

Ask The Professionals

Send your questions for any of these professionals:
"Ask the Professionals"
 Independent & Free Press,
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 Brampton, Ontario L6W 3W8



CAROL REID

Q: My mother has a Power of Attorney that she made about 15 or 20 years ago. Does she need a new one?

A: The law regarding Powers of Attorney has changed since your mother made her Power of Attorney. The document should be reviewed by a lawyer to ensure that it would be considered a continuing Power of Attorney and be valid today.

Unlike 15 years ago, your mother can now make a Power of Attorney for Personal Care. Previously Powers of Attorney were used to manage property and handle financial affairs. Now there are two types of Power of Attorney, one for financial matters and one for personal care. A Power of Attorney for Personal Care allows your mother to appoint someone (or more than one person) to make decisions about her housing, food and medical care if she is incapacitated. The person making medical decisions for your mother may or may not be the same person as the one who handles her finances.

Remember that a Power of Attorney can only be made while your mother is mentally competent. If she has concerns about her existing Power of Attorney, she should seek legal advice.

CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET
 NORVAL, ONTARIO
 877-4288



ROBERT H. CRANFIELD, D.C.

Q: I don't have any back pain. Should I get my spine checked by a chiropractor?

A: Absolutely!! First, we find that symptoms (ie. pain) are the final stages of a disease process. Do you wait until you have a raging toothache that won't go away before you see your family dentist?

Secondly, the sensory portion of your nerve system (which includes pain) accounts for only 8% of overall nerve function. The other 92% is motor (muscle function) & autonomic (organ & glands) function. Some chiropractors have a new piece of diagnostic equipment that can measure both motor & autonomic function! This gives us a better read on how your body is actually functioning not just how you feel...100% function = 100% health!

It is especially effective with children. Even though spinal pain is not uncommon in kids, we can now measure nerve function, pain or no pain. Can you imagine not having to rely on symptoms to know whether or not your child is healthy! So call today to set up appointments to get the whole family scanned.

DR. BRUCE FOLEY OPTOMETRIST

Suite 101
 83 Mill Street
 Georgetown, Ontario

Tel: (905) 873-2077

Q: Tis the season to be itchy...what can I do.

A: Estimates are that allergies affect 15-20% of the Canadian population and 7% suffer from eye allergies. Seasonal allergic conjunctivitis can cause itching, tearing, swelling, redness, irritation and soreness. It almost always affects both eyes. There may be an associated running of the nose, hives or wheezing. Care must be taken to not confuse other sources of red eyes such as bacterial or viral infections. Briefly stated, seasonal allergens (tree/grass pollen) and perennial allergens (molds, dust mites, dander) can cause the development of antibodies. These trigger a degranulation of mast-cells which release many chemical mediators including histamines. These cause the reactions listed above.

Avoiding the things that cause allergies is one answer, but is very difficult. These are some treatment options for eye involvement:
 Antihistamines: these will give good temporary relief of itching.
 Decongestants: these will give temporary relief of redness
 Mast-cell stabilizers: these will provide long term relief from itching and redness. They prevent the release of the chemical mediators that trigger the allergic symptoms.

Anti-inflammatory/mast-cell stabilizer combinations: a wider range of activity than stabilizers.

If you suspect that you suffer from eye allergies, than a thorough examination by your optometrist is recommended. It is important to rule out the many other sources of red eyes. If allergy is the cause of your symptoms than a course of treatment, possibly in consultation with your family doctor, can be recommended.

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6 JAMES YOUNG DR.,
 GEORGETOWN



MANON DULUDE

Q: Can counselling help me deal with anxiety?

A: Definitely, counselling can help individuals who experience anxiety. Anxiety is often a warning sign that something in one's life is in need of attention. Often we ignore how we feel, push it aside or minimize it until our feelings reach proportions which force us to attend to them. Anxiety can be very distressing. Individuals experiencing their first anxiety attack often believe that something is wrong with them physically since it causes so many physiological symptoms. Most are often confused and upset when they are told by their doctors that nothing is wrong with their health. This can be experienced as a very shaming experience. As a result, individuals often try to manage their symptoms with substances such as drugs and alcohol. Counselling can help uncover the events, thoughts, feelings, attitudes and beliefs which cause the anxiety. Exploring the issues which were so far ignored, reframing one's perceptions and the use of stress management techniques can make a significant impact in dealing with anxiety.

Bare Image Electrolysis

(permanent hair removal)

360 Guelph Street,
 Unit 47, Suite 5
 Georgetown, ON L7G 4B3
 Telephone: (905) 873-6388



LYNNE GRAVELLE

Q: Can you tell me more about electrolysis and what I need to do before and after treatments?

