

Ask The Professionals

GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC
(905) 877-8668



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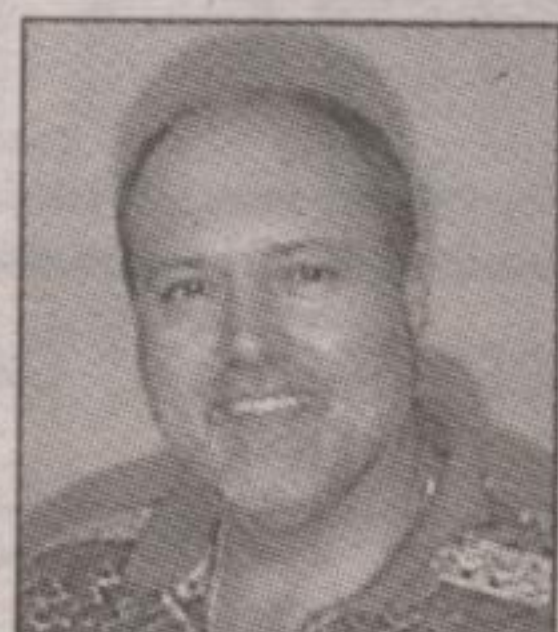
Marta Masley
B.Sc.(PT), M.C.P.A.

Q: My 10 year old daughter is a competitive gymnast. Over the years of intensive training, she has had numerous injuries, (sprained ankles, muscle strains, etc.). Should she be wearing any type of braces, or have her wrists/ankles taped before she performs?

A: Gymnastics, or most sports for that matter, involve stress on different body parts. By the sounds of it, your daughter is probably practicing anywhere from 10 - 20 hours weekly. Muscle strains or joint sprains can occur either due to overuse, or because of a traumatic episode. Either way, precautions should be taken if a sprain or strain does occur. Seeking immediate physiotherapy treatment can help expedite healing, and your physiotherapist can advise you on when it is safe for your daughter to return to gymnastics. Usually this is done on a gradual and progressive basis. Initially, taping or bracing a joint or muscle may be necessary, but this is not a long term solution. A 10 year old child should not have to rely on splints to prevent injuries. It is imperative that the injured area be rehabilitated so that the child has a proper "internal support system". Again, your physiotherapist will know how to recondition all components involved - strength, flexibility, proprioception.

CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET
NORVAL, ONTARIO
877-4288



ROBERT H. CRANFIELD, D.C.

Q: Every year when I start gardening in the spring, I hurt my back. Is there anything that I can do?

A: First of all, if you keep injuring your spine with any excessive physical activity, then it is an indication that something is wrong and should be checked out by a chiropractor. If you have vertebral subluxations (misaligned bones causing pinched nerves) in your spine, then any extra activity may be just enough to cause the symptoms to appear.

Secondly, as with any participation in physical exercise, you first need to warm up. Some spinal stretches and leg stretches will help to warm up your spine before you start work.

Thirdly, vary what you do so as to avoid repetitive strain injury. Rake for 15 to 20 minutes then stop and dig for 15-20 minutes, stop and do something else, and then come back to more raking. The more you vary your activity, the better it is for you.

Remember, the first thing is to get your spine checked.

Send your questions for any of these professionals:
"Ask the Professionals"
Independent & Free Press,
280 Guelph St., Unit 29, Georgetown L7G 4B1

ROBIN COOPER

Certified Aromatherapist & Reflexologist

- Aromatherapy
- Reflexology
- Ear Candling
- Massage Oils
- Essential Oils
- Gift Certificates

The Georgetown Naturopathic Wellness Centre
16 Mountainview Rd. S., Georgetown
(905) 877-0759



ROBIN COOPER

Q: What services do you offer at your clinic?

A: The following is a breakdown of the services I offer at the Georgetown Naturopathic Wellness Centre:

AROMATHERAPY MASSAGE: This is a wonderful relaxing and revitalizing massage. A one hour Aromatherapy Massage allows the client to totally relax, which in turn allows the body to heal. Pure organic essential oils are blended to treat the specific needs of the client. The appropriate blend of oils can clear the mind, alleviate muscle stiffness and tension, lift depression and give the client an overall feeling of wellness.

