

Ask The Professionals

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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: The B-vitamin folacin may help prevent which of the following? a. heart disease b. stroke c. prostate cancer d. colon cancer e. birth defects

A: a, b, d and e - Women who could become pregnant should take a multivitamin with 400 mcg (0.4 mg). That amount helps prevent neural tube birth defects. Though more studies are needed, the same level also appears to cut the risk of heart disease, stroke and colon cancer.

Q: If you're older than 55, which is the best source of vitamin B-12? a. milk b. poultry c. eggs d. green leafy vegetables e. a vitamin supplement

A: e. In younger people, all but the vegetables would be a good source of vitamin B12 (which is only found in animal foods). If you're over 55, your stomach might not produce enough acid to extract the B-12 from food. To play it safe, people in this age group should consider taking from 6 mcg. to up to 25 mcg. vitamin B-12 daily. The upper level is found in many supplements for seniors.

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

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

Member of the Ontario Society of Chiropractors and the Ontario College of Chiropractors

Q: I have been diagnosed with diabetes. I was told that diabetic complications could affect my feet?

A: When diagnosed with diabetes everyone should attend a diabetic education class. Diabetes is a very complex disease and everyone would benefit from proper education. There are diabetic education classes held monthly at the Georgetown District Memorial Hospital taught by a nurse educator, dietitian, foot specialist, pharmacist, and a family doctor. All you need is a referral from your family doctor. There is no cost.

Your feet are one of many areas affected by diabetes. The three most common complications are:

1. **Circulation** - diabetes can cause a decrease in the blood flow to the feet and lower extremities.
2. **Neuropathy** - diabetes can affect the nerve supply to the feet causing numbness and tingling.
3. **Wound healing** - diabetes can reduce wound healing rates of cuts, bruises and injuries as well as increase the risk of infection.

Diabetics must be very careful with their feet and should be performing daily inspections. I have seen cases all too often where an individual has not taken their diabetes seriously, then sought medical attention trying to reverse the complications which took years to develop. If you have any concerns about your feet you should be seeking attention before the problem becomes chronic and irreversible. Take care of your diabetes; don't let your diabetes slow you down. If you have any questions, please give us a call.

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DR. ANOOP SAYAL

Q: I have a two year old child. Why did his teeth come in dark?

A: Baby teeth that come in dark may be the first sign that a problem known as "nursing bottle decay" exists. Nursing bottle decay occurs when the enamel is dissolved by the constant "washing" of acid over the teeth. Any sweetened drink in a bottle such as soft drinks, juice or milk breaks down to form acid when the bottle is given to the child prior to sleeping. A similar problem can be produced by honey-dipped soothers. As the child drifts from deep to light sleep, he make rhythmic sucking movements which fills the mouth with a fresh supply of sugary liquid that soon becomes acid, eventually causing the cavities in the teeth. The bottle containing sweetened contents must be removed from the child's diet at bedtime, otherwise dental treatment will be in vain. If the bottle must be given, replace the contents with water. Have the child's teeth examined by a dentist and repaired to prevent further decay and suffering. If the baby teeth are left to abscess, he second teeth may show staining or pitting. Once the teeth are repaired, the dentist or hygienist will help the parents maintain the teeth in a healthy state for a lifetime.

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MANON DULUDE

Q: Why do I have mixed emotions getting ready for Christmas?

A: Christmas can be a difficult time of the year. We are often apprehensive about celebrating Christmas due to the fact that our life circumstances may not allow for a traditional Christmas as depicted in the media. As a result, it is very easy to feel down and lonely. When life changes, it is very important to change or alter traditions to fit the new situation. Hanging on to old traditions can make it more difficult to cope with this time of year. See this as an opportunity to create a new tradition for yourself. There is no set rules for what one must do on days like Christmas. The meaning you will give to your day and its activities depend on you. An other option may be to plan a non-traditional Christmas celebration. Try planning a non-traditional dinner or outing with friends or family. Your non-traditional dinner may become a new tradition in itself or it may be a transition to setting new traditions with the years to come. Sharing responsibility for planning the event or cooking a meal is also a good way to decrease the stress which surrounds Christmas. It is all right to ask for help. Not asking for help and feeling resentful after the fact does not help anyone feel good about the celebrations. Having too rigid expectations of what the day should look like can contribute to major disappointments. Be open to surprises and recognize that even on Christmas the unpredictable can happen.

