

Ask The Professionals

Send your questions for any of these professionals "Ask the Professionals" Independent & Free Press, 280 Guelph St., Georgetown Mall.



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: Is it true that carbohydrates are fattening and that you should follow a high protein, low carbohydrate diet for weight loss?

A: Some argue that carbohydrates (carbs) promote fat synthesis via over-production of insulin. Insulin is produced after carb ingestion but this is normal and transient. The body constantly moves between fat synthesis and breakdown to allow us constant energy availability. What's fattening are excess calories, which can come from excess carbs - and/or protein and/or fats.

The high protein, low carb diets that are so popular today will cause weight loss, due to the significant reduction in calorie intake. Typically, high protein diets offer limited variety and greater satiety, so people eat less, but the restrictions make it difficult to stick to. The extreme versions can be very high in saturated fats and deficient in fruits and vegetables and fibre. The significant reduction in calories causes ketogenesis, rapid weight loss, dehydration, loss of muscle, and reduced metabolic rate. The protein conserves muscle to a degree, but is used as a source of calories as well due to the deficit in carbs.

It is warranted to curb carbs if you're eating too much of them, and to boost protein if you're skimping on it. In fact, including some protein with each meal or snack is useful in promoting satiety and preventing overeating. Just be wary of the faddish extremes.

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

350 Main St. E.,
Milton, Ontario
L9T 1P6
(905) 878-6479

1A Princess Anne Dr.,
Georgetown, Ont.
L7G 4W4
(905) 702-1611



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

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

A Foot Specialist is an individual who treats any foot related condition. People with Diabetes are more likely to develop problems with their feet. Not only does a Foot Specialist take care of these problems, we also perform screening to help prevent any complications. Individuals who are diabetic should get their feet screened on a yearly basis, if no problems currently exist. Screening of the foot consists of assessment of the circulation, nerve testing, orthopedic assessment and footwear assessment. Even if no problem exists, a Foot Specialist can be a good source of information regarding prevention. Below there are a few questions regarding diabetes. Let's test your knowledge.

- Poor blood supply is common in people with diabetes who:
 - are older
 - smoke
 - have high cholesterol
 - have high blood pressure
 - have had Diabetes for more than 10 years
- If you find an area of your foot that is hot, this might mean that:
 - there is normal blood supply
 - there is poor blood supply
 - infection, stress or fracture

Answers: 1. All of the above 2. C

If there are any groups, companies, schools or clubs interested in a presentation on any foot related topics, please call our office.

The clinic offers extended hours. No referral is necessary.

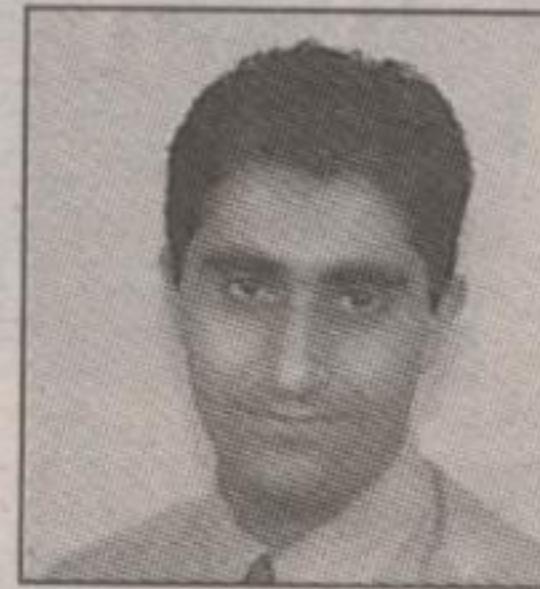
DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in
Georgetown
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

Q: I have heard that drinking diet soft drinks can harm my teeth. They do not contain any sugar, so how can this happen?

A: What you may not realize is that diet pop doesn't contain any sugar, but they do contain larger amounts of phosphoric acid and citric acid to enhance flavour. These acids attack the enamel that protects your teeth, which means that you are much more likely to get cavities, develop irritations, cracks, and sensitivity to cold. This can occur with any highly acidic drink, including certain fruit juices. The key is to consume these in moderation. A balanced diet, along with regular check ups will help to keep your teeth and gums healthy for a lifetime.

Manon Dulude • Psychotherapist
Individual, Couple & Family
Counselling

DAY & EVENING
APPOINTMENTS

873-9393

30 SHELLEY STREET
GEORGETOWN L7G 3W9



MANON DULUDE

Q: Why is the first anxiety attack often mistaken for a heart attack?

A: An anxiety attack is often what leads one to take a trip to the hospital emergency department. Often the concerned individual experiences symptoms which are mistaken for a heart attack (shortness of breath, tightness or weight on the chest, hyperventilation, tingling of hands, dizziness, the sweats, uncontrollable thoughts and sense of dread). When anxiety is identified as the culprit of these frightening symptoms people often feel embarrassed and shameful. Anxiety is a condition which should not be underestimated since it affects many and can be very debilitating. Medication is often prescribed and can be helpful to manage the intensity of anxiety attacks. However, medication does not help anyone learn to better cope with the symptoms nor do they help the concerned individual address the particular factors which contribute to anxiety. Anxiety can also be a symptom of depression. Counseling can assist one in exploring what led to trigger anxiety and help find better ways to cope. Stress, change in life routine, and unresolved feelings can lead to anxiety. An assessment with Manon can help determine what is the best course of intervention.



