

# Ask The Professionals

## GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC

(905) 877-8668



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

**Q:** I've just started my spring jogging regime, which involves running about 10 km, 3-4 times weekly. I'm beginning to experience pain to both my shins. I assume this is "shin splints". What exactly is this, and what should I do?

**A:** "Shin splints" is a general term used to describe pain and inflammation as a result of repetitive microtrauma to the top two-thirds of the tibia (the main shin bone). There are actually a number of different causes for this syndrome, namely irritation of the membrane between the tibia and fibula (other shin bone), stress fracture of the tibia, tendonitis of the posterior tibialis muscle, increased pressure (and ischemia) in the anterior tibialis muscle.

More importantly, it should be remembered that shin splints is an overused syndrome. Contributing casual factors are: uneven running surface, ineffective running shoes, a sudden increase in mileage, the beginning of a brand new running regime, overpronation.

Standard treatment includes rest and possible oral anti-inflammatories. If the problem has resulted from tendonitis, then your physiotherapist will utilize modalities such as ultrasound and will work to increase your lower leg flexibility/strength. He or she will also address the possibility of poor lower extremity biomechanics, such as overpronation.

Ultimately, prevention is the key. Anytime you start (or re-start) a running program, make sure that your shoes are not worn-out and you progress gradually to increase distance and change terrain. Prepare your lower leg muscles with a stretching/strengthening program at least 4-6 weeks before you start your running program, maintaining it throughout your running season.

## CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET  
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ROBERT H. CRANFIELD, D.C.

**Q:** With the increase in drug resistant bacteria, I'm concerned about giving my children antibiotics. Is there a more natural way to go?

**A:** You should be concerned about giving your child antibiotics. Not only are the drug resistant strains of bacteria an issue, but there are other new developments that every parent and prospective parent should be concerned about.

In a new study published in the Journal of Clinical & Experimental Allergy, they found a relationship between antibiotic use and asthma. The study revealed that infants given even a single dose of antibiotics in their first year of life were 4 times more likely to develop asthma than those who were not given antibiotics!!! This included factoring in things like family history, smoking in the house, etc.

The risk of developing asthma is increased not only by the use of antibiotics in the first year of life, but also the frequency of use in early childhood. Antibiotics used 3 or more times in these early years increased the risk factor by 4 times as well.

Researchers noted that broad spectrum antibiotics came into clinical usage in the 1960's and their increased use coincides with the time trends for the increasing prevalence of asthma. They feel that the plausible mechanism is that the antibiotics may alter and reduce bowel flora (natural bacteria) and thus switch off the immunological signal that these gut bacteria send to developing immune systems.

Send your questions for any of these professionals:

### "Ask the Professionals"

Independent & Free Press,  
280 Guelph St., Unit 29, Georgetown L7G 4B1

## GEORGETOWN NATUROPATHIC WELLNESS CENTRE



Jane Buckler  
B.A., N.D.  
Naturopathic Doctor

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Cathy Kuindersma  
B.Sc., N.D.  
Doctor of Naturopathic Medicine

**Q:** How do I go about doing a spring detoxification?

**A:** In traditional Chinese medicine spring and fall are important times for detoxification. A detox liberates and excretes stored toxic compounds from the body. The best way to detox is to look after our organs of detoxification (liver, bowels and skin) and ensure good elimination.

This means easing digestion by eliminating processed foods, saturated fats and simple sugars, as well as increasing fibre and water in the diet, eating "liver friendly" foods such as beets (and their greens and juice), dandelion greens, artichokes, burdock root, milk thistle seeds and/or perhaps doing a modified fast (including fresh-squeezed juices) for one to several days. Juice of a half fresh-squeezed lemon in warm boiled water on first rising and before bed is cleansing. Eat whole, organic fruits and vegetables (lightly steamed) and avoid grains, except brown rice which can be eaten at any time. Vitamins C, E and mixed carotenoids are antioxidants needed to help you deal with the burden of liberated toxic waste products. Hydrotherapy, saunas, skin-brushing and castor oil packs are ways by which a naturopath might recommend you enhance your spring detox. Light exercise, herbs, homeopathy and quiet times for reflection and medication are also important.