HALTON HILLS SPEECH CENTRE

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Communication is Vital



Karen MacKenzie-Stepner

Q: My 4-1/2 year old daughter has difficulty with her grammar, particularly "he" and "she". She continues to use the words "him" and "her" in place of "he" and "she". Should I be concerned? Should I make an appointment to see a Speech Language Pathologist?

A: Between the ages of 4 and 5, most children develop many of the adult grammatical structures. Their vocabulary is between 1500 and 2000 words and they are beginning to use complex sentences.

Their personal pronouns such as I, you, he, she and they, as well as possessive pronouns such as mine, your, his, her and their should also be established.

Children should also be able to use present, past and future tense verbs. However some of the irregular past-tense verbs such as "He drank the water" and "He saw a bird", may take a little longer.

Children should be using the copulas "is" and "are" correctly by age 4 in sentences containing a present-tense verb (e.g. He is drinking water.)

Children should also be able to use contractions such as "it's" and "there's" by the age of 4.

Prepositions such as "under", "beside" and "behind" are developing and should be in place by age 4-1/2.

If your daughter has difficulty with several of these grammatical structures, an assessment by a Speech-Language Pathologist is warranted. Please feel free to call our Centre to get further information.

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INGRID WATERMANN RMT

Q: Why do you need a registered massage therapist?

A: * to prevent future conditions or recurring injuries *
* to increase local and overall circulation resulting in more oxygen to your muscles and brain

* to strengthen or lengthen muscles so other muscles are not overstrained

- * to improve work ergonomics, your posture & the way you walk
- * to take control of your own health while become more drug free
- * to decrease stress and tension
- * to decrease anxiety
- * to increase your energy levels
- * to increase our ability to concentrate

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GERALD ROSS
H.B.Sc. PT, MCPA, res.CAMT

Q: I like to try to take care of injuries by myself. When should I see a Physiotherapist for help?

A: If the pain is due to an obvious injury that involved a lot of speed or force then it is wise to consider seeking out a professional opinion straight away. Injuries that can be successfully managed without professional assistance generally demonstrate a clear trend towards recovery within 3 to 5 days after the onset of pain, with close to complete resumption of a normal lifestyle within 1 to 3 weeks. In situations where independent recovery fails to progress consultation with a Physiotherapist can ensure that the injury receives the attention that it requires. This minimizes recovery time, reduces the likelihood of re-injury and restores your function back to the highest level possible. In many cases people manage injuries very well by themselves, but sometimes the assistance of an expert is required to ensure that you get the best possible recovery.

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Q: Does tree wound dressing help a tree to heal?

A: No, tree wound dressing makes people feel better than it does the tree. Tree wound dressing does nothing more than hide the sins of making cuts on the tree. It does not promote faster healing, but it does help reduce the possibility of insects getting into the wood tissue. The secret to healthy healing when branches are removed is the method of cut. Proper tree trimming will enable the tree to produce a callus over the cut area in a very short period of time depending on the diameter of the cut. A professional with the right tools and proper training can enhance the beauty of your tree with very little outward appearance that it has been pruned. Keeping a tree's natural shape in mind and depending on the species, up to 40 a tree's growth may be removed without damaging its health. Each tree is different and will develop to suit the area in which it is situated.

Nancy Desjardins R.N.C.P.
Registered Nutritional Consulting Practitioner

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NANCY DESJARDINS R.H.N.

Q: Does nutrition have an impact on the menopause?

A: Eating a good diet that is in tune with our needs is, without question, the foundation of good health. It is never too late to start making nutritional changes for the better, and you will always undoubtedly derive enormous benefits. It is important to realize that improving one's nutrition does not involve only adding foods or supplements to one's diet. We must also become aware of which foods harm our health and replace them with healthier choices, or reduce their consumption.

Here is some nutritional advice, briefly stated:

- **Variety:** Whole grains, legumes, vegetables, sprout, sea vegetables, fruits, seeds, and nuts are all integral parts of a healthy diet.
- **Naturalness and Freshness:** Consume as many foods as possible in their natural state.
- **Eating for hormonal balance:** Chemicals often present in processed foods and non-organically grown plant and animal foods can contribute to hormonal imbalance. In fact, certain pesticides are xenoestrogens. Xenoestrogens are substances that mimic the action of estrogen in our body, and cause estrogen dominance relative to progesterone.

As already mentioned, excess estrogen, and the resultant estrogen, progesterone imbalance, can lead to a wide range of symptoms.