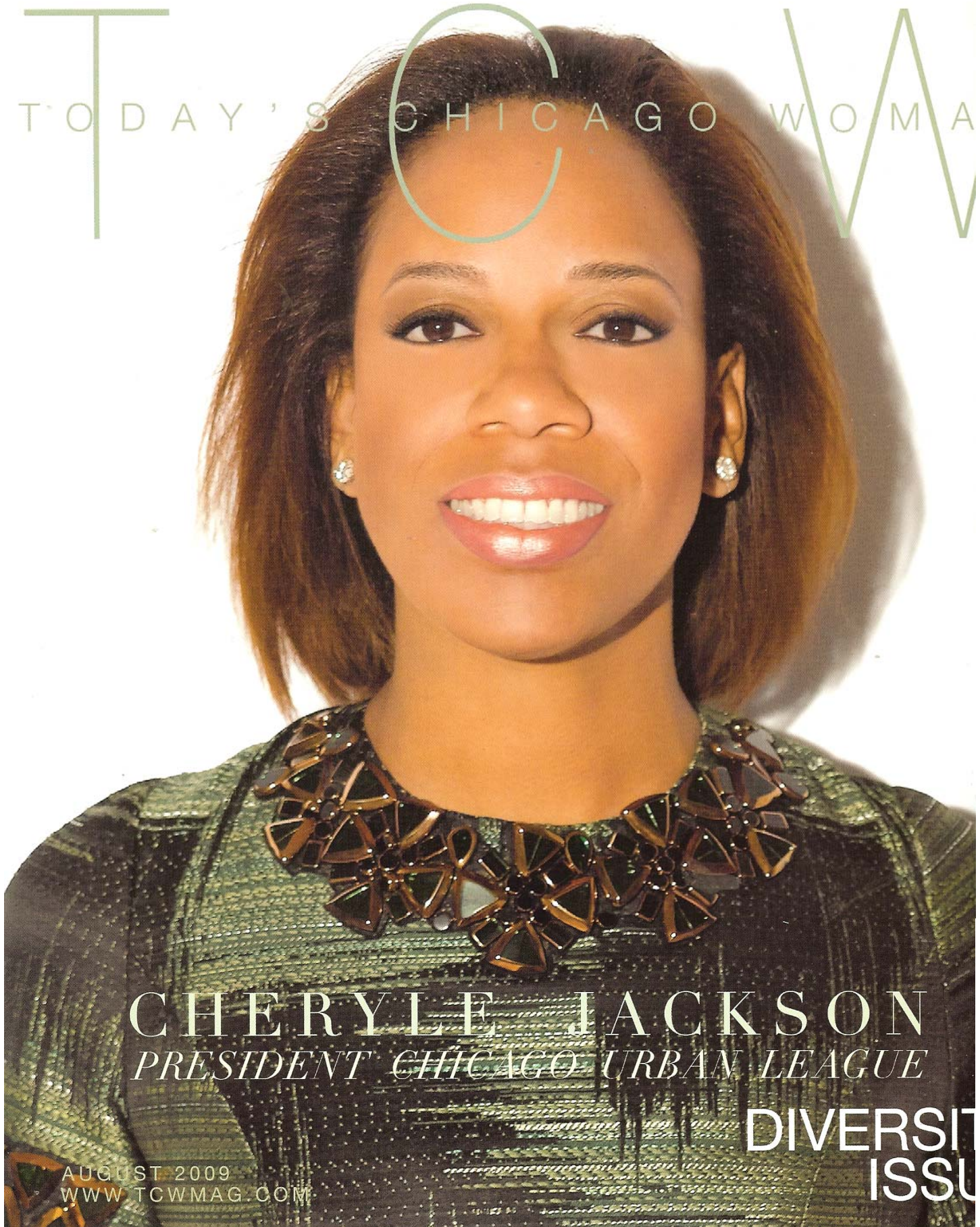


T
T O D A Y ' S C H I C A G O W O M A
W



CHERYLE JACKSON
PRESIDENT CHICAGO URBAN LEAGUE

DIVERSITY
ISSUE

AUGUST 2009
WWW.TCWMAG.COM

ASK THE EXPERT

of cervical cancers. However, the vaccine will prevent HPV only if given before a female has been exposed to HPV. The American Cancer Society and the Centers for Disease Control and Prevention recommend the HPV vaccine for females aged 11-12, and as early as age nine. Girls 13-18 who have not been vaccinated can receive “catch up” vaccines. The vaccine protects against cervical cancers, but does not treat HPV, cervical cancer or replace needed Pap tests. I strongly recommend speaking with your child’s physician to learn more about the HPV vaccination and your options to protect your child’s health.

Mary Maryland, RN, Ph.D, president of the American Cancer Society, Illinois Division

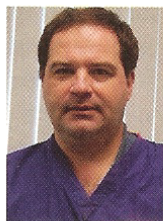


Jaena Stanley-Gonzaga, DC

I’m considering a raw food diet, but I’m worried about getting adequate protein. What are some good sources of protein for somebody following a raw food diet?

Before I give any suggestions, I would like to clarify the misconceptions we have about protein. We have all been taught that great sources of protein are animal protein and dairy. They are definitely a concentrated source of protein; however, half of the protein is lost when it is cooked, and so much time and energy is wasted to break the protein down into amino acids for utilization. Studies have even shown a higher rate of osteoporosis with an increased consumption of protein from meat and dairy. Why not go straight to the source of proteins and consume amino acids? The great advantage of having a raw vegan regimen is that your body easily and efficiently assimilates and breaks down the whole food for the nutrients, enzymes, amino acids, vitamins and minerals. Great sources of amino acids are spirulina, sprouts, green leafy vegetables such as kale and swiss chard, seeds such as pumpkin, hemp and flax, nuts such as almonds, other vegetables, bee pollen and fruit.

Jaena Stanley-Gonzaga, DC, Chicago Healers practitioner, owner of Simple Balance Holistic Center



James D. Michalaris, DDS

I would like some corrective dental work, but I don’t want it to be invasive. What’s a good option?

Today’s cosmetic dentistry methods allow for minimally invasive procedures that can create a whole new smile. For corrective dental work including tilted teeth, spacing, discoloration or irregular conformity of tooth structure, I recommend porcelain laminate veneers. This procedure involves minimally filing down the front tooth structure and placing a thin, fingernail-like porcelain veneer over the tooth. The porcelain is matched to the desired shade of the natural teeth, and the resulting appearance is instantly perfected. Not only does this procedure correct dental abnormalities, but it also provides an improvement in the smile, appearance and overall confidence of a patient. Regular visits to your dentist will maintain the veneers for years to come. Regular cleanings with the hygienist will ensure that the gums remain healthy, which will contribute to the lasting effects of the veneers. Patients can expect veneers to last for about a 10-year span. It is a long-term investment with lasting results, and it can be completed in just two office visits. ■

James D. Michalaris, DDS, General & Cosmetic Dentistry, private practice in Palos Hills, Illinois

Compiled by Julia Mulcrone