Fire & Life Safety  
Education  
Halton Hills  
Fire Dept.



Voice Mail: (905) 873-2601, ext. 7711  
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**Q:** I have heard that Halton Hills Firefighters use green flashing lights in their private vehicles when responding to the fire station for an emergency. What should I do when I see a green flashing light?

**A:** The Town of Halton Hills relies on firefighters who, when paged for an emergency, respond quickly to the fire station. Once at the station they "gear up" and respond to the incident in a designated emergency fire apparatus.

In order to assist emergency response communities that utilize "paged" firefighters, the Ministry of Transportation has authorized the use of green flashing lights by firefighters in their private vehicles.

The green flashing light identifies that person as a Halton Hills Firefighter who needs to get to the Fire Station as quickly and safely as possible.

As a courtesy and only when it is safe to do so, please yield the right of way to the firefighter.

For example, pulling to the right while on a roadway, in a mall parking lot, or other thoroughfare will make it easier for the firefighter to respond to the station while driving their private vehicle. Please help the firefighters! They may be responding to your house!

## RBC Dominion Securities

Phone: 450-5178 or  
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Barbara Byckowski  
Investment Advisor, BBA,  
PFP, CFP

Email: bbyckow@rbcds.com

**Q:** Where do I begin if I want to do some effective tax planning?

**A:** Usually, the first step in effective tax planning is to find out where you stand today. In completing your 2000 tax return, you now know exactly where you stand.

Your primary tax objective should be to ensure that the taxable income you earn is recognized at a time, and in a form, in which it will be most favourably taxed. It is important to remember that a particular tax incentive or tax plan CANNOT convert a bad investment into a good one. In other words, don't let the "tax tail wag the dog".

Despite all the hoopla, tax planning is essentially a simple process with a few basic elements. Because it is a year-round activity, it should be an integral part of your regular financial planning. Plan now and throughout the upcoming year to take advantage of opportunities for reducing your tax bill. Tax planning is most effective if begun immediately! Start now.

## YOUNG'S PHARMACY & HOMECARE

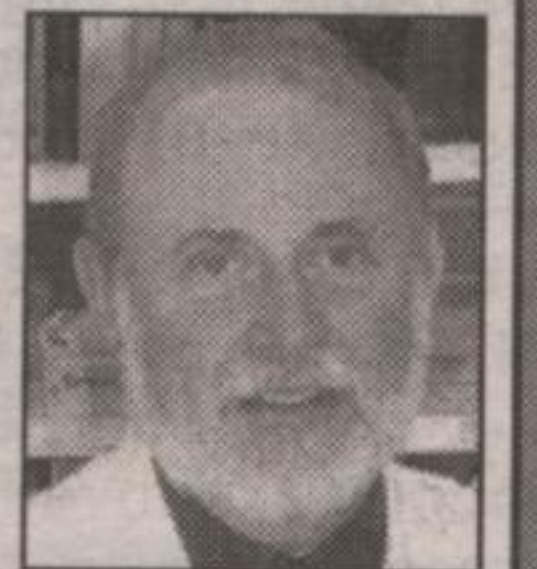
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## MEDICAL CENTRE PHARMACY

877-2100



**Q:** I actually feel better when I do not take my "CHOLESTEROL MEDICINE". Do I really need to take it?

**A:** High levels of "bad cholesterol" and triglycerides are some of our most important health risk factors. Unresolved levels can contribute dramatically to the incidence of cardiovascular disease, a disease that not only kills by heart attacks and strokes but also can result in blindness, kidney disease and amputations. Even if a person survives a stroke or heart attack, they often lose independence, quality of life and if immobilized their expected life span can be dramatically shortened. Cardiovascular disease is often a condition without symptoms and when you take your cholesterol medicine you do not usually feel better. In fact, the side effects with some cholesterol lowering drugs can make you feel quite uncomfortable.

