



Ask the Professionals



Q: What are some of warning signs of Arthritis and Osteoarthritis?

A:

- Morning stiffness lasting more than 30 minutes.
- Pain in three or more joints at the same time.
- Joint pain lasting all night.
- Pain in the same joints on both sides of the body.

Come by and meet our nurse to get information on arthritis and osteoarthritis. While you are at the pharmacy, **pamper your hands with a FREE treatment in warm paraffin.** You will feel the benefits immediately!

Please call the pharmacy for an appointment
905-845-2811

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



Q: What is the cause and treatment of tinnitus?

A: Do you experience a ringing, sizzling, buzzing or crackling sound in your ears? If you answer "yes," you may be suffering from Tinnitus.

Cause and Treatment

If you've lost some or most of your hearing, that could contribute to your tinnitus problem – although you can still experience tinnitus while having perfectly good hearing.

That annoying sound in the ears might also be the result of:

- exposure to loud noise;
- a blow to the head;
- earwax blockage;
- drug side effects;
- ear or sinus infections;
- physical or emotional stress.

In many cases, an exact cause is never found and there is no specific treatment. But, there is many ways that may help people to cope better with the noise. It may include hearing aids, masker, medications, counselling, stress management, alternate approaches, dental treatment and nutritional counselling.

If you suffer from Tinnitus, please attend our **Tinnitus Event** on **May 7 & 8**. Call us at 289.837.1137 to schedule a tinnitus evaluation and discuss appropriate solutions.

289.837.1137 2387 Trafalgar Road, Oakville
www.pureaudiology.ca



FOOT & HEALTH CLINIC

728 Burloak Drive
905-632-1414

Q: I'd like to start a new fitness routine, but I find my knees and feet tend to hurt with increased activity. Is there something that can be done for the pain?

A: Becoming more active and fit is generally always good for your health. Pain however, isn't. There are many possible reasons for your pain, including alignment issues stemming from the foot, joint issues such as arthritis or even possibly an old trauma to the area.

Treatment for pain in the limbs when active can range from modifying the type of activity to realigning your walking style. Issues at the knee very commonly start at the foot level and can travel all the way up to the back. Custom made foot inserts, also known as orthotics, will realign your walking pattern and redistribute high pressure areas so as not to stress the various joints (ankles, knees, hips, back) throughout the lower limb.

If pain is a cause of concern, your Chiropodist can provide you with a thorough lower leg assessment, specific shoe recommendations for your foot-type and individual treatment plans to help alleviate your pain.

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



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



Q: My child is just finishing Grade 6. Is it too early to start planning for high school?

A: Not at all – Grade 6 or 7 is the perfect time to consider your high school options. Oakville is home to a wide range of public and independent high schools, and it does take some time to "do your homework".

SHOP AROUND: If you are interested in a private or independent school, most schools host Open Houses on Saturdays in October and January. Grade 7 is a good time to visit your top three or four choices. When your child is entering Grade 8, book personal tours of your favourites during school hours. This will give you a first-hand opportunity to see for yourself if the academic, athletic and artistic offerings appeal to you, and if the atmosphere supports your child's learning style.

TUITION: Costs vary widely. Some schools offer scholarships and bursaries to assist with tuition expenses, while others offer significant tax benefits, providing a tax receipt for registration fees and portions of the tuition.

WHAT TO LOOK FOR: Look for happily engaged teachers and students, and a culture that reflects respect, creativity and academic rigour. Finally, ask parents of teens about their children's high school experiences. Or better yet, ask the teens themselves – if they are thriving in a school they love, that's a great sign!

528 Burnhamthorpe Rd. W.
Oakville ON L6M 4K6
905-257-5464 • ext. 508
sroebbelen@kingschristian.net • www.kingschristian.ca

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