

Ask The Professionals

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Georgetown

Physical and Sports Therapy Clinic



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Q: I am an avid golfer. Last spring, within 3 weeks into my golfing season, I began to develop pain in the inside of my right elbow. After seeing my doctor, I was told that I had "Golfer's Elbow". It persisted throughout the season, greatly affecting my handicap. It gradually resolved after I stopped playing. Now with golf season approaching again, I'm afraid of ending up in a similar situation. Is there anything I can do to prevent this?

A: Medial epicondylitis is more commonly termed "golfer's elbow" because it frequently affects the players of this sport. It usually results from the repeated strenuous contraction of the wrist flexor muscles (those on the palm side of your forearm). Golfing requires gripping and swinging of a club, which stresses these muscles. Moreso, even, if you are hitting the ground instead of the ball! As a result, the tendinous insertion of this muscle group at the elbow becomes strained and inflamed. Proper treatment can help reduce symptoms.

You are on the right track by seeing preventative measures. The wrist flexors need to be stretched and strengthened, so that they can tolerate the demands that you place upon them while golfing. One good stretch is to hold your elbow straight with your hand in front of you, palm up. With your other hand, grasp the outstretched hand and pull so that the fingers are pointing down. Hold 30 seconds and repeat 3 times. This stretch should be done before, during and after your golf game. Another good strengthening exercise is wrist curls. Sit, grasping a 5 pound weight in your hand with the wrist, palm up, over the end of your knee. Keeping your forearm on your thigh, lift the weight as high as able and then lower to the starting position. Perform 3 sets of 20. If you don't feel any fatigue at the end of your 3rd set, then you can increase the weight. This exercise can be performed every other day.

Be sure, however to seek professional treatment early on if the symptoms recur. Otherwise you will have difficulty getting rid of the aggravating ache.

Lea Tufford M.A., RMFT.



Therapist

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Office in Georgetown

Q: Do I gamble too much?

A: For most people gambling is a recreational activity and involves taking the chance of losing something of value (most often money). Gambling comes in many forms: purchasing lottery tickets, betting at racetracks, playing in bingo halls, internet or online gambling, or engaging in stock speculation. Some people develop serious problems associated with their gambling. Here are some warning signs: withdrawal from friends and activities, giving away possessions, cashing in on savings, feelings of guilt and shame, neglecting responsibilities, being late for work, and decreased attendance at family functions. People gamble for many reasons: the thrill of a win, to raise self-esteem, and to avoid feeling lonely. If you are concerned about your gambling, a mental health professional can assist you to determine if you have a gambling problem, develop personal guidelines to manage your gambling and help you to think differently about gambling.

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Cheryl Tanego
RPh

Q: My doctor told me I need to start monitoring my blood glucose at home. Why should I check my blood glucose?

A: Checking your own blood glucose helps you see how well your diabetes management plan is working. When your results are out of your target range, you and your healthcare provider can make changes to your management plan. Keeping your blood glucose levels in your target range is very important. It can help you stay well day-by-day and over the long-term can help to prevent you can use your blood glucose meter to find out:

- How certain foods affect your blood glucose. Check your blood glucose level before you eat, then again 1 1/2 to 2 hours after you eat.

- How physical activity affects your blood glucose level. Check before you are active, immediately after the activity and again, several hours later.

- If the symptoms you are having are related to your glucose (eg a headache)

- To see how well your medicines are working.

When your results show that your blood glucose is up or down, take action to get your diabetes under control.

Always keep a record of your blood glucose results and record the date, time and anything that is unusual (eg eating different food, feeling sick, forgetting to take your medicine). Take the record when you meet with your healthcare provider and discuss these results. Ask your Shoppers Drug Mart Pharmacist for a log book to keep track of your blood glucose results.

More question about diabetes? Come in and talk to your Healthwatch Pharmacist today!

RBC Dominion Securities



Barbara Byckowski
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Q: I am in my late 60's and looking at going into a retirement home. I need cash flow with a high degree of certainty. Can you provide some options other than the run-of-the-mill GIC's at 2-3%?

A: As a Certified Financial Planner at RBC Dominion Securities, I can shop the marketplace for the right investment vehicles for you. I would suggest we get together and review your financial plan to find out your specific cash flow, estate planning and tax issues to ensure we find the best vehicles for your personal situation for now and the future. Life annuities and insured annuities provide a high degree of certainty in these uncertain times and provide guaranteed income from your portfolio. Both of these strategies are suitable for clients who want or need more cash flow (yield) with a high degree of certainty. Predominantly, the cash flow from the annuity is "return of capital", which is supplemented with an interest amount fixed for life from the onset. This also results in the life annuity being tax-efficient since the annuitant only pays tax on the interest portfolio not the entire annuity income. Please contact me for more detailed information.

