

Ask The Professionals



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: Should I put a child on a weight loss "diet"?

A: NO! If a child is over the 95th percentile on the growth charts, it's best to allow the child to "grow into" their weight. Placing a child on a restrictive weight loss regime will rob them of the energy and nutrients needed for growth and brain development, and may set them up for a lifetime struggle with body image and weight management.

Our role as parents is to encourage an active lifestyle and to offer a variety of wholesome foods throughout the day. Allow the child to decide how much to eat. This teaches them to tune in to their hunger and satiety cues.

Beginning in the preschool stage (> 2 years), you can offer the lower fat milk and milk products and focus more on leaner meats, fish and poultry. However, young children should not be limited in their choice of nutritious foods because of the fat content. The high fat, sugary convenience foods or fatty luncheon meats and fast foods could be limited. Many are low in nutrients and can interfere with intake of nutrient dense foods at the next meal or snack.

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: What is athlete's foot?

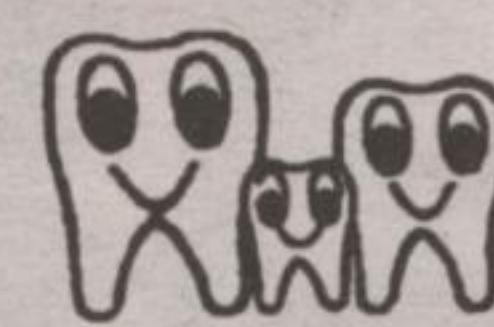
A: Athlete's Foot is a fungal infection. It usually occurs between the toes; where the skin is warm, moist and hidden from light. Athlete's foot often spreads to other areas of the foot. Symptoms that include painful itching between toes, cracked or scaly skin, small blisters and red, irritated skin patches, require attention.

The best way to help prevent athlete's foot infections is to keep feet clean and dry with daily washing. Be especially careful to dry between toes. Use a foot powder to help feet stay drier throughout the day. It is also advised to use sandals when walking around a poolside, spas or public showers. These are areas where infections are commonly contracted.

If you have an athlete's foot infection, it may require the care of a Chiropractor - Foot Specialist. Treatments include anti-fungal powders and creams, which usually resolve the infection within 2-3 weeks. It may also be necessary to apply antifungal powders to all shoes to kill the fungal spores and prevent reoccurrence.

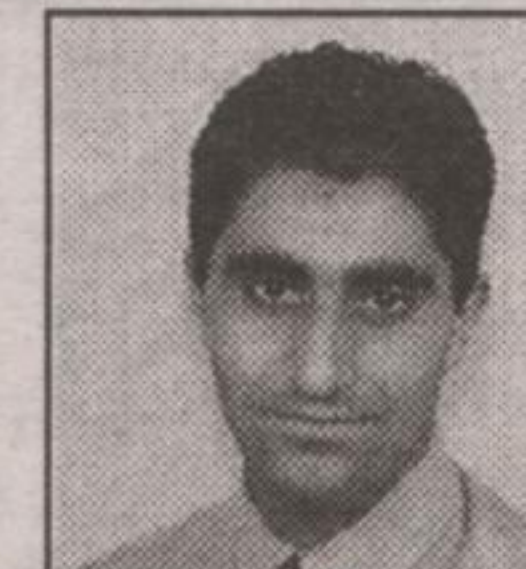
DR. ANOOP SAYAL

Family and Cosmetic Dentistry



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Georgetown
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

Q: My hygienist always talks about "plaque".
Q: What is plaque?

A: Plaque is an invisible bacterial film that builds up on your teeth every day. That sticky feeling you get when you wake up in the morning is bacterial plaque. It forms after you eat anything and can form above or below your gumline. The bacteria in plaque contain toxins that attack and damage your tissues. Plaque causes gum disease and cavities. In other words, plaque must be removed every day or the bacteria will start to decay your teeth and loosen your gums. At your hygiene visit, we routinely evaluate your plaque levels and inform you of the proper ways to clean your teeth and gums to prevent plaque from hiding around your teeth and gums.

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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**

328 GUELPH STREET
GEORGETOWN L7G 4B5
873-8400



Karen MacKenzie-Slepner

Q: I am a 36 year old man, originally from Hong Kong. I work in an English speaking environment and often my colleagues tell me they have difficulty understanding my pronunciation, especially over the telephone. I feel this affects my chances for advancement in the company for which I work. Can a Speech-Language Pathologist help me improve my pronunciation of English?

