

Welcome New Members!

By Wendy Hue,
Partners in Progress

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Roger R. Foisy specializes in personal injury law and is known for his compassionate and caring approach. Serving Halton Hills and surrounding areas, Roger Foisy is dedicated to helping accident victims and their families secure the settlements and compensation that they rightfully deserve.

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Partnership of intellectual property lawyers and agents established in 1970 and based in Toronto. The firm works with companies to advise on acquiring, licensing, and defending patents, trade-marks, copyrights, industrial designs and integrated circuits, locally and Worldwide. Partner Matthew Powell and his family reside in Georgetown.

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- Halton Tire Centre
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- Mold Hotrunner Solutions
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- Principal Consultants(DNP street)
- Reds Garden Centre
- Sharon Wilson, Group Benefit Consultant
- Ultra Cleaning Services
- Vanderburgh Flowers Ltd.

Ask The Professionals

Win a coupon for 50% off a Happy Ad with every question submitted For the Professionals by August 19th, 2011. features@independentfreepress.com or call 905-877-0301 ext. 237

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Q: Is thumb sucking bad?

A: Yes and no. First, it must be understood that thumb sucking is a "natural reflex". An ultrasound test on a developing baby will often show him or her sucking a thumb. When this habit goes on for too long, however, orthodontic problems can often occur.

By the age of six or seven, the child's permanent teeth are just beginning to arrive. Before then, thumb sucking will cause few problems. After permanent teeth arrive, abnormal pressure from the thumb can cause the front upper teeth to become "bucked". The bottom front teeth then become crowded backward. A misalignment of the teeth occurs.

So, how do you stop thumb sucking for your four or five year old? Some have found gloving the hand, dipping the thumb in vinegar and increased attention to the child help. In the end, though, treatment depends on how long and often the thumb sucking occurs. To avoid any permanent damage, don't delay your attempts to stop this habit.

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Q: I recently had a bunch of blood tests done and my doctor says I am at risk of developing diabetes. How does he know this and what can I do to try and prevent diabetes?

A: Your blood tests may have revealed that you have Impaired Glucose Tolerance (IGT). This means your blood sugar levels were higher than average but not as high as those of people with diabetes. Some people with IGT will go on to develop type 2 diabetes, others can bring their blood sugar levels back to normal with simple lifestyle changes.

Lifestyle changes that can help include:

1. **Modifying your diet.** Increase your daily intake of fresh fruits and vegetables and reduce your fat and sugar intake. Follow Canada's Food Guide to improve your diet.
2. **Quitting smoking.** Diabetes and smoking both increase the chance of heart disease.
3. **Getting active.** Work towards getting 60 minutes of physical activity each day.
4. **Controlling other medical conditions.** High cholesterol and high blood pressure are risk factors for developing diabetes. Take your medication as prescribed to help keep these conditions under control.
5. **Maintaining or reaching a healthy weight.** Being at a healthy weight reduces your risk of developing many conditions that are associated with obesity. These include diabetes, heart disease and cancer.

Do you need more information? Come talk to your Healthwatch Pharmacist. We're here to help.



Diana Coryn
Sales Representative
905-609-4613



Diana Coryn

dcoryn@amjcampbell.com
www.amjcampbell.com

Q: I have used AMJ Campbell in the past and your company really looked after my family, my question is in my upcoming move I have 2 weeks in between moving out of my current home and getting my new one. What happens with our stuff?

A: Great question. Many times we have customers with the exact same scenario. We will simply move your goods from your existing home and put them in our bonded, climate controlled fully secure warehouse until your new home is ready for you to move in.

Whether it is 2 weeks or 2 years AMJ will look after your goods and treat them like we would treat our own.



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Meryl DaCosta
B.Sc. (P.T.), B.Sc.(KIN)
Registered
Physiotherapist,
Clinic Manager

Q: What is involved in concussion treatment?

A: Concussion treatment initially involves determining a baseline for the athlete's neuro-cognitive function (the ability of the individual to think and problem solve).

This allows the doctor to track the athlete's recovery. The goal of the treatment is to allow the brain to heal. Treatment will initially include rest from sport, work and school or any activity until all concussion symptoms (headaches, blurred vision, difficulty concentrating, vomiting etc.) have been eliminated. Once you are not demonstrating any symptoms, the doctor will allow you to graduate your return to activity. The following are the series of steps you will follow. (You can not be progressed into the next step if any of your symptoms reoccur):

- 1) Return to activities of daily living
i.e. school or work
- 2) Return to sport specific training without body contact
- 3) Return to practice with body contact
The guidelines may seem stringent, but the risk of a permanent brain injury is the risk.