

Ask The Professionals

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"Ask the Professionals"
 Independent & Free Press,
 280 Guelph St., Unit 29, Georgetown L7G 4B1

GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC

(905) 877-8668



83 Mill St., Suite B
 Georgetown, Ont.
 L7G 5E9



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

Q: My doctor has suggested that I go for a massage for the neck pain that I am experiencing. Will massage help, and is this covered by OHIP?

A: Massage therapy is a regulated health profession in Ontario. It involves the hands-on manipulation of the soft tissues (muscle, tendons, connective tissues) of the body. It has significant effects on the circulatory system, musculoskeletal system, lymphatic system, digestive system and nervous system. Massage therapy is recommended for athletic and work related injuries, sprains, strains, muscle spasms and numerous other conditions.

However, be certain that you are being treated by a registered massage therapist. This ensures the qualifications of the therapist, which often includes thorough schooling. As well, this may allow for reimbursement from your private or extended health insurance company since massage treatment is not covered by OHIP. Many people do not realize that they have an annual allowance for massage therapy through their health benefits they receive through work. The exact amount varies between plans, and frequently requires a doctor's referral. If you yourself do not have any insurance, enquire about your spouse's plan. Often, health plans allow coverage for one's spouse and children.

CRANFIELD CHIROPRACTIC CENTRE

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 NORVAL, ONTARIO

877-4288



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.

ROBIN COOPER

Certified Aromatherapist & Reflexologist

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- Reflexology
- Ear Candling
- Massage Oils
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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.

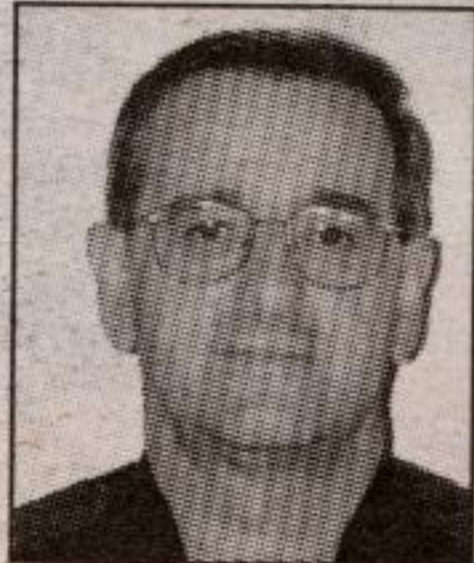
EAR CANDLING: This is a soothing holistic treatment effective in treatment of many conditions such as earaches, wax build up, chronic and acute sinus conditions, headaches, dizziness, ringing in the ears and colds. The treatment is approximately 45 minutes and includes an Aromatherapy facial massage. 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. 7716
 E-mail: douga@town.halton-hills.on.ca



Doug Andrews
 Fire Safety Specialist

Q: Now that colder weather is upon us, what safety advice do you have for safe heating?

A: Whatever the type of appliance (i.e. Gas or Oil furnace, wood stove, Gas fireplace), there are safety precautions that one should take for safe heating of their home. These include:

- Follow the manufacturer's instructions for proper installation and maintenance of a chimney or appliance.
 - Inspect and clean your chimney regularly. The Ontario Fire Code requires homeowners to maintain the safety of their chimneys and have them inspected at least once a year.
 - Check stovepipes and connections for leaching (dark staining or white powder). This could be a sign of chimney trouble.
 - Check for creosote. Creosote is a major cause of chimney fires. Clean regularly to eliminate build up.
 - Protect floors and walls from heat and sparks. Keep combustibles safely away from your appliance and always use a properly fitted screen.
 - Regularly check the walls around the area of the chimney for excessive heat. Your heating appliance, flue pipes and chimney can deteriorate over time. Look for corrosion or rust stains on the outer shell of metal chimneys, and check for bulges or corrosion in its liner. On masonry chimneys look for loose bricks, crumbling mortar, dark stains or white powder. These are indicative of problems, and should be fixed immediately by a qualified mason.
- For more information contact a WETT Certified Chimney Sweep, or the Halton-Hills Fire Department at (905) 877-1133.



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Dr. Nancy Tarzwell

Q: I have a male cat that is squatting frequently and has urinated outside the litter box, what could be the problem?

A: These signs indicate that your cat has a problem involving most likely the lower urinary tract area. This is a serious problem and can be an emergency especially in a male cat. The causes may be complex and best discussed with your veterinarian. Briefly, this syndrome is caused often by an underlying urinary tract infection, urinary alkalinity or acidity pH changes, stress factors, bladder wall changes and diet. These factors can lead to an imbalance and the formation of crystals or stones in the bladder. These crystals then cause blockage of the urethra. It is important to watch for passage of urine in male cats, as no urine passage is considered an emergency and should be taken to a veterinarian as soon as possible.

A thorough workup is required to determine the severity and causes so that specific treatments can be instituted for your cat such as antibiotics, antispasmodics. There are different types of crystals and once crystals are present, specific prescription diets are used to help control this problem long term. Using a premium cat food as a routine diet may prevent the occurrence of this disease in cats.