A: Speech-Language Pathologists are the trained professionals that can offer accent reduction therapy or a course in pronouncing English as a second language.

It is not uncommon for adults acquiring English as a second language to have difficulty developing accurate pronunciation of all sounds. In fact, many sounds present in the English language do not exist in other languages. Additionally, many languages have different rules for syllable stressing than English.

Intervention can identify personally specific sound distortions and variations in syllable stressing in words. The goal of this intervention would be to instruct in syllable and specific consonant and vowel production in words, sentences, paragraphs and conversation.

One specific program of intervention is the Compton P-ESL (Pronouncing English as a Second Language) Program. This program is offered by the Halton Hills Speech Centre. An assessment by a Speech-Language Pathologist is warranted if this is of significant concern or interest to you.

Please feel free to call our Centre for further information.

adamson
SPA AND SALON

2 Adamson Street
Norval
905-877-1604



INGRID WATERMANN
RMT

Q: Sometimes I feel sore after a massage.
Q: Is this normal?

A: Most people who have a massage for the first time or have not had a massage in over a year usually will feel some tenderness the next day. This is a very normal side effect of a deep tissue treatment. The muscles during a massage are usually stretched and the local circulation increased.

More circulation to an area usually is accompanied by heat. This heat causes micro inflammation to occur causing the area to be tender the next day. A 10 minute ice application or epsom salts baths is indicated to counteract the soreness. However, you should not be bruised from a massage or if you feel the pressure was too much just talk to the therapist you went to. After a few massages the tenderness after a massage will go away.

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

Q: I have an ache that is just not going away. How do I decide which type of treatment is the one that I need?

A: Combinations of non-surgical and drug free therapies are often very effective in rehabilitating these types of problems. Approaches that a Physiotherapist may use could include any or all of:

- Ergonomics, which is fitting the work environment to your body's abilities.
- Therapeutic exercise to re-co-ordinate and strengthen your muscles so you move more efficiently.
- Massage to enhance the flow of fluid through the injured tissue and to relax over active muscles.
- Joint manipulation to restore lost joint motion using gentle passive motion.
- Ultrasound, interferential current, heat, cold or acupuncture to enhance comfort and healing.
- Taping or bracing to protect fragile tissue while it's healing.
- Foot orthotics to restore and maintain efficient leg motion when therapeutic exercise cannot restore this function fully.

By possessing competence in using a variety of therapeutic approaches physiotherapists offer comprehensive care without fragmenting service delivery. Our training and education within the traditional health care team enables physiotherapists to recognize situations where surgical and pharmaceutical approaches may be appropriate to permit full recovery.

ACUPUNCTURE

99 Sinclair Ave., Suite 200
Georgetown
(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: I hate needles. I can not imagine being stuck full with a BUNCH of needles, no matter how much better I might feel afterward.

A: Acupuncture needles are the thickness of a hair. Unfortunately, acupuncturists call them needles, which for most people makes them think of the syringe full of medicine a doctor stuck in their arm as a child - and then proceeded to inject the medicine into the arm, which can also be painful.

The needles used for acupuncture are very fine and flexible. You could fit 2-5 acupuncture needles into the opening of a regular syringe. And while there are many different brands and sizes of acupuncture needles, the needles used in my clinic are cut with a laser, allowing the point of the needle to be rounded, rather than cut mechanically which would leave a sharp point. These needles are so fine that they don't even damage the cells in the area they are inserted into. Because of the rounded laser point they push the cells aside, rather than cutting through them. There should be no mark left after the needle has been removed, as there has been no damage to the skin cells in that area. Most people are very surprised to feel either nothing, or say it felt like a mosquito biting.

Each needle is sterilized and separately packaged at the factory. And each needle is disposed of after use - so there is no worry of contamination. If you have any other questions regarding the needles used, please call me - I'm always happy to talk about acupuncture.

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 joint custody?

A: Parents who have joint custody share the right to make decisions concerning the care of their children. These include the major decisions about health, education, religion and the general welfare of the children. The parent who has the children in their care generally makes the day to day decisions.

The children may reside primarily with one parent or they may be in the care of each parent for different amounts of time. Joint custody does not necessarily mean that the children will be in each parents' care an equal amount of time. Joint custody will not be successful if the parents cannot co-operate with each other and be able to talk about what is best for their children. The more co-operative and communicative the parents can be with each other, the better it is for both themselves and the children.

Joint custody can impose some restrictions such as the children's residence and travel. It is important you understand the full meaning and discuss it with your lawyer before any final decision is made.