

# Ask The EXPERT

Do you have questions? We have answers! On the first & third Tuesday of each month, this special Q & A features area professionals answering frequently asked questions. Submit your questions for THESE EXPERTS to The Courier Adverting Dept. at 419-422-5151 or [advertising@thecourier.com](mailto:advertising@thecourier.com).

**Q:** What are some of the causes of hearing loss?

**A:** The number one cause of hearing loss is excessive noise however, the normal aging process (presbycusis) is a close second. Hearing loss starts much earlier than most people think. In fact, changes in hearing begin at age 20, with significant decline in hearing ability at 40 years of age. At age 65 and older, one in three people have some type of hearing impairment. Other causes include ototoxin reactions to drugs or cancer treatments, birth defects or genetics, injury to the head or ears, and infections.

Contact our office to schedule your free hearing evaluation today!



**Jodi Turnwald**  
ACA, BC-HIS



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**Q:** What type of tree should I plant?

**A:** The question of what to plant is the most difficult question I get! So many factors should influence the choice of which type of tree to install. Consideration needs to be given to the following:

1. The presence of power lines overhead. This will limit your choices to trees which remain smaller when they reach maturity.
2. The soil type and drainage issues. Many species will develop poorly and die young if they are planted in heavy clay and aren't acclimated to this type of soil.
3. Limitations on the root growing area. This may be due to the presence of sidewalks, driveways, buildings, septic systems, etc. This may again restrict your choices to smaller trees.
4. The amount of shade which will affect the tree. Some species do much better under shady conditions than others.
5. What things are important to you in a tree? Do you want a spring flowering ornamental? (There are over four hundred crabapple cultivars for example.) Are you looking for a tall, shade tree? Do you want to encourage birds?
6. How much maintenance are you willing to provide for this tree? Some trees are less likely to need regular pruning. Some trees are messy. Some trees are more likely to require chemical applications for disease or insect problems.

The toughest problem is learning to resist the temptation of spontaneously purchasing a very small, young tree which is attractive at the store. Once the tree is brought home to your yard, it should be planted as soon as possible. Therefore, having a carefully thought out location which accommodates the mature size and growing needs of the tree will allow for prompt and successful planting. Successful planting leads to better tree health and good growth.

**Cathy Smith, The Tree Lady**  
Your Urban Tree Expert  
419.420.5533



**Cathy Smith**

**Q:** I work for a small company and our 401(k) plan only offers five investment options. The company will match 4% of my contributions. How much should I be investing?

**A:** You should consider contributing at least 4%, so you are receiving 100% of your company's match. Of course, every individual is different though so you should consider your own unique situation. Most 401(k) plans now offer a "target date retirement fund." This is a mutual fund that automatically resets the asset mix (stocks, bonds, cash equivalents) in its portfolio according to a selected time frame. For a prospectus containing more information on target date retirement funds, including investment policies, fees and other information, please call your specific plan sponsor. Before investing, read the prospectus carefully to consider the investment objectives, risks, charges and expenses. For example, if you plan on retiring around 2020, look for a fund with 2020 in its name. As you near that date, the investments mix seeks to become more conservative. While the portfolio may seek to become more conservative, there is no guarantee that it will be able to achieve this goal. For more investment options, you might consider opening an IRA and choose from a wider array of investments.

**Norma Benazer**



**US Bancorp** Investments, Inc. 506 South Main St. Findlay, Ohio 567-301-2143

**Q:** What is occupational therapy?

**A:** Occupational therapy treats patients through the therapeutic use of everyday activities. It is designed to help patients develop, recover, and improve the skills needed for moving through the activities that need done each day. It works to assist the patient in maintaining or increasing skills and/or adapting environments to meet the needs of an individual so they might become as independent, functional, emotionally and physically pain free, and developmentally on target as they are capable of. At The Heritage, occupational therapy is one of the services provided by our rehabilitation staff, together with physical and speech therapy.



