

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. I have good intentions on changing my lifestyle, but I have difficulty actually changing. Why is this?

A. Not all individuals are prepared to take action to change their behaviour at a given point in time, even though they may have every intention of doing so. There are 5 relatively distinct stages which people go through as they learn and change their behaviour.

- 1) **Pre-contemplation** - No intention to change in near future. "I won't".
- 2) **Contemplation** - Possible intention to change within the next 6 months. "I might".
- 3) **Preparation** - Preparing & making change, but not meeting agreed on criteria. "I will".
- 4) **Action** - Made changes, meeting agreed on criteria > 6 months. "I am".
- 5) **Maintenance** - Made changes, meeting agreed on criteria > 6 months. "I have been".

Change is not a linear process. It is complex. People do not always move permanently forward. Relapse is the norm, with people often cycling through stages. It is important to recognize this, because there are different expectations and strategies used to each stage to best support progression. e.g. If expectations are set too high when you're at an early stage, it sets one up for frustration and giving up.

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

Q. Do you make custom-made footwear?

A. Yes, we carry custom-made Birkenstock sandals and clogs. We also have a new line of sandals & shoes. The new line made by The Orthotic Group, include sandals, casual & dress shoes, running shoes and clogs. Many of these styles are new this spring.

In order to manufacture such footwear, we take a plantar cast of each foot and send them to the lab. The footwear is made with a custom-made orthotic footbed according to the cast and prescription to make them weight distribution equal throughout the bottom of the foot.

Custom-made footwear is perfect after being on your feet all day in the summer months. As the warm weather approaches many individuals prefer to wear sandals instead of enclosed footwear. This is when people neglect to wear their orthotics.

Many extended health benefit plans cover the cost of custom-made orthotic footwear. So, if you would like the freedom from your orthotic or just want to walk around in comfort, give us a call.

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-Stepner

Q. I am an elementary school teacher. Over the past year I have had increased hoarseness and soreness when talking. I was found to have a vocal nodule. The doctor recommended voice therapy. Is that done with a Speech Pathologist and how can it help?

A. Speech-Language Pathologists are the trained professionals that offer voice therapy. Voice therapy is aimed at identifying and eliminating abusive vocal behaviour, creating a personal vocal hygiene program, teaching easy voice production, possibly defining strategies to manipulate the work environment to support better voice use and establishing improved vocal habits.

For example, a Speech-Language Pathologist can work with you to help identify things in your work environment that cause competition for voice production (e.g. overhead fan noise or the arrangement of the students' desks in the classroom creating greater distance for voice projection, to name a few examples). The Speech-Language Pathologist can assist and instruct you in modifying your work environment and your own voice use behaviours to optimize good vocal production. Strategies can also be identified immediately to assist with effective communication to compensate for your hoarse voice.

The ultimate goal is to reduce the nodule and restore full vocal function.

If you have any further questions, please feel free to call our Centre for more information.

**RBC Dominion
Securities**



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

Email: bbyckow@rbcds.com



Barbara Byckowski
Investment Advisor, BBA,
FPF, CFP

Q. We are interested in a Universal Life Insurance Policy - we heard it can be used as a tax shelter.

A. Universal Life (UL) insurance policies are not tax shelters but they do offer some tax advantages: Under a UL policy, for instance:

- Premiums paid in excess of the mortality cost and premium tax are accumulated and invested. Income tax on the returns of investments held within the accumulation fund are deferred until withdrawals are made from the policy (in other words your earnings are tax-free).
- When the policyholder dies, beneficiaries receive both the face value of the life insurance and full amount of the accumulation fund tax-free - which means the permanent AVOIDANCE OF TAX and partially funding the estate out of pre-tax dollars.

UL can also be used to fund retirement needs. You can borrow from your policy or pledge it as security for a loan and the loan provides cash flow in retirement, since the cash has result from a loan, rather than income, it IS NOT TAXABLE. Also, if repayment of the loan is deferred until the death of the policyholder, the loan will effectively be partially repaid out of pre-tax dollars.

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

"Ask The Professionals"
MAIL or FAX

**The Independent
& Free Press**

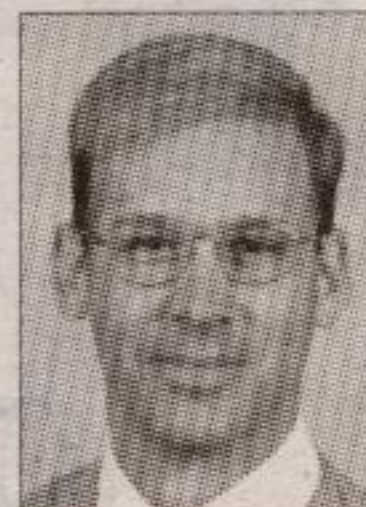
280 Guelph Street, Unit #29
Georgetown, Ont. L7G 4B1
Fax # 905-873-0398
Attention: Ask A Pro

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

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 have had pain in my neck and back on and off for years and it seems to be getting worse, would exercise help?

A. Yes, exercise is a very effective tool to use when treating spinal pain however your long history of pain and the recent worsening of your condition suggests that the exercises that you need will be more specific than those that come to mind when people think of, "exercise" in general. There are postures and patterns of movement that are ideal from the perspective of minimizing your body's susceptibility to injury. The more your postures and movements differ from this ideal the greater the odds that you will have an injury or aggravate an existing injury, especially if your exercises are not suited to your current postures and strength balances. Your physiotherapist will identify these problems and show you exercises that are designed to adjust your posture and movement patterns to be close enough to the ideal so you are more able to live the lifestyle of your choice. Physiotherapists also possess expertise in using other forms of treatment like ergonomic recommendations, joint manipulation and soft tissue massage all of which may be used in conjunction with the exercises.

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

"Ask The Professionals"
MAIL or FAX

**The Independent
& Free Press**

280 Guelph Street, Unit #29
Georgetown, Ont. L7G 4B1
Fax # 905-873-0398
Attention: Ask A Pro

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