

Ask The Professionals



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

*Providing professional guidance
on food & nutrition*

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GABRIELLE ALLISON

Q: Adult and childhood obesity has doubled in the past 10 and 20 years respectively. What do you think is the cause?

A: Over the last 20 years, food intake and physical activity behaviours have changed drastically. We're eating out more and we're eating larger portions. The foods we're eating more of are "the aggressively marketed, over-processed, loaded with fat &/or sugar and stripped of fibre variety" - found everywhere we turn. "Value meals" encourage us to eat far more than we need, all in the name of a good deal. In addition, the void in fibre creates less volume in the stomach, making it easier to overeat these calorie-dense foods.

For many people, sedentary daily routines result in inadequate calorie expenditure. People genetically prone to storing fat are particularly affected if they fall prey to these environmental realities. Obesity is a complex chronic disease resulting from the interaction of environmental, physical, metabolic, and social/psychological factors. These are just a couple of the environmental factors that, with some thought and know-how, can be modified.

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

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Greg J. Lawrence
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With the colder weather quickly approaching we all must make changes in our lives. We start to wear heavier clothing, often in layers, adding weight on our feet. Our shoes change to boots, which are heavier. Our activity level often decreases with our inability to walk due to the climate. This may sound like old news, however, this is often the time of the year people develop foot problems.

Many of us would agree that our activity levels decrease in the winter months. How might this pose a problem? Our feet are a very complex structure with twenty-six bones as well as numerous tendons and ligaments. When we are not as active the soft tissues will tighten. If you have not been active for a while and go for that mile walk, an injury may result if you do not stretch. Also, a change from shoes to boots is often necessary. This means more weight and not always more support. This will fatigue the soft tissue in the feet and lower limb. When adding the extra clothes for warmth, you are adding further strain on the foot until something gives up. It's not usually the shoes!

This will often account for arch pain, heel pain, bunion formation, neuroma (pinched nerves) and may cause havoc up into the knees and hips. Stretching is vital for strenuous activities. Supportive shoes & boots will help prevent these possible problems. If you are doing indoor athletics, it is vital that you wear appropriate shoes and stretch before activity. Many problems arise this time of year and are easily treated if the diagnosis is done early after the symptoms arise.

DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in
Georgetown
Marketplace Mall

(905) 877-CARE (2273)



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 makes 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, the 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: What is Eye Movement Desensitization Reprocessing?

A: Eye Movement Desensitization Reprocessing (EMDR) is a complex methodology which combines the elements of several major psychological treatment approaches. This approach is particularly successful in assisting individuals with problems such as anxiety, depression, trauma and negative self-concepts which prevent them from leading a happy life. After collecting information about a client's life experiences which contributed to his or her disruptive negative self-perception; such as "I am worthless, or I am not lovable", the therapist engages the client in a process where the thoughts which were stored in the brain without sufficient processing are revisited. Reprocessing these experiences with EMDR allows the client to gain understanding in the origin of their emotional reactions, defuse the emotional content of these experiences and facilitate the installation of more appropriate and positive attitude and beliefs about one's self. Because EMDR allows mind and body to heal at the same rate, it is effectively achieving results and that other forms of counselling are not able to produce on their own. It has also been documented that the use of EMDR may significantly decrease the length of one's treatment. Manon Dulude is trained in the use of EMDR and invites you to contact her should you have any questions about this leading treatment approach.



**HALTON HILLS
SPEECH CENTRE**

328 GUELPH STREET
GEORGETOWN L7G 4B5
873-8400



Karen MacKenzie-Stepner

Q: My child's teacher has asked me to have him tested for Central Auditory Processing?

A: Central Auditory Processing Disorder is found in some children who have difficulty understanding language in a meaningful way. They do not have a hearing loss but have a listening problem. Many children who have CAP difficulties demonstrate the following behaviours:

- inattentiveness
- short attention span
- say "huh" or "what" frequently
- require directions to be repeated
- need extra time to process auditory information

Children with CAP hear the words but have a problem understanding what is said to them - particularly as the language becomes more complex, is spoken quickly or when there is a lot of noise around them.

An Audiologist will test your child's hearing and identify any processing problems. The Speech-Language Pathologist can also test your child's receptive and expressive language and suggest treatment strategies or ways to improve their listening environment. For more information please call the Centre at 905-873-8400.