**The Heritage**

419-424-1808 • 2820 Greenacre Drive, Findlay • [theheritagehc.com](http://theheritagehc.com)



**Mollie S. Zinser**  
Community Service Representative

**Q:** WHAT ARE SOME WAYS TO SLEEP COOLER IN THE SUMMERTIME?

**A:** Though turning down the air conditioner or turning up the fan certainly helps, when it comes to sleep, breathability in your mattress and bed linens makes a big difference. In our new 2013 line up of mattresses, almost all models are geared towards cooler sleeping; from gel infused foams and phase change materials to breathable side panels. When it comes to mattress protection and sheets, again, breathability is important. A high thread count may last a long time, but is it lightweight? Is it breathable? I don't recommend a fabric that will trap the heat around you.

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**Kathy Crane**

**Q:** I recently adopted a dog from a shelter and I noticed her dewclaws are still intact and very long, catching on my carpeting, etc. Can these be simply trimmed or do I need to have them removed? She is 5 years old so I didn't know if she was too old for this?

**A:** First of all, good for you for adopting an adult shelter dog! You get a big yay from me...YAY!! As for your dewclaw question, they can absolutely be trimmed. If the dewclaws are normal nails just like the others, they can be trimmed the same as any other nail, avoiding the quick. Some dewclaws will curl around and imbed themselves into the pad if not kept trimmed. Some dewclaws are just plain funky and it's hard to tell where to trim them. Curly and funky dewclaws are best left to the professionals, be it groomer or veterinarian. It is very easy for long dewclaws to get caught in things like your carpet. When this occurs, it is not only painful but can actually tear the digit from the foot. If this is a persistent problem for your pet, visit your veterinarian to discuss the possibility of dewclaw removal. Just a bit of trivia, in the Great Pyrenees breed it is desirable to have multiple dewclaws hanging from the hind feet.

**Lori Baird**  
VCA FACC Manager



**VCA FINDLAY ANIMAL CARE CENTER**  
1614 W. Main Cross St. 419-423-4445  
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**Q:** A friend of mine sent me an email warning of a "new" type of poisonous spider that supposedly has made its way to Ohio. My question is, how many types of poisonous spiders are there in our area and what do I need to look out for?

**A:** It is possible, but highly unlikely that you will cross paths with a poisonous spider in Northwest Ohio. Starting in southern Ohio you could run into a Brown Recluse or possibly a Black Widow. I have never seen either in our area. I can't say that it would be impossible, but very unlikely. All spiders can bite, but some cannot even pierce human skin. In addition, relatively non-toxic spider bites may cause an allergic reaction. A few conditions that have been mistaken for Brown Recluse bites include Staphylococcus infections, herpes simplex and Lyme disease. As it stands right now, there has been 583 species of spiders found in Ohio. You are bound to run into an Arachnid sometime, somewhere. I know a good company that can help you control spiders, just give us a call.

**David Hartzell**



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**Q:** We have a base cabinet in the corner that is crammed full. It is so hard to use, what can I do?

**A:** This is called a blind base cabinet. Key word...blind! There is a rule that I have observed in this business. "If I give you the space, you'll fill it." We have an accessory for most blind bases called a "Lazy Charlie" for accessing that deep dark corner. Or at least, we can put in a light so you can see back there.

**Cavins KITCHEN VILLAGE**

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**Bryan Cavins**  
Certified Kitchen Designer

**Q:** I have been hearing more lately about Vitamin D. How much should I be taking and how often?

**A:** Vitamin D is about the least understood of the vitamins. What most people do know is that it comes from sunlight and that is about the extent of it. The research being done lately suggests increased blood levels of vitamin D can be quite therapeutic. Normal levels vary but it is agreed that your blood should have between 30-80 ng/ml which should be checked at least twice/year. Most of us have levels closer to 30. By increasing the levels closer to 65-80 the body is better apt to fight cancers, auto-immune disease such as MS and Rheumatoid arthritis, chronic fatigue, fibromyalgia and others. To do this you need to be taking 2000-5000 IU/day. If you have any other questions please give me a call and I will be happy to help you.

**Dr. Renee S. Perry**



**R&R CHIROPRACTIC**  
(formerly Perry Spine & Wellness Center)  
Dr. Renee S. Perry and Dr. Richard E. Reser  
402 TIFFIN AVENUE • FINDLAY • 419-425-2225

**Q:** I have an appointment with my VA doctor at the Ann Arbor VA Medical Center. Can I get transportation to that appointment from a local agency?