REFLEXOLOGY: Reflexology is a wonderful and relaxing way to revitalize your energy, maintain your health and balance the whole system. A Reflexology Treatment consists of working the pressure points in the head, hands, and feet. The majority of the appointment is spent working the points on the feet and I incorporate massage with this treatment to make it just that much more relaxing for the client. Reflexology has been very effective in the treatment of many conditions such as PMS, menopause, Chronic Fatigue, arthritis, MS, just to name a few.

EAR CANDLING: This is a soothing holistic treatment effective in treatment of many conditions such as earaches, wax build up, chronic and acute sinus conditions, headaches, dizziness, ringing in the ears and colds. The treatment is approximately 45 minutes and includes an Aromatherapy facial massage. Ear candling is simple, painless and non-invasive. It is safe for small children who suffer from ear problems as well as elderly people who suffer from hearing loss due to wax build-up.

We also offer services in Naturopathic Medicine, Homeopathy, Osteopathy, Nutritional Counseling, Massage, Food Sensitivity Testing, Midwifery Care. If you would like further information please call our centre.



Fire & Life Safety Education
Halton Hills Fire Dept.

Voice Mail: (905) 873-2601, ext. 7711
E-mail: brian@town.halton-hills.on.ca



Brian Ellsworth
FPO/Firefighter

Q: Do I need a permit to burn in my backyard?

A: The Ontario Fire Code Sentence 2.6.3.4. states: "Open air burning shall not be permitted unless approved, or unless such burning consists of a small confined fire supervised at all times, and used to cook food on a barbecue or grill."

The Town of Halton Hills requires that residents obtain a permit before conducting open air burning.

Before a permit is issued, residents must schedule a "no fee" inspection of the proposed burn site with a Fire Prevention Officer. During this inspection, the Officer will discuss with the resident conditions and requirements of the proposed open air burning.

The Fire Prevention Officer, acting as the Chief Fire Official has the right to issue and/or decline burn permits if open air burning is deemed to be a hazard.

All residents are advised to check with the Fire Department before purchasing and using "commercially available outdoor burning appliances". The use of these appliances may be in contravention of the Fire Code and Town of Halton Hills bylaw stipulations.

For more information, please contact the Halton Hills Fire Department at (905) 877-1133 and ask to speak to a Fire Prevention Officer.



RBC Dominion Securities

Phone: 450-5178 or
Cell: 905-866-9414

Email: bbyckow@rbcds.com



Barbara Byckowski
Investment Advisor, BBA,
PFP, CFP

Q: If you hold your investments in a corporation, will you pay less tax?

A: Not necessarily. A few years ago it was true, but with personal tax rates being reduced over the last few years, the corporate investment tax rates are now higher than the top personal tax rate in Ontario. From an income tax standpoint, there could be a disadvantage of holding investments in a corporation (whether it is an operating or holding company) compared to holding them personally.

There are still advantages of holding investments in a corporation for other issues such as U.S. Estate Tax or creditor protection.

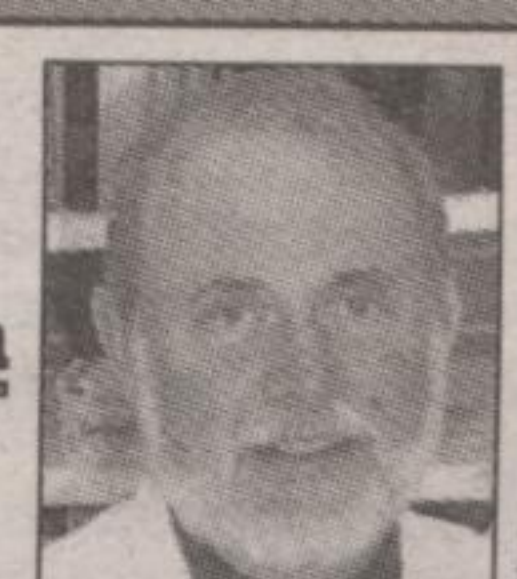
Give me a call if you would like a copy of our publication "Investment Holding Companies" or if you would like a free second opinion on your investments.

