

Ask the Professionals



Salima Kassam
Reg. Chiropodist

FOOT & HEALTH CLINIC

728 Burloak Drive
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Q: My child seems to walk funny - I see no arch and his feet seem to roll inwards. Should I be worried?

A: Many foot ailments, like other body ills, have their origins in childhood and are present at birth. Your child's developing feet are very important to monitor as they have to carry the weight of the body for an entire lifetime. Normal foot development involves a heel-toe gait pattern by age 3 and normal arch development by age 7. Problem signs to keep an eye out for include:

- Complaints of joint pain while standing, walking or running,
- Knock knees or bow legs,
- Uneven wear on the bottom of shoes,
- Prior injury to the back, knees or ankles,
- Obvious foot problems, such as bunions, corns or flat feet.

Remember that lack of complaint is not a good sign. The bones of growing feet are so flexible that they can be twisted and distorted without the child being aware of it. If you have concerns about your child's feet, contact your chiropodist for a thorough foot evaluation and special shoe fitting advice for children.

Call to schedule your appointment today at 905-632-1414.



Annick Ménard
M.Sc.S., Au.D., Reg. CASLPO
Doctor of Audiology

Q: My wife and I have different types of hearing loss, what does that mean?

A: There is 3 types of hearing loss.

1. Conductive hearing loss : which occurs when the middle or outer ear is damaged or not functioning properly. Sound waves are blocked or cannot be conducted through the ear. Sometimes temporary, it often is possible to treat conductive hearing loss with surgery and/or medication.

Common causes of conductive hearing loss include:

- injury to the outer ear itself
- ear infections
- blockage in the ear with cerumen (ear wax) or other small objects like food, beads or insects
- fluid in the middle ear
- perforation of the eardrum
- congenital deformities

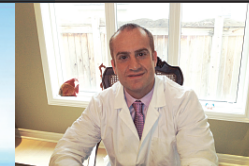
2. Sensorineural hearing loss: which is most the most common type of hearing loss, it has its origin in the inner ear or along the auditory nerve. Most commonly the damage occurs in the inner ear or cochlea. In this instance the hair cells in the cochlea are damaged and cannot properly convert and transmit sound signals to the brains. Can usually be helped with hearing aids.

Common causes of sensorineural hearing loss include:

- hereditary factors
- sudden or long term exposure to noise
- trauma
- presbycusis (aging process)
- viral infections
- reactions to ototoxic drugs

3. Mixed hearing loss: which is a combination of sensorineural and conductive hearing loss

289.837.1137 | 2387 Trafalgar Road, Oakville
www.pureaudiology.ca



Q: What is the Medscheck Program ?

A: Managing multiple medications is no easy task. With all the different instructions and potential side effects it's hard to know if the medications you take on a daily basis are working as well as they should. There's a way to make sure you're getting the most from your medications.

Leon pharmacy has a free Meds Check program that allows you to schedule a 20 to 30 minute one-to-one meeting with the pharmacist to ensure that you are safely and appropriately using all types of medication.

If you are unable to come to the pharmacy due to a physical and/or mental health condition, a pharmacist will visit your home to go through your medications to make sure that you are using them safely and appropriately. This service is free of charge. **Call the pharmacy to book your Home-Meds check today!**

Free Delivery & 15% Senior Discount

Leon Pharmacy
Robert Nashat, Pharm.D., CDE (Certified Diabetes Educator)
340 Kerr Street, Oakville
905-845-2811
www.leonpharmacy.ca

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SHARON ROEBELEN
Director of Admissions
and Communications
KING'S CHRISTIAN COLLEGIATE



Q: My children are struggling to stay focused on school work after a long, hard winter. Any advice?

A: Most people agree that a prolonged period of difficult weather is stressful, and students are no exception as they struggle to remain on task and complete the good work they started in the new year.

Switching up old routines can bring new life and vigour to a student's approach to homework. Consider rearranging your child's workspace – even facing the desk in a different direction and rearranging a lamp will help. Ragged binders and supplies that don't work should be replaced with tools that will make a student's life easier and encourage good habits.

Most students will respond positively if the stage is set for focused work. Ensure adequate light and space. Sitting in a dark bedroom illuminated by nothing but a computer screen will extend the gloom of an already long winter. Try having your child work at the kitchen table after dinner, accompanied by a caffeine-free drink and a healthy new snack. This will allow you to be more involved in supporting homework routines and will minimize online distractions. Encourage regular physical breaks, such as getting up to play with the dog or shooting hoops in the driveway for ten minutes. Set a timer if taking breaks or returning from them is problematic.

As the end of the school year approaches, don't remain stuck in old routines that aren't working. Time to switch things up!

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ANN CORRIGAN
Sales Representative



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Q: Is the thought of Downsizing just paralyzing?

A: If you answered YES (or even, MAYBE),

Start small + Start now: don't wait until it's time to move... purging can take months.

A bathroom is a great place to start... you'll be amazed at how many expired meds*, cosmetics + plain old stuff you'll get rid of... it's a great feeling.

Sort by Must Keep - Donation or to "gift" to family/friends—*Garbage*-Have lots of boxes + garbage bags handy.

Start being "cut throat"—if you ask yourself if you "need" it, you probably don't.

Re-organize what's left. Move on to the next room. Check for the next Bulk Waste Pick-up date. webaps.halton.ca

*Check the Halton.ca site for a "Take back" location to safely dispose of medications.

As an Accredited Senior Agent (ASA), I have the training, experience + resources to make your downsizing easier than you imagine.

Let's talk...Call Ann Corrigan-Accredited Senior Agent-Royal LePage Real Estate Services Ltd., (905) 338-3737.