

THANK YOU
 Thank you to Dr. Scott, Dr. Warbeck and to all the nurses and staff of the NDMH for the care and treatment they've rendered to my late husband, Roy Quigley. Your services were highly appreciated. A special thank you to all our relatives and friends who sent flowers, cards, phone calls, rides, goodies and more.
 Lourdes (Lulu) Quigley

Glena's Recent "Laser" Treatment of Varicose Veins.....

Glena Clearwater Staff

For the past ten years I have been suffering with a bad rash on my ankle, which got increasingly worse and stymied even my family doctor. The dermatologist looked at it for all of 2 minutes and prescribed a cream – when it did not get better he prescribed *saue* and later another

cream. These had a steroid in them that thinned the skin, so suddenly the ankle had open sores on it and became a worry as the rash or discoloured patch increased up the leg and down onto the foot. Finally it was determined that it was the result of my very bad varicose veins – something I've had for decades but were now in need of

serious attention before ulcers developed on the foot.

After two trips to see Dr. Trusdale in Thunder Bay, it was determined that they were too bad for him to be able to strip and with some other health issues I had too tricky. I was referred to the Oakville Vascular Clinic and went to see Doctor Theodore Rapanos, vascular surgeon, who is in partnership with Dr. David Szalay. They do the most laser procedures in Canada. Rapanos has been doing the procedures for 10 years.

The consultation was right to the point – the usual stripping could be done in the hospital in Hamilton and would be covered by OHIP or I could opt for a newer "laser" treatment that could be done in the clinic, was NOT covered by OHIP but would allow me to "walk in, walk out" and keep doing my normal routine of walking and biking. But \$2900 for ONE leg and \$5500 for both!! I bit the bullet and decided to go ahead with the laser. Rather jaw dropping to hear but the enticing part of the whole thing was NO time off activities, a minimum of time to do it and only very

tiny incisions.

On September 17th I checked into the clinic, with daughter Alice for support. It was a real experience, painless and fast – all of 45 minutes! Dr. Rapanos allowed Alice in to observe and was willing for her to take photos for me to use in an article for the Gazette.

Procedure -

The veins to be treated were mapped out by ultrasound.

I lay on the treatment table and had a cleaning solution used on my legs.

Local anaesthetic was placed at the wire/laser entry site

A needle was placed through the skin into the center of the vein. I felt only a tiny prick.

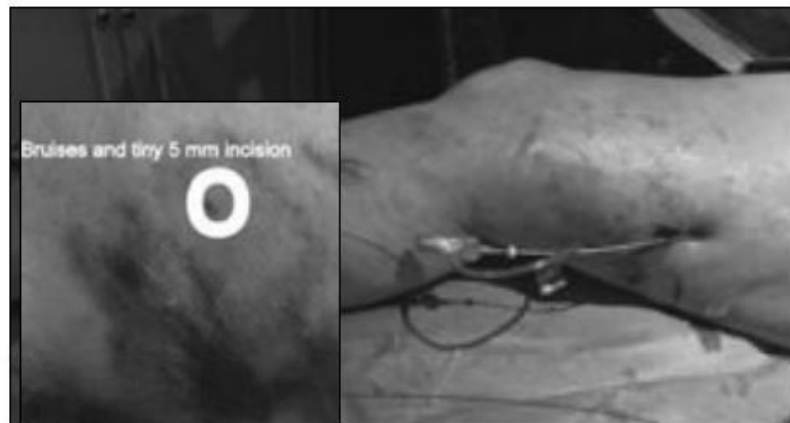
A guidewire was placed through this needle into the vein. I felt nothing.

A sheath (tube) was placed over the guidewire and the correct position in the vein found using the ultrasound.

The laser fibre was placed in this tube and more freezing was placed along the vein.

The laser was turned on to 500 degrees and grad-

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Above photo: Wires, tubing and needle required for the procedure.
 Photo at left: After 5 days - the tiny 5mm incision inside the circle.

