

Ask The Professionals

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Georgetown

Physical and Sports Therapy Clinic

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Marta Masley
B.Sc.(PT), M.C.P.A.

INVESTIBULAR FOCUS REHABILITATION

905-702-7891

www.dizzyhelper.com



Jenni Veneruz PT

Q: Are You Dizzy?

A: BPPV stands for Benign Paroxysmal Positional Vertigo. It is a very common problem of the inner ear and can easily be treated by a trained professional. Crystals that are normally contained in a sac in the inner ear can become dislodged and float into the semi circular canals. Here, they stimulate sensors inappropriately and give the sensation of "spinning", or VERTIGO. There are several reasons why this may occur, including head injury, ear infections, stress and age. The treatment consists of gentle positional changes of the head which will guide the crystals back into their proper location. If done properly, relief should be immediate and only 1-2 treatments should be required.

Q: My doctor has recommended that I wear compression stockings for my tired, aching legs. How exactly do they help, and were can I get some?

A: Medical gradient compression stockings improve venous and lymphatic blood flow, which is very important in preventing swelling a varicose veins. Compression hosiery delivers a controlled amount of pressure that is greatest at the ankle and gradually decreases towards the top of the stocking. If you are experiencing any of the following, you would greatly benefit from wearing gradient compression hosiery

- chronic venous insufficiency
- moderate to severe varicose veins
- tired, aching, fatigued legs
- swollen feet, ankles, legs
- expectant mothers
- prolonged standing or sitting
- sclerotherapy
- lymphedema
- overweight
- family history of venous leg disorders

If you are requiring a pair of compression stockings, it is important that they fit properly. You will need to be measured correctly. A physiotherapist that has been trained in compression hosiery fitting will be able to assist you.

Elayne Tanner & Associates Inc.

Elayne M. Tanner

PhD (C), RSW, BA, BSW, MSW, Dip Soc Adm
Counselling & Psychotherapy

Milton 905-854-0801
www.etasolutions.com



Elayne M. Tanner

Q: We are divorcing. How can we best plan for our children?

A: Where it used to be common in situations of divorce, for children to live with mothers and see their fathers every second weekend it now has become much more common for children to live equal time with each parent. But not all children do well with these plans. While trying to be fair to each parent we forgot to account for the individual child's personality. And to add to the confusion many parents move great distances and this must also be accounted for.

Now that the Ontario government is going to be requiring parenting plans for children of divorce we are forced to think about these issues. The first thing we must consider is the child's personality. How does the child do with change? Some children thrive on routine, predictability and clear rules. Others are unfazed by change and unpredictability. Some children will be unable to withstand the separation from a parent for longer than a few days while others adapt well. Some children are comfortable with contact through media methods such as internet, texting and regular telephone calls. Other kids don't talk even when they are face to face and may even find media makes communication easier.

The age of the child also impacts their ability to cope with loneliness, change, flexibility, rules, different beds, routines, foods and toys. Parents who can communicate well with each other to ease the transitions will help the child adjust through this time. There are many issues and details that must be considered that can make or break the child's ability to cope at this time. With professional guidance you can make the best parenting plan possible to maximize the potential of each child through the reorganization of divorce.

Halton Hills Speech Centre

211 Guelph St., Ste #5,
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905-873-8400

www.haltonspeech.com



Karen
MacKenzie-Stepner

Q: My child has a stuttering problem which has also been commented on by his classroom teacher. Are there any suggestions I can give the teacher to help her deal with his stuttering?

A: Teachers are often unsure of what to do when faced with a dysfluent student. They all have good intentions of helping, but sometimes have unintentionally increased the problem. The following 5 suggestions are appropriate not only for children who stutter but for shy, sensitive and fearful children who may be present in any classroom.

1. Do not fill in words when the child "gets stuck". This will increase feelings that they cannot talk for themselves. Do not encourage the use of tricks such as deep breaths, finger snapping, etc.
2. Praise the student for participating verbally in class. Praise what they say, not how they say it. Be careful not to impose a "time pressure" on the student's speaking situation.
3. Model slow, relaxed speech when talking to the student. Be aware of your own speech. If you speak rapidly or use words and sentences that are above the child's level, you are setting unrealistic goals and causing the student to feel frustrated.
4. After a dysfluent utterance, repeat back the content of what the student said. This will ensure the child that his message has been understood.
5. Use a random method to call on students. The apprehension of waiting his/her turn to speak severely increases the student's tension.

It is important for the teacher to speak to the student's parents to gain further insight into the child's stuttering and determine a co-operative approach. Consulting with a Speech-Language Pathologist can also provide both the parents and teacher with further suggestions and a better understanding of the child's dysfluency.

REMEMBER: STUDENTS NEED OUR UNDERSTANDING, NOT OUR SYMPATHY OR PITY! Please feel free to call our Centre for more information.

HealthSpan

NATUROPATHIC

Georgetown Medical
Centre

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Julia Fountain,
BSc, ND

Q: I have acne and would like to explore my treatment options. How can a Naturopathic Doctor help?

