out Loud Funny** but are always leading to valuable, useful medical advice.

In Dr. Dave, The Reflex Hammer. Dr. Dave Hepburn provides a captivating combination of health and humour. He's a former Canadian Air Force doctor, and is currently Chief Medical Officer of 11 Med Company Reserve Unit. He's also an avid sports enthusiast. He's been involved in sports medicine for numerous years including Olympic Games track team doctor in Atlanta in 1996, team doctor for the Canadian National U-23 Rugby Team. Team doctor for the Victoria Salsa Hockey Team, and Medical Director for gymnastics at the commonwealth Games in 1994. The Reflex Hammer appears in more than 50 newspaper in Canada and the United States. Watch for it monthly in Today's AdVantage.

His columns discuss:
Zen and the Art of Sinus Drainage, Abscesses I have Known and Loved, I Am Joe's Ovary, and My Genes are in the Wash, etc.

Very
Funny!



The REFLEX HAMMER

BY
DR. DAVE HEPBURN

"Hold The Sugar, Please!"

Find your inner swimsuit.



This summer take time for yourself with 30 minute fitness and sensible weight loss at Curves. Right now if you fit and you can sign the service fee with any friend. Over 4 million women have found success at Curves. You can too.

Curves

The power to lose pounds!

Over 8,000 locations worldwide

618-465-2828
2712 Corner Court
Alton, IL 62002

FEET HURT? Maybe We Can Help!

Comfortable Shoe Specialists
Dansko
• Birkenstock
• Ecco • Merrell
• Finn Comfort
• Josef Seibel
• New Balance



CLEARY'S SHOES & BOOTS

"We're Here to Satisfy Your Sole!"
Mon - Thurs 9am-5:30pm, Fri-Sat 9am-5pm, Sat 9am-4pm
www.clearys.com
48 E. Ferguson
Downstream Whole River 254-0276

COUPON
\$100 INSTANT DISCOUNT
466-9115
4425 Industrial Dr. Alton

Nautilus
Making fitness a way of life for everyone!

It's time for a Change!
Break The Smoking Habit!
Lose Weight!

AURICULOTHERAPY
Call and make your appointment today!!
(618) 451-2874

TALLEY CHIROPRACTIC
Dr. Jason Talley, D.C.
2025 EDISON • GRANITE CITY, IL

May is National Physical Fitness Month
If you need to get into shape. Take advantage of this offer!

12 DAYS FREE TRIAL
Temporary Membership Rules Apply
Offer Expires 5-31-05

Nautilus 466-9115
4425 Industrial Dr.

"Truly the best serving the community since 1973"

VIP MANOR
393 Edwardsville Rd.
Wood River, IL

SKILLED NURSING CARE
Rehabilitative Therapy
Hospice & Respite Care
Out Patient Services
Medicare, Medicaid,
VA & Private Insurance
Restorative Home Follow Up

Specializing in the 3 R's
REHAB - RECOVER - RETURN HOME
259-4111

Dedicated to providing "ELITE" healthcare in the Riverbend and Granite City areas

Elite Medical
NASER ALMASALMEH, MD
Board Certified in Internal Medicine
Call for an appointment today!
465-8311 Alton • 451-5203 Granite City

Currently accepting new patients at both locations.
Most insurance plans accepted.

How to avoid it.

1. Know the levels of your HDL, triglycerides and fasting glucose and have them checked every 3 years after age 45.
2. Exercise 30 minutes EVERY day except Sunday. 30 minutes per day is as effective as taking one diabetic pill in keeping blood sugar low!
3. Keep your girth less than the risk values above. Waist not, want cardiologist not.
4. If you are overweight i.e. the elephants throw YOU peanuts, then reducing body weight by 5% per year can lower the risk of developing diabetes by as much as 60%!

What tests should you do to determine diabetes risk?

1. Fasting HDL cholesterol
2. Fasting Triglyceride

"Blogsins, your test results are back and I'm sorry to tell you that you have diabetes."
"Which means I'm simply a sweet plump guy, right?" Blogsins inquires, his "chins" resting on a habonnet the size of Mt. St. Helens, the early years.
"It means you have diabetes caused by obesity. Your blood sugars are high and you have the girth of one about to give birth. You are a waddling time bomb for a massive heart attack."
"But I don't eat that much sugar. Now the missus, she eats so much sugar her cellulite is turning into cellulard."
"Even though the average North American consumes 155 pounds of sugar per year, 151 of those at Easter, adding sugar is not the cause of diabetes. Rather, the large amount of adipose tissue (fat) that accumulates around our vital organs is the main cause of diabetes, hence the term diabeesity."
An alarming and dismaying epidemic of diabeesity is overtaking our nation. 12% of our society over the age of 40 are diabetic with close to half of those unaware that they have this disease. Fifty two only 10% of diabetics were obese, now an astounding 90% of all diabetics are obese.

Who is at risk for diabeesity? Those:

1. with a girth greater than 37 inches for men, 31 inches for women, regardless of height.
2. with a family history of diabetes
3. with a sedentary lifestyle
4. age 45
5. women who have had a baby weighing more than 8.75 pounds or women who have been diagnosed with Polycystic Ovaries.
6. with borderline elevated blood sugars, triglycerides and low HDL (the good cholesterol)

Diabeesity, once diagnosed, means you are at risk for:

1. Heart attacks and stroke (98% of diabetics are a very high risk for a vascular event). In the hierarchy of risk factors for coronary disease, diabetes is the one killer in our society, smoking ranks right up there with smoking. Next to quitting smoking, preventing diabetes is the most important thing you can do for your cardiac health.
2. Premature aging. Diabetes causes premature cell death, also known as aging.
3. Kidney failure
4. Heart failure
5. Blindness, too much sugar cane can lead to too many white canes.
6. Nerve pain.

Actual sizes on back	Riverbend	Granite City	Edwardsville
Single	\$69	\$49	\$49
Double	\$109	\$79	\$79
Triple	\$149	\$109	\$109
Quad	\$179	\$129	\$129

Ask about pick up rates for multiple publications

Valuable
Information

CALL EARLY FOR SPACE RESERVATION:

CALL

Alton 618-463-0612 • Granite 618-451-9872 • Edwardsville 618-656-6397

single
2.6" x 2.2"

vertical double
2.6" x 4.4"

vertical quad
2.6" x 8.9"

Reflex Hammer Ad Sizes

horizontal double
5.3" x 2.2"

horizontal triple
7.2" x 2.2"