Thunder Bay District CRIME STOPPERS
 1-800-222-TIPS

1200 Balmoral Street
 Thunder Bay, ON
 Canada P7B 5Z5
 (807) 684-1310
 FAX (807) 623-5481

Thunder Bay, Nipigon/Red Rock, Schreiber/Terrace Bay, Marathon, Manitouwadge, Geraldton, Longlac

CRIME STOPPERS - Theft of a Rifle and Shot Gun

Crime Stoppers and the Nipigon OPP are asking for your help in solving a Break and Enter that occurred on Hwy 11/17 in Dorion Twp. Sometime between April 1st 2013 and September 18th 2013 an unknown person(s) entered onto a property on Hwy 11/17 in Dorion Twp and broke into the parked vehicles and the residence. The suspect(s) smashed both the driver's side window and a patio door to gain entry to the vehicle and the residence. Several small items such as loose change, clothing, tools and electronics were taken along with a safe that had two firearms and a pellet gun inside. The following firearms were stolen:

- 1- 30/06 Remington Rifle with a brown stock and a TASCOSCO scope
- 2- 870 Express, 12 gauge pump action shot gun
- 3- pellet gun

These items stolen are valued at approximately \$2,000.00. Anyone with information about who may be responsible for crime or the whereabouts of the stolen property is asked to contact Crime Stoppers at 1-800-222-TIPS (8477) or submit a web tip at www.tipsubmit.com. Remember, your identity will remain anonymous and you could be paid a cash reward for information that helps solve this crime or any other crime. You will not have to testify in court.



Dr. Theodore Rapanos, vascular surgeon and assistant Kay-lana.
 Photos submitted

Glena's laser surgery continued.....

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ually pulled back along the vein – using the heat energy to close the vein channel – about 2-3 minutes. Again, I felt nothing although some might feel a little burning. Alice could see some bubbling under the skin.

Once done, the assistant cleaned the legs, applied small bandaids and then compression stockings.

Over the next few weeks the veins will collapse and the blood will find another course in my legs.

He did say most people have the procedure done before the veins get as bad as mine. He does 8 women to 2 men, most women have

problems as the result of pregnancies and men as a result of genetics. Unfortunately the health system considers all laser as cosmetic and does not cover the procedures. I considered mine a health issue and am disappointed that cases are not taken and assessed individually. It may be as long as 3 months before the staining and rash, on the ankle and foot, have healed completely.

I now had to wear them for 48 hours straight and then wear them 9-5 for the next 2-3 weeks. I was also required to take regular strength aspirin every 4 hours for 5 days.

As we left, with a list of instructions, the doctor said "Walk out and keep walking". I did just that. We did find out that I could not fly until 3 days later and if the flight was longer than 4-5 hours it would be at least 2 weeks ! If anyone is having severe leg problems because of varicose veins and can find the money for the laser, then I recommend it 100%. The return rate after laser is estimated to be 0.2% That evening and for the next 3 days we walked all around the Distillery District of Toronto, the Scarborough Bluffs, did the Hop On – Hop Off bus tour and walked back and forth to the St. Lawrence Market.

I spoke to a young woman at the community centre last week. At 20 years old she had one leg done, was under anesthetic for 2 hours and then could not walk or work for 3 weeks !! She had incisions that required 18 stitches – I needed only a bandaid. She is now going to check out laser for her other leg.

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Neys/Rainbow Falls

Seasonal Campsite Program

Ontario Parks is pleased to offer its seasonal campsite program at **Neys/Rainbow Falls**. This program allows park users the opportunity to camp at the same location for the entire **2014** summer park season.

Some of the benefits are:

- Enjoyment of the outdoor recreation without the cost of relocating camping units.
- Convenience of a reserved campsite during periods of high use (i.e., holiday weekends).

Campsites will be allocated through a draw system (i.e., first name drawn, first choice of available campsites). An agreement must be signed and payment received in full before a campsite can be occupied.

Please visit www.OntarioParks.com/welcome to learn more about our seasonal campsite program and to download an application form for the draw. Applications will be accepted up to October 25, 2013.

Neys Provincial Park

Campsites: 27 electrical campsites and six non-electrical campsites
Draw Date: Tuesday, November 12, 2013

Rainbow Falls Provincial Park – Whitesand Lake Campgrounds

Campsites: 19 electrical campsites and six non-electrical campsites
Draw Date: Tuesday, November 12, 2013

Rainbow Falls Provincial Park – Rossport Campgrounds

Campsites: six electrical campsites and two non-electrical campsites
Draw Date: Tuesday, November 12, 2013

For further information, please contact: Linda Trapp at 807-825-3403.

If you are interested in entering this draw, seasonal campsite information packages are available at the **Terrace Bay ServiceOntario/MNR Office, 1004 Highway 17, P.O. Box 280, Terrace Bay, Ontario, P0T 2W0.**

Paid for by the Government of Ontario



Hunters: Remember you must wear your Hunter's Orange when out in the bush... Be Seen!