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877-2100



Neil Young
B.Sc.,Phm.

Q: I am a "young" adult woman. Why would I consider having my bone density tested?

A: Did you know that most people stop adding to their bone mass by age thirty? After that we are all on a downhill slide as far as our bones go. It is very important, especially for women, that they reach as high a bone density as possible by that age. Later, when a woman stops producing estrogen at menopause, her rate of bone loss accelerates. We have come across some young women who have distressingly low bone density and they were not yet thirty! Osteoporosis is a serious disease that can dramatically reduce one's quality of life, and if they become debilitated, their life can be shortened markedly. As you can guess, if someone finds out they are at risk, early, there is a better chance they will be able to slow the bone loss. Diet, exercise and lifestyle adjustments are our best non-drug strategies. Drugs can treat osteoporosis, but prevention is favoured!

The hospital x-ray bone measurement does not precisely measure bone loss until that loss exceeds 30%. The ultrasound test we do at our pharmacy is very precise at all levels and can be of great value in determining baseline levels for people of all ages. Trends in bone loss can be spotted and acted upon early. When the heel ultrasound measurement is considered along with other risk factors, your doctor can better assess the necessity for the x-ray measurement. Young women should consider getting a baseline reading and then periodic testing to make sure they have the information they need to reduce their osteoporosis risk. We perform convenient and inexpensive ultrasound heel bone density testing and osteoporosis risk screening in our pharmacy. Speak to our staff nurse Maureen Sokolowski, our Home Healthcare manager Heather MacVicar or any of our pharmacists for more information.

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
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Counselling & Psychotherapy
Individuals, Couples, Children & Families

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



Elayne M. Tanner

Q: I thought I was having a heart attack but my physician says that it all is due to stress and anxiety. Is this possible and if so, what can I do about it?

A: Panic and anxiety disorders seem to have reached near epidemic proportions in our society today. Crowds, stress and the general pace of today's lifestyle all contribute to this condition. It's no wonder you thought you were having a heart attack. Many symptoms seem much the same.

- nervous or panicky feeling - trembling or shaking - shortness of breath
 - chest pains - heart palpitations - dizziness
 - confusion, spaced out feelings - fear of public embarrassment, losing control
- Many people with this condition also experience mitral valve prolapse which further convinces them that there is a heart condition. They can feel their heart beating with an irregular rhythm, which adds to the fear. They frequently become semi-isolated because they begin to be afraid to go out, to be in crowds or to be anywhere where they feel that "escape" would be difficult or embarrassing, such as an office meeting or a theatre. They always sit near the door for a quick exit. Once someone has had one anxiety attack, they often begin to fear a recurrence and this fear then precipitates another attack. As you can see, it forms a vicious cycle. This disorder generally responds well to counselling and psychotherapy. Anxiety or panic attacks do not have to be a permanent condition, no matter how long you have suffered. If you have ruled out a medical problem, this would be a good next step to try.



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Terraglen@aol.com



Dr. Nancy Tarzwell

Q: What is microchipping?

A: 33% of all pets are lost once in their life.

There is a safe and permanent means of pet identification. A small chip is inserted painlessly via a needle into the subcutaneous area between the shoulders. The chip stays anchored here and is encoded with a series of numbers and letters displaying on a scanner when passed over the area.

This code is registered to the owner of the pet and the data is stored in a secure database, accessible to Veterinarians, Humane Societies and Shelters across North America. All lost animals brought into clinics or shelters are scanned, with owners of micro-chipped pets being notified and re-united quickly with their pets. Cats especially benefit from microchipping due to similar coat colors, they are often hard to differentiate. Municipalities offer savings for microchipped pets when licensed, charging a one-time fee for your pet's lifetime.

Too many pets are euthanized in Ontario shelters each year, as owners cannot be located. Please don't let this happen to your pet.