

Ask The Professionals

Send your questions for any of these professionals
"Ask the Professionals"
 Independent & Free Press,
 211 Armstrong Ave., Georgetown L7G 4X5



Gabrielle Allison, B.A.Sc., R.D.
 CONSULTING DIETITIAN

*Providing professional guidance
 on food & nutrition*

R.R. 2, 8th Line, Georgetown, Tel.:(905) 873-8283



GABRIELLE ALLISON

Q: For weight loss, do you place your clients on a "diet"?

A: If you mean do I hand out a generic 1200 or so calorie diet sheet and tell you to follow it, then no. Through an individualized assessment, my goal is to help clients identify the changes needed to their food choice and behaviour patterns. Realistic goals are then set which are broken down into manageable pieces. Practical tools and information are provided to carry out those goals, such as an individually designed meal plan, relevant handouts, learning to read food labels, food recording, recommendation for regular physical activity and as eating often relates to stress, ideas for stress management. Follow-ups focus on reviewing food, mood and activity records which, for the client, is a great awareness-raising tool and is used to identify whether we're on the right track or not. Progress is also monitored by how the client feels and not only by weight and body measurements. For more information on an individualized package, please call me at 873-8283.

**CRANFIELD CHIROPRACTIC
 CENTRE**

518 GUELPH STREET
 NORVAL, ONTARIO
 877-4288



ROBERT H. CRANFIELD, D.C.

Q: I have seen a lot of controversy lately on the safety of chiropractic. Could you explain some of these issues.

A: Gladly! Chiropractic is an extremely safe procedure. According to statistics kept with the insurance carrier for chiropractic, the frequency of any serious accident (i.e. stroke) due to a chiropractic adjustment is one in 2 to 3 million adjustment. Now how does this compare to other "safe" medical procedures? Very favourably. According to a newsletter report from the University of Berkeley, California, the incidence of death due to a cardiac stress test is extremely rare...1 in 20,000!! The incidence of death of the general population going under a general anesthetic in one of 5,000. According to a paper published in the Journal of the American Medical Association, the PROPER use of prescription medication kill over 100,000 people per year in North America. Any procedure carries some degree of risk. But when you compare chiropractic's safety record to all others, it is an extremely safe procedure.

DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in
 Georgetown
 Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

Q: I have heard that drinking diet soft drinks can harm my teeth. They do not contain any sugar, so how can that happen?

A: What you may not realize is that diet pop doesn't contain any sugar, but they do contain larger amounts of phosphoric acid and citric acid to enhance flavour. These acids attack the enamel that protects your teeth, which means that you are much more likely to get cavities, develop irritations, cracks, and sensitivity to cold. This can occur with any highly acidic drink, including certain fruit juices. The key is to consume these in moderation. A balanced diet, along with regular check ups will help to keep your teeth and gums healthy for a lifetime.

GREG J. LAWRENCE, B. Sc., D. Ch.
 FOOT SPECIALIST/CHIROPDIPST

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Greg J. Lawrence
 B.Sc. D.Ch.

Q: What causes an ingrown nail and how is it treated?

A: Ingrown nails, the most common toenail impairment, are nails whose corners or sides dig painfully into the soft tissue of nail grooves, often leading to pain, irritation, redness and infection. Usually nails grow straight out. Sometimes however, one or both sides curve and grow into the flesh. Ingrown toenails can be caused by:

- 1) Improperly trimmed nails
- 2) Shoe pressure, crowding of toes
- 3) Repeated trauma to feet from normal activities related to work, sports, or fitness
- 4) Heredity

Treatment for ingrown nails may include the following:

- 1) Having the nail cut on an angle to try and allow the nail to grow over the nail groove (skin). If this is not possible the individual will be required to have the nail attended to on a regular basis.
- 2) Packing of the nail to keep the nail away from the skin.
- 3) A minor surgical procedure where a portion of the nail is removed and a chemical is placed on the nail bed to prevent regrowth of that part of the nail. The skin eventually migrates over this area and the surgical site is unnoticeable. Should you suffer from this problem, seek proper treatment instead of bathroom surgery.



106 GUELPH STREET
 GEORGETOWN
 873-8400

HALTON HILLS SPEECH CENTRE

The Health & Wellness Centre of Georgetown



Karen MacKenzie-Stepner

Q: I read to my pre-school child every day. What else can I do to prepare him for learning to read and spell?

A: Recent literature has linked development of early reading skills to a child's oral language ability. One particular oral language skill which impacts reading development is the child's phonological awareness.

Phonological awareness is the awareness of sounds that make up for words, for example, being able to identify the sound that begins or ends a word, knowing that two words rhyme, being able to produce rhymes, and recognizing the number of words in a sentence or syllables in a word.

Parents can do a number of things to enhance their child's phonological awareness. Story time can be used to enhance sound awareness by reading rhymes, poems and simple pattern story books. You can have your child complete a familiar phrase using rhyming words e.g. "Jack and Jill - Went up the ____". You can have your child clap along with chants and songs using one clap for each word. While playing the game "I Spy" ask your child to find things that begin with certain sounds (e.g. look for words that begin with the "sh" sound).