**HALTON HILLS
SPEECH CENTRE**

328 GUELPH STREET
GEORGETOWN L7G 4B5

873-8400

www.haltonspeech.com



Karen MacKenzie-Steiner

Q: My toddler is very hard to understand. When should we expect him to speak clearly?

A: Talking doesn't just happen. Children have to learn speech gradually, and learning all the speech sounds takes time. Children master speech sounds in a specific sequence, according to maturation of their oral structures and visibility of the sounds. Some sounds like p, b, m, t, d, and n are usually mastered by age three while others like r, th and s may not be correct until the early school-age years.

While learning to speak, all children make mistakes and pronounce some sounds incorrectly. You may hear your child substitute one sound for another (ex., "wabbit" for "rabbit"), omit a sound (e.g. "han" for "hand") or distort a sound (e.g. "shlip" for "ship"). Although these are common errors and will probably disappear as a child gets older, they might also be signs of articulation disorders. Simply stated, an articulation disorder exists when a child consistently makes speech sound errors that are not usually made by children of the same age.

Distinguishing between simple mispronunciation and articulation disorders can be difficult. If you feel that your child might have an articulation problem, you should make an appointment for an evaluation by a Speech-Language pathologist. For further information or to inquire about our summer programs, one of which focuses on articulation, please call our Centre.

adamson
SPA AND SALON

2 Adamson Street, Norval, Ontario L0P 1K0

(905) 877-1604 • 1-888-633-3094

www.adamsonspa.com



KARINA KOSTY
HAIRSTYLIST

Q: My hair is Dark Brown. In my early twenties, I began getting grey and ever since I have been colouring my hair. A while ago I read an ad in the newspaper about a health study, saying that colouring your hair could give you bladder cancer. Is this true? And what should I do?

A: I too read this article and then looked into it further. It's not just colouring, it is the arlydamines in question, which are found mostly in black and darker colours. It is not as yet a fact though more studies are underway. If you are still really concerned there are some alternative processes. One is semi or demi colours. Care for them with a pigment shampoo to make it last longer. Or you could go dark blonde with 2 or 3 shades of browns as a low-lite using foils, this way the darker colours are not applied to the scalp. The result is your normal hair colour with little high-lites. Feel free to book a free consultation to discuss this further. I hope it eases your mind some, until we know more. Working with colours for 21 years now, this subject is of great concern to me as well.

**ROSS PHYSIOTHERAPY
SOLUTIONS**

Practical solutions for peak performance
(905) 873-7677

318 Guelph St., Georgetown
Indoor Mall next to Harveys



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

Q: I sprained my ankle, should I see a Physiotherapist?

A: If your abilities remain reduced for 5 to 7 days after the sprain then it is reasonable to see a Physiotherapist for some professional assistance. I often see clients who suffer from repeated strains or overuse problems associated with incomplete rehabilitation. Tissue that is not exposed to the appropriate stimuli during the first 6 to 8 weeks of healing may heal in a stiff manner that predisposes you to recurrent minor strains and chronic inflammation. Moreover the joint may become stiff but remain painless until gradually over time the areas that compensate for the stiffness begin to produce pain during even the most basic of daily activities. It is important to recover to your fullest so that gradual erosion of your abilities over years and decades is minimized. Physiotherapy uses movement, retraining techniques that ensure strength, mobility and balance reflexes that are restored after injury. The use of medication and rest alone fails to address these essential active components of function. Complete and comprehensive rehabilitation via Physiotherapy restores your capabilities to their maximum so your abilities are preserved for future health and wellness.

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 have cut out smoking all but 4 cigarettes a day. I have changed my routine, so that I no longer do anything that reminds me to smoke - no coffee first thing in the morning etc. Could acupuncture work for me?

A: Yes, acupuncture, would be very successful in helping you quit smoking these last 4 cigarettes. Acupuncture breaks the addiction to nicotine. But in order to successfully quit smoking using acupuncture, you must stop your associations with cigarettes - no morning coffee, no alcoholic beverages, whatever habit you have associated with smoking must be removed.

Because you have already removed those associations, these last 4 cigarettes each day would be very easy to cut out with acupuncture.

If you have any questions about Acupuncture, please call my office. Acupuncture is also very successful in treating: Migraines, Backache, Sciatica, Panic Attacks, Repetitive Strain Syndromes, any joint problems - wrist, elbow, knee, ankle, Headaches, Depression, Insomnia and Sinus Problems.

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: My husband tells me that if he has to pay the amount of support set out in the Child Support Guidelines that he will just quit his job and I can support the children myself. Can he do that?

A: You husband can, of course, quit his job if he chooses to do so. If he quits his job because he does not want to pay support to you the Courts would like attribute the same level of income to him that he had earned at his job. If he took a lesser paying job for the same reason, the Courts may also attribute income to him at the higher paying level. People do change jobs but there must be a valid reason for their doing so such as their health.

If they are laid off from work and receive severance pay then their level of pay would be considered to be the same until the period for which the severance pay was intended to cover has expired. Support may then be adjusted to the level of any Employment Insurance they receive and/or any further employment.

By the way, it is not just your base salary that is considered for purposes of calculating the level of support but also any overtime, commissions and bonuses.