YOUNG'S PHARMACY & HOMECARE

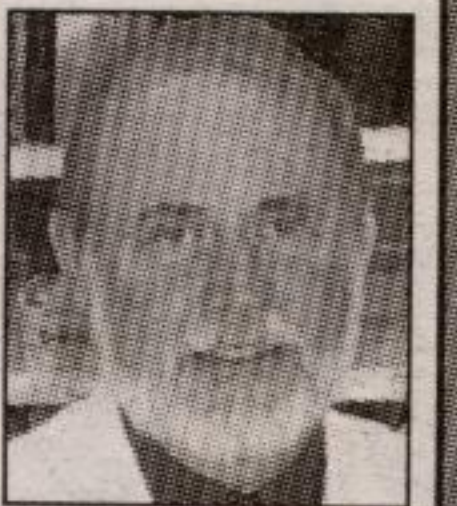
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877-2100



Neil Young
 B.Sc., Phm.

Q: My asthma seems to sneak up on me. What can I do to prevent an acute episode?

A: Asthma has several components that contribute to an acute attack. Muscle spasm of the lung's air tubes seems to be the factor that pushes it over the edge and it is this spasm that our Salbutamol, Bricanyl or other "stopper" inhalers treat. Two other factors that contribute just as significantly to our having an acute attack are an inflammation of the lining of the lungs and an accumulation of mucus in the air passages. Very often we do not detect these two factors worsening until a muscle spasm happens and then we have an acute attack.

There is an inexpensive device called a **Peak Flow Meter** that allows us to track our lungs' general resistance to airflow. This resistance usually relates directly to mucous blockage and lung inflammation. When we see our **peak flow readings** worsen, it tells us we are at greater risk of an acute attack and we should take steps to treat the underlying inflammation. This means implementing an "Asthma Plan" worked out with your doctor that usually involves bumping up the dose of your Flovent, Pulmicort, Beclomethasone or other "preventor" inhalers. Some persons may need to start on a course of cortisone pills. It makes sense to treat asthma before it impacts on our activities. The use of Peak flow meter along with an "Asthma Plan" can go a long way to very effectively control acute asthma attacks before they happen. Talk to us about your asthma and how a Peak Flow Meter and an Asthma Plan can help.



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Fran McLoughlin

Q: I have an older computer and I don't need it for cutting edge games but it is a little slow for my needs. What can I do about this?

A: Your best bet is a memory upgrade. Most older PCs never shipped with enough RAM due to memory costs. This is one of the fastest ways to speed up your older PC. If the PC is really old this may not be the most cost effective way, however, as older memory SIMM is now relatively expensive compared to newer SDRAM. For a more modern PC this is the way to go. Check out your nearest favourite store - it's only a five minute job to upgrade but it's well worth it. Some places will do it on the spot by arrangement. Once that's done your PC will spend less time switching from one application to the next and you be less distracted while switching between applications. If you are in doubt as to whether you need to upgrade the RAM, just listed to your PC or watch the small status light on the face of the PC that shows disk drive activity. If it spends lot of time reading from the disc drive as you switch open applications then go the memory upgrade route. How much memory? For windows 98SE Microsoft recommends 16MB minimum, 24MB recommended. For a Win95 or Win98 system I have seen 65MB as the sweet spot. Larger applications will need maybe 128MB, but this will depend more on the applications being run at all with minimum RAM is that they use a feature called "paging". Paging allows the system to accommodate more applications to run at the same time by using the hard disk drive to act as system memory. The downside is that the hard disk drive spends a lot of time assisting the system memory to do its job. With a lot of applications running on a minimum memory configured system you can expect a "Tower of Hanoi" effect - for those of you who know this game. Do not be afraid to ask the questions. That's how I learned. If you feel uncomfortable asking - go elsewhere. Most stores have very knowledgeable and helpful staff - but remember, it's all built into the price. Be fair, if a store gives you good advice and doesn't patronize you, consider shopping there - don't go "south" on them, or they may not be there tomorrow.

Judy L. Longstreet

Certified Reflexologist • Chartered Herbalist
 • therapeutic Touch • Ear Candling

Holistic Healing

(905) 877-2490

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 GEORGETOWN, ON L7G 3E4



Judy Longstreet

Q: Is there any type of government or insurance assistance to help subsidize the cost of any of the healing modalities that you offer?

A: Unfortunately at the present time there is no financial assistance offered by either O.H.I.P. or insurance companies for such practices as Reflexology, Ear Candling or therapeutic touch. However the Reflexology Association of Canada, along with other associations, is currently in the process of seeking professional status for this procedure and its practitioners.

Therefore in the future this healing modality could be recognized as a legitimate type of health practice and thus be compensated with some financial assistance. In the meantime I do offer receipts for the therapies which I practice and I highly recommend individuals claim these upon filing their income taxes.

Attention Readers

Send any questions you may have for our professionals on this page clearly stating who your question is for and with the heading

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The Independent & Free Press

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Attention: Ask A Pro

If you are a Professional who would like to be part of this page ~ call **Jeanette 873-0301**