A: Acne is an inflammatory disease of the skin. An increase in oil secretions (sebum) builds up beneath a blocked pore allowing bacteria to increase in number and cause inflammation. Naturopathic treatment is geared towards reducing oil secretions and inflammation, regulating hormones, repleting minerals and utilizing topical treatments that encourage the skin's self-regulatory function. At the foundation is a hormone-balancing, alkalizing and detoxifying diet that regulates insulin, IGF-1, and androgens (DHEA and testosterone) - hormones that increase growth of oil-producing glands in those with genetic susceptibility. The more you spike insulin, the longer you keep it high, the more likely you are to produce the "plugged pore" that contributes to acne. Stress can also be a trigger for acne. During times of stress nerves in the oil-producing glands release a compound called Substance P which stimulates oil production. The enzymes responsible for clearing away substance P are controlled by zinc, one of several nutrients we recommend as part of a repletion plan. Naturopathic dermatologic topical treatments for the skin incorporate EGCG green tea extract, niacinamide and GLA which reduce sebum secretion and inflammation. In cases of severe acne where it is being managed by a dermatologist, naturopathic methods can be supportive to minimize side effects of these medications.

revitalize spa

69 Main St. S.,
Downtown
Georgetown
905-877-4934



Gloria Sinclair

Q: The most common question asked is, does electrolysis hurt?

A: Pain levels vary from individual to individual. What you will feel is a little warmth. The warmer it is, the more effective the treatment will be.

Some clients use a topical gel (Betacaine or cream (Emla) that numbs the upper layer of skin and they are very effective for most clients. Betacaine has a higher percentage of Lidocaine in it and works quicker and is easier to apply.

As with all medications, please read the directions to see if this product is suitable for you. These topicals are available from the Pharmacist.

If you have any further questions please call for your FREE, NO OBLIGATION consultation today.



Catholic board hard-pressed to find ways to cut costs

By TIM FORAN
Metroland Media Group

Staring at a \$24.7 billion deficit this fiscal year, the Province is asking school boards to try to find efficiencies as it prepares its 2010-11 budgets.

However, Halton's Catholic school board will be hard-pressed to cut major costs as it has already committed 3 per cent wage hikes to all of its employees including its non-unionized staff. With almost 85 per cent of the board's \$250 million operating budget this year dedicated to salaries and benefits, there aren't many other places to find money, admitted board chair Bob Van de Vrande.

"Are there huge dollars that can be found? No," said Van de Vrande.

At a recent board meeting, trustees reviewed a Jan. 4 letter written to school boards across Ontario by then Education Minister Kathleen Wynne, since replaced by Leona Dombrowsky. In the letter, Wynne points out the Ministry has increased school board grants by \$5 billion, or 34 per cent, between the 2002-03 and 2009-10 school years.

Operating grants to Halton's

Catholic school board have increased 46 per cent since 2003-04, higher than the 10 per cent increase in enrollment it has seen over that time frame, according to Ministry documents.

Wynne's letter goes on to note the size of the provincial deficit and asks: "...in light of the Province's fiscal challenges, are there measures that could be taken to reduce expenditures or make the system more efficient and effective?"

Van de Vrande said the board recognizes the fiscal reality the Province is in and will look for ways to find savings. But he doesn't expect the Province to freeze school board funding or not provide enough money to cover already negotiated wage settlements with board employees.

School board officials are currently waiting for the provincial budget to be released on Mar. 11. Based on that budget, the Ministry of Education will release on Mar. 26 the amount it plans to provide to school boards.

After that, Halton's Catholic board will begin preparing the next school year's budget in earnest.



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

NOISE INDUCED HEARING LOSS (NIHL)

There are several things that determine whether or not a sound can damage your hearing, including the loudness of the sound and the duration of exposure. Hearing loss can occur as a result of a one-time exposure to a loud sound, or repeated exposure to loud sounds. However, some individuals will be more susceptible to NIHL and there is really no way to tell who these individuals are:

Sounds louder than 80 decibels (dB) are considered dangerously loud and could potentially cause a NIHL. Below is a list of the dB level of some sounds that may be encountered during the course of a day.

- 60 dB Average conversation level
- 70 dB Vacuum cleaner
- 80 dB Alarm Clock
- 90 dB Lawnmower
- 100 dB Chain saw
- 110 dB Rock Music
- 120 dB Jet during take-off
- 130 dB Jackhammer
- 140 dB Firearms

At the Georgetown Hearing Clinic we specialize in custom fitted hearing protection.

The Georgetown

HEARING CLINIC

We care about your hearing!

Professional Arts Building
99 Sinclair Ave., Suite 210
Georgetown
(905) 873-6642

Tooth Chatter



"I WISH I'D LOOKED AFTER MY TEETH!"

Oh, I wish I'd looked after my teeth,
And spotted the perils beneath, all the toffees I chewed,
And the sweet sticky food,
I wish I'd looked after my teeth.
I wish I'd been that much more willin'
When I had more tooth there than fillin'
To pass up gobstoppers,
From respect to me choppers
And buy something else with me shillin'
When I think of the lollies I licked,
And the licorice allsorts I picked,
Sherbet dabs, big and little, All that peanut brittle,
My conscience gets horribly pricked.
My mother, she told me no end,
"If you got a tooth, you got a friend"
I was young then, and careless,
My toothbrush was hairless,
I never had much time to spend.
Oh, I showed them the toothpaste all right.
I flashed it about late at night,
But up-and-down brushin' and pokin' and fussin'
Didn't seem worth the time - I could bite!
If I'd known I was paving the way,
To cavities, caps and decay,
The murder of fillins' Injection and drillsin'
I'd have thrown all my sherbet away,
So I lay in the ole Dentists chair,
And I gaze up his nose in despair,
And his drill it do whine,
In these molars of mine,
"Two amalgum" he'll say, "for in there."
How I laughed at my Mother's false teeth.
As they foamed in the waters beneath,
But now comes the reckonin'
It's me they are beckonin'
Oh, I wish I'd looked after me teeth!

Author, Pam Ayres

Creating confident smiles since 1982.

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