**adamson
SPA AND SALON**

2 Adamson Street
Norval

905-877-1604



INGRID WATERMANN
RMT

Q: How can massage therapy help chronic pain even after an injury or illness has gone?

A: Chronic pain can be very distressing. It takes away a person's energy emotionally & physically. Over time pain becomes a vicious cycle even after the original cause has gone away.

Research suggests that massage stimulates the release of natural pain relievers such as endorphins. By stretching tight muscles massage therapy soothes the nervous system.

By releasing contracted muscles and pushing circulation towards the heart waste products are flushed away and replaced with oxygen and nutrients. Massage therapy helps restore normal movement releasing trigger points, stretching shortened muscles & remaining waste products you may discover renewed energy which is the beginning of ending chronic pain.

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318 Guelph St., Georgetown
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GERALD ROSS
H.B.Sc. PT, MCPA, res.CAMT

Q: I am looking around for someone to assist me in getting rid of my pain. Why should I choose a Physiotherapist?

A: The strength of Physiotherapists lies in the number of tools that they possess competence in using and the manner in which they combine these tools during the course of your care. The profession was born out of the casualties of World War One and the primary tools used by Physiotherapists at that time were "remedial gymnastics", that is the prescription of movements designed to promote wound and injury healing, and massage. Since that time the nature of injuries have changed somewhat and so has the training of Physiotherapists. Today all Physiotherapists are trained in Universities with the vast majority of programs requiring a degree prior to entering a Physiotherapy program. Tools that we are trained in using include electrical stimulation (including acupuncture point stimulation), therapeutic ultrasound, biomechanics, (including the design of orthotic devices), spinal manipulation and of course "remedial gymnastics", which is now known as therapeutic exercise, and massage. Physiotherapists effectively combine the use of these tools based on your specific needs. Another advantage to consumers is that the conduct and competence of Physiotherapists is government regulated so you can be confident that you will be treated in an appropriate and competent manner.

ACUPUNCTURE

99 Sinclair Ave., Suite 200
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(905) 873-7923

Evening & Saturday Appointments Available

"Acupuncture can increase your general health, your ability to fight colds so take the time to invest in your body."



Susan M. Baker

Q: How does acupuncture work?

A: Acupuncture works with the body's energy. In Chinese this energy is called Qi (pronounced chi). The cause of disease is believed to be a problem with the Qi ie a problem with the flow of the energy in the body. This problem might be stagnant qi, blocked qi, excess qi or deficient qi. By needling a person in specific spots or acupuncture points, the energy becomes unblocked, moving, or balanced, depending on the original problem. This allows the body to heal itself. The definition of acupuncture is to increase or decrease the body's energy by needling the CORRECT combination of points in the body.

The allopathic or western theory on how acupuncture works is called the Motor Gate Theory or Pain Gate Theory. The belief is that as a result of the needling the pain mechanism in the body is interrupted, causing the body to no longer have a sensation of pain. After an acupuncture treatment, the endorphin level in the body is increased. Endorphins are the body's natural pain killer and mood elevators.

If you would be interested in learning more about acupuncture or if acupuncture might be able to help you feel better, attend our free clinic on Thursday, June 22. Please call to register. The clinic will be open from 1 p.m. until 8 p.m.

SUSAN S. POWELL

BARRISTER & SOLICITOR

FAMILY LAW

2 COUNTY COURT BLVD., BRAMPTON
(1 block south of Steeles at Hwy. 10)

(905) 455-6677



SUSAN POWELL

Q: What is sole custody?

A: The parent who has sole custody of the children is the parent who makes the decisions concerning the children. That parent has the right to make decisions about the care of the children including their health, education, religion and their welfare unless there is a Court Order or Separation Agreement that states otherwise. The other parent does not otherwise have the right to take part in the decision-making about the children. The other parent has the right to information concerning the children including reviewing copies of report cards, parent/teacher meetings, health problems and other information relevant to the children.

The other parent also has the right to visit with the children. In some cases, parents agree on a liberal access schedule and in other cases there are specific dates and times for the visits. The access arrangements may be set out in the Court Order or as a term of the Separation Agreement. In some cases the Court may order that the visits be supervised either by a specific person or at a Family Visit Centre if there is a fear that the parent may harm the children in some way or not return them to the parent who has custody.