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Breastfeeding Awareness Month



Top Ten reasons to Breast Feed

1. Perfect nutrition
2. Protection
3. Brain power
4. Ready and portable
5. Size does not matter
6. Good for mothers too
7. Builds a special bond
8. Advantages continue as baby grows
9. Good for the planet
10. Easy on the budget

Breast milk has the perfect amount of protein, carbohydrates, fat, vitamins and minerals, and is easy to digest. Breastfeeding helps reduce the chance your baby will:

- have diarrhea, ear infections or lung infections
- die of sudden infant death syndrome (SIDS)
- be overweight or obese when they are older

Research shows that children who were breastfed score higher on intelligence (IQ) tests. They may even stay in school longer and earn more money as adults.

Accelerated Health & Wellness Centre

Mission Statement

Our mission is to provide a positive and healthy environment to accelerate our patient's health by incorporating a wide range of health care services.

Patient Care Commitment

During your visit, our health care professionals will take the time to provide an accurate diagnosis and customized treatment plan to quickly return you to an active and healthy lifestyle. All our professionals specialize in manual therapy techniques and have expertise with Graston, Active Release Therapy (ART), Acupuncture and Dynamic Decompression. We stay up to date with the latest and most effective treatments, equipment, and products available to provide the best service possible.

Our services include:

- [Physiotherapy](#)
- [Chiropractic](#)
- [Vestibular Rehabilitation \(Vertigo and Dizziness\)](#)
- [Occupational Therapy](#)
- [Naturopathic Medicine](#)
- [Massage Therapy](#)
- [Concussion Management](#)
- [Laser Therapy](#)
- [Acupuncture](#)
- Spinal Decompression
- Osteopathy
- [Custom Orthotics](#)
- [Custom Sports Bracing](#)
- Medical Compression Garments
- Hot Stone Massage Therapy
- Nutritional Counseling

Research shows that breastfeeding can protect mothers from many diseases such as:

- breast and ovarian cancer
- diabetes
- heart disease

The closeness and comfort of breastfeeding helps you bond with your baby. It is one of the many things you can do to build a secure and loving relationship. Cuddling your baby can help your baby be more trusting and confident as they grow older. **Breastfeeding is good for your baby, for you and for the environment.** Breast milk is made and delivered right to your baby - without any processing, chemical preservatives, packaging or waste. **Breastfeeding saves you money.** Having a baby can be expensive, so it is nice to know that breastfeeding is not! Breastfeeding could save you hundreds – or even thousands - of dollars.

Need Help getting started? Learning to breastfeed can take time and patience. It is a skill that mother and baby learn together. Do not give up! There are many people and groups that can help you, including: family members and friends who have breastfed

- health care providers (nurse, doctor or midwife)
- lactation consultants
- support groups such as La Leche League.

Info at: <https://www.healthline.com/nutrition/11-benefits-of-breastfeeding>

BENEFITS OF BREASTFEEDING

For Mom

- Mothers who are breastfeeding burn extra calories each day, helping them return to their pre-pregnancy weight quicker.
- Women who breastfeed have lower rates of developing breast and ovarian cancer.
- Reduces the risk of postpartum depression and creates a unique bonding experience for mom and baby.

For Baby

- Breast milk is rich in nutrients and the perfect natural food for babies. Breastfed babies are also less likely to become obese.
- Antibodies in breast milk help babies fight off viruses and bacteria, while protecting them from various infections.
- Children who were breastfed as babies have lower risks of developing ear infections, respiratory infections, allergies, and diabetes.

Information courtesy of Dr. Kristen Newsom and The American Academy of Pediatrics.

Children's Eye Health & Safety Month

Importance of Eye Exams

Regardless of your age or physical health, an annual comprehensive eye exam helps detect vision issues at an early stages, improving treatment options.

Many serious eye conditions do not have obvious symptoms and some eye diseases only show symptoms when the condition is advanced and difficult to treat. Conditions such as amblyopia or a "lazy eye" need to be addressed when a child is young. Comprehensive eye examinations would result in 51% more children receiving successful treatment for amblyopia by age 10.¹

The Canadian Association of Optometrists recommend that children should have at least one eye exam before they start school, and annually thereafter, to ensure optimal vision and development.

A comprehensive eye examination includes:

- A review of the child's health and vision history.
- Tests for nearsightedness, farsightedness, [astigmatism](#), color perception, lazy eye, crossed-eyes, eye coordination, depth perception and focusing ability.
- Overall assessment of ocular health

Vision and Learning

Classroom learning is largely visual, so a comprehensive eye examination is essential to provide the full assurance of vision and eye health that a simple eye-chart test or a vision screening cannot.

While vision screening tests the ability to see clearly at a distance, a comprehensive eye exam looks at all aspects of a child's vision function, including how well the eyes focus up close, how the eyes work together and the overall health of the eyes. 20/20 vision doesn't mean perfect eye health!

Most children have healthy eyes. But there are conditions that can threaten good vision. Because you can't always "look" into your child's eyes to tell if they have eye health problems, set up some time today for an eye exam.

A child's eyes should be examined during regular pediatric appointments and vision testing should be conducted around age three.

Parents should be aware of signs that may indicate their child has vision problems, including:

- Wandering or crossed eyes
- A family history of childhood vision problems
- Disinterest in reading or viewing distant objects
- Squinting or turning the head in an unusual manner while watching television
- Talk to your child's pediatrician if you suspect your child has any of the eye diseases below:
- Amblyopia (lazy eye)

- Strabismus (crossed eyes)
- Ptosis (drooping of the eyelid)
- Color deficiency (color blindness)
- Refractive errors (nearsightedness, farsightedness and astigmatism)

Let's Talk Eye Safety:

Use this month to discuss the importance of eye safety with your children.

More than 12 million children suffer from vision impairment, and eye injuries are one of the leading causes of vision loss in children. There are an estimated 42,000 sports-related eye injuries each year and the majority of them happen to children.

Children should:

Wear protective eyewear while participating in sports or recreational activities


Play with age-appropriate toys. Avoid toys with sharp or protruding parts

One of the best ways to ensure your child keeps his/her good vision throughout life is to set a good health example.


www.preventblindness.org

www.aao.org


DO YOU KNOW the
ABC's
of Vision and Learning?




Attention problems are often caused by correctable vision disorders.



Behavioral problems can also be a sign of vision disorders.



Correction is possible. The earlier the vision problem is caught, the less your child will struggle.



Over 60 percent of children with learning difficulties have vision disorders that are not detectable by most vision screenings.

Coronavirus update;

We welcome you back! We are now open to help you with your Physiotherapy Chiropractic and Massage needs. Slowly but surely as restrictions are lifted we will be able to offer you more of our Clinics services.

Please be aware there are several new safety measures in effect.

Please wait in your car until your scheduled appointment.

Please sanitize your hands upon arrival; the administrator will direct you to the room. (newly installed plexi glass is at the admin desk – please pay by card)

All Massage appointments are required to bring in and wear a mask during your therapy.

All of our physicians and RMT's will be wearing the appropriate governed PPE for their position.

Cleanliness routines have been revised due the coronavirus mandates on the Ontario website governed by our colleges.

We can't wait to see you! Please call for an appointment or any questions you may have.

Thank you for taking the times to read our Newsletter.

As always, Go in Good Health!

Contact Us:

**Accelerated Health &
Wellness Centre**

130 Hwy 20 East , Unit A3

Fonthill Ont

L0S1E6

Office Phone (289)897-9099

www.acceleratedhealthcentre.com

info@acceleratedhealthcentre.com

