

Ask the Professionals

ANY QUESTIONS ABOUT THIS NEW SPECIAL FEATURE CAN BE DIRECTED TO:
AMY SYKES
 905-873-0301 EXT. 237
 ASYKES@THE IFP.CA

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

Q: I think I may be depressed. How do I know?
A: A good starting point is to take a self-assessment such as this one by the Mayo Clinic. While it cannot diagnose depression, it can help you decide if you should seek help. There is one question with 9 criteria. If you find that on average you have been feeling these symptoms for several or more days over the last 2 weeks, you may want to seek counselling for the problem. Answer each with one of:

- a) Not at all b) Several days c) More than half the days or d) Nearly every day.
- The question is: **Over the last 2 weeks, how often have you been bothered by the following problems:**
1. Little interest or pleasure in doing things
 2. Feeling down, depressed or hopeless
 3. Trouble falling or staying asleep, or sleeping too much
 4. Feeling tired or having little energy.
 5. Poor appetite or overeating
 6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down
 7. Trouble concentrating on things, such as reading the newspaper or watching TV
 8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual.
 9. Thoughts that you would be better off dead, or of hurting yourself in some way.
- If you find that you think you are depressed or just not feeling as well as you think you should, counselling is a very effective way to deal with it. For a holistic approach to feeling good, call me and we can discuss your options.

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Cherry Tanega, RPh
 Pharmacist

Q: My daughter just started highschool this year and she is complaining of pimples on her face. She uses a lot of concealer and makeup to cover her pimples up. I have also noticed that she tries to hide her face with her hair. Is there something in the pharmacy that I can get for her?

A: Acne is a common skin disorder that affects most adolescents and some adults. The teenage body goes through many changes and during this time, the body produces more hormones which can lead to the appearance of acne. Treating your child's acne is important to prevent scarring and also the emotional difficulties that can impact their self-esteem.

Acne occurs when the skin's pores produce too much oil called sebum. Sebum can mix with dirt on the skin's surface and lead to clogging of the pores which is also known as a "blackhead." If the pore is not unclogged then bacteria can develop and cause an infection which damages the pore and leads to the appearance of pimples.

The following are general tips in treating acne:

- Acne is not a result of poor eating habits. Cola, chocolate and chips do not cause acne. However, having a well-balanced diet is recommended.
- Washing your face too often can irritate your skin and may make your acne worse. Gently wash your face twice a day with a mild soap like Dove or a soapless cleanser like Spectrojel or Cetaphil.
- Shampoo hair regularly; if it is oily, wash it more frequently. Keep your hair off your face as much as possible and tie it back during sleep.
- Be aware that stress may aggravate acne. This may be a factor for your daughter as she starts a new school environment which includes pressure to meet new friends. Try to minimize stress using relaxation or exercise.
- Do not use greasy cosmetics, coversticks, moisturizers, hair pomades, or hairspray. Use an oil-free preparation with the words "noncomedogenic" or "nonacnegenic" on the label. Some brands with oil-free preparation include Aveeno, and Marcelle. Your pharmacist can help recommend different products like makeup, moisturizers, sunscreens, etc.
- Some acne treatments are available over-the-counter. These include ingredients containing benzoyl peroxide, salicylic acid, resorcinol or tea tree oil. Acne medications may initially cause reddening or worsening that subsides with treatment. Allow six to eight weeks of treatment before assessing improvement. Ask your HealthWatch Pharmacist to recommend a product that will suit your needs.



GLT's The Dinner Party opens Friday

A number of guests are mysteriously invited to a private dinner party at a posh French restaurant, and are unaware of the extent the consequences of the dinner party may have on their lives. Front (from left), Lisa Rasanen as Mariette and Jessica Watson as Yvonne. In back, Robert McGirr as Albert, Ro Palumbo-Coates as Gabrielle, Sam Hancock as Andre and Michael Halsall as Claude. The play runs Feb 3-5, 9-12 and 16-18 at Acton Town Hall Centre. Tickets are available by calling the Box Office at 905-877-3700, www.haltonhills.ca/theatre or pick up at Acton Home Hardware or Halton Hills Furniture and Appliances in Acton.

Photo by Ted Brown

Local doctor to speak about Ugandan health project

On Tuesday, February 7, at 7:30 p.m. at St. Alban's Anglican Church hall in Glen Williams, Georgetown physician Dr. Debbie Zeni will speak about a cooperative health care project that she has been involved with in war-torn Uganda.

With the growth from clinic to hospital, there has been a need for expertise on matters such as the



DR. DEBBIE ZENI

provision of clean water, outpatient care, pediatrics, hospital care and policies. It is a success story which should make for an interesting evening.

This event is co-sponsored by the Canadian Federation of University Women-Georgetown and Halton Hills Public Library, and all are welcome.

IN FOCUS
 physiotherapy & WellnesCenter Inc.
 324 Guelph St., Georgetown
 Halton Gate Plaza
 905-702-7891




Q: I woke up feeling like the room was spinning around me. When I saw the doctor he diagnosed me with BPPV. What is this and how can I fix it?


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.

DR. ANOOP SAYAL
 Family and Cosmetic Dentistry



located in Georgetown Marketplace Mall



DR. ANOOP SAYAL
 (905) 877-CARE (2273)

Q: How old would you say children should be for their first dental exam? Five or Six? In years past, it was rare for a child to see a dentist before five or six years old. Would most dentists agree that is too long to wait?

A: Today, most dentists recommend the first dental exam to be scheduled around the age of two. Because not all the teeth are present, this visit is mostly a consultation. Parents can ask questions about their child's teeth. The dentist can also show how to best clean the infant's teeth and advise the parents on the best dietary habits for their child's optimum development. This visit also helps the child to realize the dental office isn't something fear. As the child gets older, it is important that the parents not discuss their own negative experiences with dentists. Questions should be answered truthfully and with a positive attitude. Modern day dentistry is much better than when we were children. Keeping your children's teeth healthy begins with timely visits to your dentist.

... Lend Me Your Ears



By Cory Soal R.H.A.A.D.

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:

- 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

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Tooth Chatter



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Alexander Trenton, DD, F.C.A.D. (A)
 Denturist
 Georgetown Denture Clinic,
 18 Church Street,
 Georgetown, Ontario
 905-877-2359
 (Across from the Library and Cultural Centre)

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