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Q: I cannot sleep at night due to pain; I can manage all my daily activities without problem but as soon as I lay down I toss and turn all night what is wrong?

A: Sleep quality and quantity is essential in life. Occasionally our sleep position, pillow and/or mattress can be the problem. However, very often it is the activities or postures we use throughout the day that have a huge impact on our sleep quality. Inflammation is a component of pain that is present all day; however our other body systems are also rapidly working all day which can minimize the pain levels. At night when we settle into bed, everything slows down; however, the inflammatory response in your body continues to be active, causing pain and not allowing you to sleep. A physiotherapist in discussion with you and with a physical assessment can help you determine the cause of your night pain and provide strategies in the form of home remedies and hands on treatment to assist you in getting a good night sleep.

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Q: Apart from installing an air conditioner this summer, are there other things I can do to help keep my home cooler?

A: Yes, there are a number of cost-effective actions that everyone can take:

- Shelter windows with awnings and keeping blinds closed on hot, sunny days to prevent the sun from increasing the interior temperature.
- Install compact fluorescent lighting to produce less waste heat than incandescent lights.
- Keep lights and computers turned off when possible.
- Cook outdoors to avoid creating indoor heat.
- Hang clothes outside to dry.

But if you decide to install or upgrade your air conditioner, here are some tips:

Look for the Seasonal Energy Efficiency Rating (SEER) for the unit. A high SEER indicates a more energy-efficient air conditioner. New air conditioners sold in Canada have SEERs ranging from 13 to 21 or more.

Talk to your installer about what efficiency provides you with the greatest return on your investment. Units with a SEER rating of 14.5 or greater qualify for grants under the Ontario Home Energy Savings Program. Find out more at www.GetEnergyGrants.ca

Halton Hills Speech Centre

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www.haltontspeech.com



Karen MacKenzie-Stepner

Q: We would like our child to grow up learning my wife's native language, Italian, as well as English. Will learning two languages affect his overall language development?

A: Raising multilingual children offers unique opportunities as well as a number of challenges. Learning even just one language is a complex process, but young children typically have the potential to learn more than one language. Bilingual children develop language skills just as other children do. In the process of learning two languages you need to be a good language model and not mix up languages. When talking with your child in English, don't mix-in phrases and sentences from your native language. Give your child many opportunities to hear and practice using both languages in everyday situations.

The American Speech-Language-Hearing Association suggests some basic guidelines:

- Most bilingual children follow the same language developmental milestones seen in children who learn only one language.
- Occasionally, children may mix grammar rules, or they might use words from both languages in the same sentence. This is a normal part of bilingual language development.
- When a second language is introduced, some children may not talk much for a while. This "silent period" can sometimes last several months. Again, this is normal and will go away.

If you have any concerns that your child is not learning one or both languages the way that you would expect, consult with a speech-language pathologist.

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Q: How can a Career Management Coach help grade eleven and twelve students define their career plan?

A: Manon Dulude's team can assist undecided students resolve the career choice dilemma. Undecided Students would benefit from working with a Career Management Coach and engaging in an in-depth career exploration process. Completing a personal profile and an interest and skills assessment tool will highlight one's personal strengths, communication and behavioral style, and preferences for type of work and work settings. This information is helpful in defining a suitable career choice. A Career Management Coach will also help an individual explore the lifestyle various career options offer. This exploration insures a greater fit between the individual and their career choice. In addition, Manon's team includes a psychometrist who offers psycho-educational assessments. Many students lack confidence in their abilities. Psycho-educational assessments provide information on one's learning potential and style. A psycho-educational assessment can assist in determining the best post-secondary option (College or University) and increase chances of success. Students are surprised to learn that with proper coaching and support they could manage University. Keep in mind that students with special educational needs require a recent assessment to obtain educational support at the post secondary level. If you are a student in need of clarifying your future, you may benefit from working with a Career Management Coach. Manon Dulude's associates can also provide the Psycho-educational testing at the Georgetown Office.

Manon Dulude is a Certified Career Management Coach and a Certified Professional Coach. She can be reached at 905 873 9393.

PROFESSIONALS WANTED

to inform our readers & answer their questions

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