A: Electrolysis is the only safe and permanent method of hair removal. A small electric current is sent through a fine wire filament inserted into the hair follicle, to permanently destroy the root. At Bare Image, treatment is performed using microscopic computerized epilation. It is possible to treat most areas of the face and body. Due to their delicate nature, areas such as the nostril and inner ear should not be treated. Temporary means of hair removal should be discontinued a week prior to treatment. Also, former temporary hair removal methods should be suspended during the treatment period to permit the normal growth of hair. After treatment there can be a slight reddening of the treatment area. In most cases, this redness disappears within an hour. Under normal conditions and with proper after care, visible skin irritations are temporary.

BETTY E. McTAGUE CHIROPDIST

FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY McTAGUE

Q: Antibiotics: What are they?

A: Antibiotics are drugs that kill or stop the growth of bacteria. Since their discovery in the 1930s, these drugs have saved the lives of millions around the world by curing bacteria-causing diseases such as pneumonia and tuberculosis.

However, antibiotics must be used wisely and carefully. One of today's biggest health care concerns is bacterial resistance to antibiotics. Because bacteria are living organisms, they are always evolving to resist the drugs that kill them. When bacteria become resistant, antibiotics are no longer useful in fighting them. The best way to avoid bacterial resistance is to ensure correct usage of your antibiotics.

TIPS ON TAKING ANTIBIOTICS

- Discuss your prescription with your doctor or pharmacist. Find out how often and for how long you need to take the drug, and if you should take the medication with or without meals.
- Finish taking all of your medication even if you feel better. This will maximize the effectiveness of the drug and minimize the chance of resistance.
- Report any known drug allergies to your doctor and pharmacist. Also inform them of any other drugs that you may be taking.

ROBIN COOPER

Certified Aromatherapist & Reflexologist

- Aromatherapy
- Reflexology
- Ear Candling
- Massage Oils
- Essential Oils
- Gift Certificates

Health and Wellness Centre of Georgetown
 106 Guelph St., Georgetown
 (905) 877-0759



ROBIN COOPER

Q: What is ear candling and what conditions can it treat?

A: A large number of people suffer from some level of hearing loss, infection, sinus congestion, allergies, snoring, wax build-up, candida, and ringing or popping in the ears. Ear candling has been used on a diverse range of people from small children with ear problems, to people with inner ear discomfort causing dizziness and ringing, to elderly people with some hearing loss due to wax build-up.

The warmth from the low burning flame creates a vacuum-pulling effect drawing out excess wax, bacteria, toxins and debris from old infections, which may have built up over time and can be impacted deep within the ear.

Unless you have a perforated eardrum, tubes in your ears or have had a recent ear, nose, throat or sinus surgery, candling is a safe procedure for both young & old. Children who are prone to infections can often benefit from one or two treatments.

Ear candling is also a simple, painless and non-invasive alternative to maintain, restore and tone hearing.



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CERTIFIED PROVINCIAL ARBORISTS 877-8591 MURRAY ANDERSON



Q: How do trees affect swimming pools?

A: There are underground problems with roots, but we also have above ground problems. Trees, depending on the size, shape, location and species can create a great deal of extra work for pool owners. Leaves, keys, seeds, flowers, pollen, twigs and branches all fall in the pool during the entire pool season. It is a constant battle. The fast growing trees, such as poplar, willow, manitoba and silver maples are most often the main culprit. These trees are the hardest to control and maintenance must be done about every three years. Your next concern is sunlight. Your pool warms up from sunlight and people prefer to swim when the sun is on the pool. Large trees can reduce the length of time that you have sunlight. It may mean that you have no sun in the morning or mid afternoon or later in the evening. Your neighbour's trees can often cause this problem and create poor relations between neighbours. If you have a pool, you'll understand. If you are planning to install a pool, consult a professional arborist. His background and knowledge of these problems can be addressed before excavation. Removing or trimming trees before the pool is installed is easier and often less expensive. Your landscape around the pool must help you to reduce your maintenance costs and enhance the beauty of your pool and property.

Holistic Hypnosis ASSOCIATES

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 Clinical Hypnotherapist

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 360 Guelph Street
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Q: What's the difference between a hypnotherapy session and what I've seen on TV or in stage shows.

A: BIG DIFFERENCE! On television, the techniques used are for entertainment purposes only. Hollywood has depicted hypnosis in a very dramatic and erroneous view.

The techniques used in a clinical setting are quite different. Most hypnotherapy work is used to stop smoking, lose or gain weight, change negative behaviour, deal with fears or enhance the body's ability to heal itself.

The process is very gentle and relaxing. Most people believe they cannot be hypnotized, usually because they believe it is a sign of weak will or lack of self control. Actually, the opposite is true, and often one session is all that is needed because a personalized audio tape is made of your session to take home for reinforcement.