**A:** Yes. Our office provides transportation to VA medical appointments at the Toledo VA clinic on Monday, Tuesday and Wednesday and to the Ann Arbor VA Medical Center on Thursday and Friday. Appointments need to be scheduled between 9:00 AM and 1PM. You can call our transportation department at 419-424-7408 to schedule your ride after you have your doctor appointment scheduled. If you have filed a claim with the VA for compensation or pension and the VA schedules an appointment for you to see your doctor for that claim, we will transport you to that appointment even if it's not in Toledo or Ann Arbor. Please give as much notice as possible so we can make arrangements to have an extra driver available for you that day.

**Nichole Coleman**



**Hancock County VETERANS SERVICE OFFICE**  
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**Q:** A kitten recently showed up at our door but the poor thing has what looks like a constantly running nose. He has mucous around the nose and eyes all the time. What could this be?

**A:** It is very common for outdoor kittens to have upper respiratory infections. A complex of both viral and bacterial agents can cause upper respiratory signs. Many kittens will have discharge around the eyes and nose. Although most upper respiratory infections are fairly mild, many can cause such severe congestion kittens may have difficulty breathing and eating. If you find a kitten in distress please call your local veterinarian immediately.

It is important to keep any new kitten away from other pets, especially other cats, until it has had an exam by a veterinarian. Upper respiratory infections can be extremely contagious and be spread by contaminated bowls, clothing and cages or by direct contact with the secretions. Many cats can be carriers of the disease even without showing any signs or symptoms.

Although many upper respiratory infections respond to antibiotics, some may be caused by viruses such as Herpes- and Calicivirus. There is no cure for either virus and many cats exposed will be carriers for life, even if they do not have outbreaks. Except in very young cats or ones with a compromised immune system, the prognosis is usually good for recovery from the outbreaks of respiratory disease.

In general, it is best if you find a stray cat (or dog) to contact the Humane Society or veterinarian prior to introducing it to another animal.

**Alexandra Tyzzer, DVM**



**VCA FINDLAY ANIMAL HOSPITAL**  
2141 Bright Rd. 419-423-7232  
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**Q:** I am three months pregnant and recently, my gums have started bleeding very easily. Why is this, and is it normal?

**A:** Usually, gum inflammation appears between the second and eighth month of pregnancy. Signs of pregnancy gingivitis range from redder-looking gums that bleed a little when brushing teeth, to severe swelling and bleeding of gum tissue. To prevent pregnancy gingivitis it is especially important to practice good oral hygiene habits, which include brushing at least twice a day, flossing once a day, and using an anti-microbial mouth rinse. If you are due for a professional cleaning, don't skip it simply because you are pregnant. At least a couple of major studies have shown that there is a link between gum disease and premature birth. *The Journal of the American Dental Association* found that pregnant women with chronic gum disease were four to seven times more likely to deliver prematurely (before gestational week 37) and underweight babies than mothers with healthy gums.

- Web MD

**Angela B. Bateson, DDS**  
General Dentistry  
1400 S. Main St., Findlay • 419-425-0303



**Angela B. Bateson, DDS**  
General Dentist

**Q:** How much Vitamin D is too much?

**A:** There has been a lot of "buzz" lately on Vitamin-D. Most of the talk leans toward the thinking that our Vitamin-D levels are too low. There are "at risk" populations such as breast-fed infants, those with fat malabsorption disorder, older populations (those with limited exposure to sunlight), and patients taking certain maintenance medications that should have their vitamin D-levels checked. The R.D.A. (recommended daily allowance) is as follows: ages 0 to 12 years: 400 IU/day; ages 13 to late 60's: 600 IU/day; and age 70 and above: 800 IU/day. The Institute of Medicine's board of food and nutrition uses the following doses as tolerable upper limits of daily Vitamin-D intake; age 0 to 6 mo.: 1000 IU; 7 to 12 mo.: 1500 IU; 1 to 3 yrs.: 2500 IU; 4 to 8 yrs.: 3000 IU; 9 yrs and older: 4000 IU. Before taking doses at these levels for an extended period, it would be wise to consult with your family physician to determine if the upper limit doses are appropriate.

**Mike Shaffer**  
Store Manager



**Apple A Day Nutritional Center**

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