

Local family knows the trials of living with CF

Breathe through a drinking straw for 60 seconds while you pinch your nostrils shut. Within a few seconds, your palms get clammy and each moment becomes unbearable.

This is what Shannon and Matthew Bain of Georgetown experience each day.

Shannon, 5, and Matthew, 2, both have cystic fibrosis (CF).

The disease is inherited genetically, and is fatal. It attacks mainly the lungs and the digestive system. The lungs acquire a build-up of thick mucus that makes it difficult to breathe. The ability to absorb and digest nutrients is impaired as well. The pancreatic ducts are blocked by mucus, preventing the enzymes from helping in the digestion of food.

To combat these symptoms, a person with CF undergoes multiple treatments during a normal day.

On a typical morning, Steve Bain, Shannon and Matthew's father, will get

up early and do Matthew's physiotherapy with him.

This includes "percussion" therapy: tapping or clapping on his back and chest to loosen the mucus in the lungs and pancreas. There are 10 different places on the back to tap on, and each place is treated for four minutes. While his father is doing the therapy with him, Matthew wears a mask that helps to open the lung passages. This takes roughly 45 minutes.

After Steve leaves for work, Gail Bancroft, the children's mother, gets up. She goes through the mask and therapy with Shannon, and then both of the children take four pills to help them digest their breakfast. The pills are enzymes, which helps the breakdown and digestion of nutrients that their bodies need. They also take a vitamin pill. After taking their pills, the children eat a normal breakfast.

Gail then packs Shannon's lunch, mak-

ing sure that her pills for her snack and lunch are packaged in with the meals, along with instructions for whoever is helping with the children that day.

In the afternoon, the children wear the mask again for 15 to 20 minutes, take their dinner pills, and eat dinner with their family.

In one day, the children will take between 18-24 pills each.

There is no known cure for CF, but treatment programs have extended the life expectancy from four years of age in 1960, to a median of 35.9 years in 2001.

"Research does make a difference," said Bancroft. "Any contributions [towards CF] are greatly appreciated."

One of the major fund-raisers is the Toronto and District CCFP Chapter's third annual 65 Roses Gala, a black-tie evening with a gourmet dinner, entertainment and silent and live auctions on Saturday, May 29, at 7 p.m. at the Four



One of the daily tasks that the Bain children face to cope with their Cystic Fibrosis is a session with their ventilator. Matthew (left) and Shannon watch cartoons while mom Gail oversees their medication. Photo by Ted Brown

Seasons Hotel in Toronto. The cost is \$250 per person. For more information contact Adrienne O'Halloran at 416-932-3900.

For more information about Cystic Fibrosis or to find out other ways to help, visit the CF Web site at www.cysticfibrosis.ca or call 1-800-378-CCFF.

—By Stephanie Douma, special

Ask The Professionals

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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 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, tendinitis 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 overuse syndrome. Contributing causal 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 possibly oral anti-inflammatories. If the problem has resulted from a tendinitis, 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.

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ROBERT H. CRANFIELD,
D.C.

Last month, I discussed some factors that tended to cause life long allergies in young children. These affect the baby in utero and the first three years of life. I mentioned that the maturation of the immune system towards immunoglobulin G or E (a Th1 or a Th2 response) largely determines this, and that the Th1 response was the direction you wanted the immune system to take.

Factors that cause a Th2 response (things to avoid)...

1. Antibiotic use in the first 2 years of life.
2. Vaccination with whole cell pertussis vaccine (whooping cough)
3. Reduced exposure to the 3 D's - dust, dander, dirt (a too sterile environment)
4. Increased dietary exposure to mega 6 fatty acids (vegetable oils-corn, sunflower, safflower)
5. Insufficient dietary antioxidants
6. Reduced dietary exposure to omega 3 fatty acids (flax, canola, fish oils)
7. Vaccination with live attenuated mumps and rubella viruses.
8. Not breast feeding for the first 3 months of life.
9. In utero maternal diets high in omega 6 fatty acids.
10. Exposure to diesel exhaust particles in the air.
11. Exposure to environmental toxins and pollutants.
12. Increased exposure to saturated fats.

Next month, I will discuss some of the factors that cause a beneficial Th1 response. Until then, experience health naturally with chiropractic care.

Send your questions for any of these professionals:
"Ask the Professionals"
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Angela Schurman
Sales Representative

Q: What is the benefit of placing a small advertisement on one of your community service pages?

A: A community service page is an ad which is produced in conjunction with area businesses to help support the advertising of a non-profit organization such as Cancer Assistance Service of Halton Hills, or the North Halton Literacy Guild. These pages are used to promote an event such as Police Day Family Festival (see today - pages 20 & 21).

There are many benefits of placing an ad on one of these pages. For the organization, it means they are able to allocate more funds to their cause, instead of having to fix advertising costs into their budget. The extra exposure in our paper also helps the attendance of the organization's event.

For the local businesses which advertise on the page, it is not only an opportunity to help out a worthwhile cause, but also to remind our readers of their company's presence in our community. If you are interested in being a part of our community service pages, or have any further questions, please feel free to contact either myself at aschurman@independentfreepress.com or Paul Agius at pagius@independentfreepress.com

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Q: My husband and I have decided to separate. Our 15 year old son wants to live with my husband but our younger daughter wants to live with me. My husband says he doesn't have to pay me child support if we each have one child living with us. Is this true? His income is much higher than mine

A: Split custody is where one child lives with each parent and the other parent has access. In these cases the Child Support Guidelines set out the amount a person would pay for child support for one child based on their income. These amounts are then set off against each other to determine the set amount, for example, if your husband's income is \$50,000 per year, he would pay you \$429.00 per month. If your income is \$25,000 per year, you would pay him \$222.00 per month. These amounts are set off so you would receive from your husband \$207.00 per month

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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Attention: Ask A Pro

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

OXFORD LEARNING

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Shari Bonaparte
Education Director

Q: I really enjoyed your suggestions on helping my child with homework. Do you have any hints to help my son prepare for tests & exams?

A: At Oxford Learning, we have many ideas on how to help your child study for tests. Here are just a few...

- Make a plan. Set goals for each session. Divide your material into units and assign one unit per day. Write this in your planner! Give yourself a three-day break before the test and make sure that you have learned all the units by then.
- Study in short bursts. Fifteen minutes at a time is excellent. After 15 minutes, take a five-minute breather. Do some exercise. Stick your head out the door. Get refocused.
- Use the SQRCRC method: Survey the headings, introductions and summaries in order to get the main idea. Question yourself, "What do I hope to learn by reading this note?" Read carefully for detail. Cover the work. Recite what you have just read, trying for main ideas and details. Check to see how well you have done.