Most importantly, make the time enjoyable. You know that he's learning, he thinks he's having fun. If you would like further suggestions and/or specific activities that you can do with your child please feel free to call our centre.

BETTY E. McTAGUE

CHIROPDIPST

FOOT CARE SPECIALIST

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Q: How does Rheumatoid Arthritis affect my feet?

A: Rheumatoid arthritis is a type of inflammatory joint disorder most noticeably detectable by swelling of the joint area. This disorder mainly affects the joints of the feet and hands.

The rheumatoid arthritic foot exhibits prominent metatarsal heads, claw toes, and bunions. As the condition progresses, the ankle and arch system tends to collapse and roll inwards. Consequently, this may force the knee to tract in valgus.

LONG TERM MANAGEMENT

Orthotics: Full length customized orthotics are made out of soft mouldable foams. To prevent further ankle and arch collapse, moulded heel cups and arch supports help align ankle joints (subtalar). Pressure relief from hypersensitive joints (i.e. metatarsal joints) is achieved through indentations carved into the foam. Extra metatarsal mounds are moulded into the orthotic to aid in the redistribution of pressure from sensitive joints.

Footwear: Deerskin mouldable shoes with velcro straps are often prescribed for individuals suffering from rheumatoid arthritis. Even through normal functions, hypersensitive metatarsal and subtalar joints are often irritated. Rocker soles eliminate flexion of the joints, allowing the patient to continue functioning without further flexion and resultant irritation. The rocker sole may be reduced or removed as the general condition stabilizes, allowing more flexion to return to the joint.

**GEORGETOWN PHYSICAL AND
 SPORTS THERAPY CLINIC**

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

Q: I have recently joined a gym and have been put on an exercise program. The personal trainer has told me to stretch. Why is stretching important and what are the rules of stretching.

A: Stretching is a form of exercise that helps to temporarily lengthen a muscle and its tendons (muscle attachment to bones). More commonly, this is termed as "improving flexibility". Stretching is important because flexibility is needed for various activities and sports. Putting undue stress on joints and muscles that are not flexible can result in an injury.

Stretching is most effectively done after a light warm-up. The muscle is warm and blood flow is increased, thus allowing for more of a stretch. Stretching should be done before and after a work out. The type of stretch performed is specific to the muscle being targeted. Your personal trainer should be able to show you stretches for particular muscle groups. A stretch should be performed slowly and in a pain free range. You should stretch to the point where you feel a firm pulling sensation. Hold this position for 30 seconds. Repeat 3 times.

Like any other training, stretching requires time and effort. Done on a regular basis, you should begin to notice changes in your flexibility and range.

Nancy Desjardins R.H.N.

Registered Holistic Nutritionist

- Nutritional Counselling
- Weight Loss Program
- Internal Cleansing Program (colon)
- Iridology

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NANCY DESJARDINS R.H.N.

Q: Why, you might wonder, are the most commonly eaten foods such as milk, wheat, egg and corn also the foods most frequently found to be allergenic?

A: When you eat a food frequently, such as milk on your breakfast cereal, a glass of milk for lunch, and milk in the form of cheese on your pizza for dinner, you are calling on specific enzymes to digest that milk. When this eating pattern continues over days, weeks and years, you may create an enzyme deficiency for that food. The same is true for wheat. When you eat wheat in the form of toast or pancakes or doughnuts for breakfast, wheat in the bread of your sandwich for lunch and wheat in dinner rolls or in breaded fried chicken in the evening, specific enzymes are called on over and over until they are eventually depleted. Milk and wheat are the two most common allergenic food and they are often eaten together: cereal and milk, cheese sandwich, cheese burger with a glass of milk and pizza with a wheat crust and cheese are common examples. This stresses the enzyme systems even more. Through allergy and addiction, foods can harm your health over a period of time.

Are you suffering from *allergies *chronic fatigue *Overweight *digestive disorder *depression *constipation *pain & gas *insomnia *headaches *poor memory *premenstrual tension. There may be a nutritional link. For any information on the custom tailor diet that meets your body's special needs please call 905-873-0194.

Carol L. Reid, B.A., LL.B.

Barrister & Solicitor, Notary

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CAROL REID

Q: I have a Will and have heard I need a Power of Attorney. What is that and why do I need one?

A: A Will and Power of Attorney have different functions. In your Will you leave instructions for after your death. Your Executors have no power to act on your behalf until your death.

In a Power of Attorney you name someone (more than one person) to act on your behalf while you are alive. There are many reasons for having a Power of Attorney, but many people have a Power of Attorney in place so that someone they know and trust will look after their financial affairs if they become incapacitated by illness or accident. You can also make a Power of Attorney for Personal Care appointment someone to make medical decisions for you if you become incapacitated.