

Ask The Professionals

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Meryl DaCosta
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Clinic Manager

Q: I was recently diagnosed with Osteoporosis, what is the difference between osteoporosis and osteoarthritis? Can Physiotherapy help me?

A: Good question! Osteoarthritis (OA) is a degenerative joint disease whereby the smooth cartilage that covers the end of bones begins to wear away, when this occurs the result is pain, stiffness, swelling and reduced movement. Because OA gets worse overtime, Physiotherapy treatment/management focuses on controlling pain and improving your ability to function/move. Modalities such as joint mobilization to increase any lost movement, exercise to strengthen weak muscles, TENS and acupuncture can be used, along with education on how to move/perform activities to reduce the impact on the affected joint.

Osteoporosis is a disease whereby the bones in the body become thin and porous resulting in decreased bone strength and increased risk of bone fracture. Physiotherapy management of Osteoporosis includes modalities to control pain as a result of the condition but also includes **Postural training, Weight bearing and Strength training exercises.** Weight bearing and strength training exercises have been shown to improve bone mass and/or slow the rate of bone loss, increase muscle strength, and improve balance and coordination which is important in reducing the risk of falling.

Both the Georgetown and Acton Eramosa Physiotherapy sites run Osteoporosis programs. If interested please contact the clinic!



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MANON DULUDE
APh

Listening is probably one of the most challenging tasks we have to engage in. Most people think that listening is what we do when someone else talks. However, at a larger level, listening means receiving everything that is being presented to you. It can be a way of life; an attitude toward people, or an openness toward ideas or emotions.

Tips for effective listening:

1. Quiet your mind by putting your thoughts and opinions on hold.
2. Be open to new possibilities, ideas, and perspectives.
3. Trust that everyone's needs and opinions will be heard and met.
4. Take a deep breath and ask for more information, when you want to react and jump into the conversation,
5. Slow you down your reaction time by taking notes. It will help you stay focused on what the other person is saying and allow you to capture your thoughts.
6. Listen to the content rather than the delivery style.
7. Remember that understanding someone does not mean agreeing with them.
8. Listen without giving advice or without fixing things for others.
9. Listen with your body. Be mindful of your posture and facial expression.
10. If you become emotional or upset, ask for a time out to ground yourself. Being emotional will prevent you from being effective.



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Joy Thornton
APh

Q: I have diabetes and I test my blood sugar regularly. My doctor says I should also have an A1C test. What is an A1C test and why is it important?

A: An A1C test is a blood test that shows an average of your blood glucose over 24 hours a day, seven days a week for the past 2 to 3 months. This test does not replace, blood glucose at the time you do the check. This information allows you to make any needed changes to your meals, medication or activity level or can alert you to get medical treatment. The A1C gives an overall estimate of your success in managing your diabetes.

Knowing your A1C is important because the likelihood of developing microvascular complication of diabetes is directly related to your A1C. Microvascular complications include eye, kidney and nerve damage. An A1C of 7 or less is considered the target for most people with diabetes. A result of 9 or higher could put you at much greater risk of developing microvascular damage. If your result is above target, you should talk to your physician or diabetes educator about steps you can take to improve it.

The Canadian Diabetes Association recommends that most people with diabetes have their A1C is? Have questions about diabetes? Why not join us at one of our Diabetes Clinic Days. Next Clinic Day: **Sept 29, 2011, 11am – 6pm**

Call for an appointment: 905 877 2291

Laidlaw tourney

gives to Jumpstart

At the 8th Annual Bill Laidlaw Memorial Golf Tournament funds were raised for the youth in the church and in the community. Brad Fraser, from the Norval United Church, presents Anne McClenaghan with a cheque for \$1,000 for the Halton Hills Canadian Tire Jumpstart Chapter, which will help children and youth learn new skills and stay active.

Submitted photo



There's lots to do this weekend

Saturday and Sunday will be a busy weekend for local events. For details go to www.theifp.ca/whats-on/events

Saturday, Oct. 1

- Georgetown Little Theatre open house
- Evening of Worship and Praise Music at Georgetown Community Church
- Bake sale/jumble table at Armstrong Terrace
- Indoor garage/bake sale at St. Andrew's Church
- Mom2Mom sale at Glen Williams Town Hall
- Antiques Appraisal Show at St. George's Church.
- International Flavours- A Taste of Downtown Georgetown

• Innerscapes fall show opens at Main Street Inn

• Giving Back To The Glen: Tree Planting Festival at Glen Williams Park

• Churchill Community Church's annual Chicken BBQ

• North Halton Kitten Rescue Book Sale, Sat., 10 a.m. to 5 p.m. and Sun., 12-4 p.m. at the Georgetown Market Place

• Light up the Hills at the Georgetown Farmers Market

• Final Acton Trunk Sale of the season

Sunday, Oct. 2

• Bruce Trail Day in Limehouse beginning at 2 p.m.