We must understand that controlling our cholesterol level is extremely important and that sometimes there is an inconvenience we must put up with to reduce our health risks. Appropriate exercise and comprehensive diet, if pursued conscientiously can minimize drug requirements. If your side effects are particularly bothersome talk to your doctor about other therapies that can be tried.

One strategy to motivate you to look after your cholesterol, is to understand and track your own levels. At our pharmacy we can perform inexpensive and convenient total cholesterol tests. Although we can not give LDL, HDL and triglyceride breakdowns we can screen for apparent high cholesterol levels. We can help motivate diagnosed patients to better look after themselves. We can also identify people who may have undiagnosed cholesterol problems and direct them to their doctor if risk is suspected. Talk to us about your cholesterol and how we can help.

Joan Robson,  
Interior Design Services  
877-0253

Consultations available for colour direction.  
Quality window treatments, upholstery & accessories to fill your needs.



Joan Robson

**Q:** I have a beautiful print sofa that I just love. The colours are great but now I'm stuck. I want to do something special with my windows but can't get the same fabric. Do I absolutely have to go plain on the window? I'm afraid it will not be interesting.

**A:** It sounds as though you've made a great choice in your sofa. If you love the colours in it, you can do a number of things to tie your window treatments in.

- First you need to decide which colour in your sofa print is the most prominent. Then choose a striped fabric whose main colour is the same as your sofa's No. 1 colour. You may even be lucky enough to find a stripe with a second colour in it. You can use a plain fabric - again in the same most important colour - and trim it with another colour from your sofa print.

- Lastly, you could come up with a treatment that uses two plain fabrics together in the above-mentioned colours. A few ideas would be contrasting underskirts on valances, contrasting tie-backs and banding on panels. Good luck with your project.

## Elayne Tanner & Associates Inc.

Elayne M. Tanner  
B.A., B.S.W., M.S.W., R.S.W., DIP. SOC. ADM.  
Counselling & Psychotherapy  
Individuals, Couples, Children & Families



Elayne M. Tanner

11084, 5th Line, Milton, Ontario  
(905) 854-0801

**Q:** I am in the process of divorcing. I'm confused and scared. I don't know how I'm going to get through this. What should I do?

**A:** When marriages break up, it is always difficult for everyone. Often one or both parties experience great pain and confusion. Individual counselling can be very useful in dealing with grief and issues specific to your situation. A group setting where you can develop a support network of people with similar experiences can also be invaluable. I can provide either or both for you.

When a marriage breaks down, your self-esteem takes a beating; the kids are angry and confused; holidays are never the same; you must deal with your ex-spouse over many issues; and financial, legal and practical issues are now all yours to deal with. I am now providing an 8-week program that will get you back on your feet and well on the road to healing.

This group will combine education, information and support. We have an excellent leader that I have chosen because of her highly developed skills and talents. Enrolment will be limited to 8 people so that everyone gets maximum support and plenty of opportunity to interact and ask questions. Sessions will be held on Friday nights from 7-9:30. The price is \$150.00 plus GST for 8 weekly sessions of 2-1/2 hours each. If this is of interest to you, call (905) 854-0801 now to register and reserve your spot for the May group.



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Dr. Nancy Tarzwell

**Q:** Should my cat go outside or be kept indoors?

**A:** Cats are natural hunters and enjoy stalking small prey, but going outdoors does present many dangers.

Common injuries for cats that go outside are cat bite abscesses, trauma (car accidents, dog/coyote attacks, lacerations) and poisonings (antifreeze, rat poison). Many of these injuries are fatal or severe enough that cats may not find their way home.

Other dangers to outdoor cats are contagious fatal viruses. Feline Leukemia, Feline Immunodeficiency Virus (FIV = Feline AIDS) and Feline Infectious Peritonitis (FIP) are common viruses in the cat population and unfortunately many cats are infected. They may not show clinical signs for several years, but will later succumb. More importantly, they are the source of infection for cats they have contact with. All cats should be blood tested for Feline Leukemia/FIV to determine if they are infected. A vaccine for Feline Leukemia is available and all cats that go outside should be inoculated.

Cats that stay indoors often have a longer and healthier life span. Cats may be let outside with harnesses and supervision.