• Renewal and memorial service at Nassagaweya Church



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Barbara Byckowski
Investment Advisor, BBA, PFP, CFP

Q: We go South to Florida every winter. One of our friends mentioned that we need to be careful how much time we spend in the U.S. – that there can be tax implications! Can you please tell us more?

A: Many people are surprised to learn that their presence in the US, even if they are only vacationing, can create U.S. tax and reporting obligations on their worldwide income if their U.S. residence status is "U.S. resident alien". In order to determine U.S. residency status, the Internal Revenue Service (IRS) applies a test known as the "substantial presence test". This test averages the number of days you were present in the U.S. during the past three-year period, beginning with the current year. Failure to understand the U.S. tax obligations imposed by the IRS can result in unpleasant surprises and costly penalties. For a copy of an article that provides a basic understanding of U.S. residency under U.S. tax laws and potential ways to avoid U.S. tax and reporting obligations associated with being considered a U.S. resident alien, please email me at Barbara.byckowski@rbc.com or call at 905-450-1850 and I will send you a copy of the article.

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Barbara can be reached at 905-450-1850.



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Gerry Ross
H.B.Sc. PT, MCPA,
res.CAMT

Q: What are the differences between different types of stretching, and when do I use them?

A: Static stretching involves reaching as far as you can in one direction and then holding the stretch for 15-60 seconds. Dynamic stretching involves a series of movements that work more than one muscle at a time. These stretches utilize controlled body movements like arm and leg swings to gently take you to the limits of your range of motion. They do not involve any bouncing or jerky movements. Example: moving your arm and shoulder in big circles. New research has shown that dynamic stretching is much better suited than static stretching when preparing for sports since it increases your core body and muscle temperature, elongates your muscles and stimulates your nervous system to prepare for the responsiveness that your sport demands. Static-type stretches should be part of an effective cool-down routine following your game or training since they help relax muscles, realign muscle fibers, cool your body temperature and increase flexibility. When muscles are injured, static stretching has been shown to be an important and effective part of rehab. In a clinical trial of 80 athletes with hamstring injuries, those who did a more intense static stretching program took significantly less time to regain their full range of motion. It is important to remember, though, that aggressively stretching an injured muscle will only make things worse, so it is important to wait at least 72 hours before starting gentle stretching exercises.

Our rehab programs match rest, strength training and stretching to the phase of recovery of the injury, so you can return to activity as quickly and as safely as possible. Hope you had a great summer!

Tooth Chatter



"BABY BOOMERS" AGING

There will be an increase in "seniors" in Canada between 1997 and 2017 of 36.5 percent. While the boomer generation has benefited from better restorative dental care, there will still be a big need for prosthetic services. It is anticipated that the seniors of 2017 will have 6.6 more natural teeth than today's senior. Even today's senior is demonstrating remarkable differences from previous generations. According to the statistics Canada 1995 census, there are more than 3.6 million seniors in Canada today. 92 percent of them live in their own home and 75 percent of those living at home rate their health as good, very good or excellent.

As a patient demographic, the baby boomer generation is unique. They are better educated, making them more sophisticated, demanding consumers. They will not age "gracefully". A survey of 1200 boomers found some startling results:

- 76 percent were convinced they look younger than actual age
- 73 percent believe 50-year olds from a generation ago, look older than today's 50-year olds
- 77 percent think women worry more about an aging facial appearance than men.

Esthetics will obviously play a vital role in any removable prosthetic treatment required by this generation. For a younger more natural smile, give our office a call.

Creating confident smiles since 1982.

Alexander Trenton, DD, F.C.A.D. (A)
Denturist
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Georgetown, Ontario
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(Across from the Library and Cultural Centre)



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

You have probably heard recently, there is legislation being passed that will target drivers using cell phones while operating a motor vehicle. We all know that distractions are a dangerous combination and common part of driving on today's congested roadways. Any way to lessen the number of distractions faced daily would greatly help one to focus on the task at hand, and get on with their day. At the Georgetown Hearing Clinic, we do not condone the use of cell phones while driving, but when absolutely necessary, a hands free device, such as a speaker phone, line Onstar™ or a bluetooth connected earpiece can be very useful and help reduce distraction - not to mention allow the driver the use of both hands.

At The Georgetown Hearing Clinic, we provide a wide variety of custom fit and non custom fit bluetooth hands free devices.



**'The Georgetown
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