

Ask The Professionals

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



Since 1984



Shari White
Education Director

211 Guelph Street., Georgetown

Q: What makes Oxford different from those other tutoring places?

A: We are teaching the way students learn. Years of research, by leaders in the study of learning, have produced the Oxford system. We have questioned traditional methods of teaching and explored how children learn.

The result? A unique curriculum developed to reflect how children learn and succeed in the computer age. Our students accomplish more than simply achieve higher marks. They learn how to think critically and absorb new information.

This all leads to better marks, deeper comprehension, and life-long self-confidence. To do well in life and at school, students need to develop.

- 1) Success Skills for School
- 2) analytical Learning and Thinking Skills
- 3) Self-Conscious Learning Skills such as listening, remembering, and organizing new data.

Schools and tutors may only address one or two of these learning areas, while Oxford tackles all three at the same time. We actually blend all three areas to help your child become a better learner. These are life-long skills that will serve your child for years to come and are only taught at OXFORD!

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

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Milton, Ontario Georgetown, Ont.
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(905) 878-6479 (905) 702-1611

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



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

Q: My child has painful red swollen spots on his feet that were recently diagnosed as Chilblains. What is chilblains?

A: Chilblains commonly occur in young adults, especially with a history of cool limbs. The symptoms are only seen in cold damp climates and the incidence has fallen with the advent of central heating.

Chilblains represent an abnormal vascular reaction to cold. They may be produced on rewarming by the more rapid dilatation of the constricted arterioles than the draining venules. This is thought to lead to the exudation of fluid in the tissues.

Chilblains occur at any age but are most common in children. They start in early winter, but outdoor workers may develop them in the spring. Itching and red lesions are followed by swelling of the subcutaneous tissues on the top of the toes, on the heels and fingers, especially when cold extremities are warmed. Chilblains may be single or multiple and usually subside in two to three weeks. Sometimes the reaction is more intense with ulceration.

The best treatment for chilblains is applying a weak solution of iodine to the skin. This will aid in the breakdown of metabolites in the tissue. Prevention is best, and can be achieved by wearing warm clothes and avoiding cold, damp areas.

DR. ANOOP SAYAL

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DR. ANOOP SAYAL

Q: My hygienist always talks about "plaque". What is plaque?

A: Plaque is an invisible bacterial film that builds up on your teeth every day. That sticky feeling you get when you wake up in the morning is bacterial plaque. It forms after you eat anything and can form above or below your gumline. The bacteria in plaque contain toxins that attack and damage your tissues. Plaque causes gum disease and cavities. In other words, plaque must be removed every day or the bacteria will start to decay your teeth and loosen your gums. At your hygiene visit, we routinely evaluate your plaque levels and inform you of the proper ways to clean your teeth and gums to prevent plaque from hiding around your teeth and gums.

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MANON DULUDE

Q: We thought that we would be able to build this new family and that love would be enough to conquer the difficulties. It is not working out as we had expected. What are we missing?

A: Building a blended family is both an exciting and complex process. Many couples start their journey with high hopes and unrealistic expectations. They soon find themselves disappointed and disillusioned. There are many myths and miss conceived beliefs about blended families such as love me love my child, blended families built after a death are easier than after a divorce, or stepfamilies can function the same way as first-time families etc. Once these myths are addressed, it leaves space for a healthier vision to be created. Blended families face many challenges starting with nurturing a new relationship, developing a family identity, establishing meaningful and satisfying relationships amongst the family members and building healthy boundaries with the extended family including ex-spouses. Consider working with a life coach to find your way through this maze. Coaching for blended families is a creative and supportive process that allows spouses to design a common vision for their new family. Your coach will assist you in defining the fundamental elements necessary to maintain a strong foundation for your relationship and your co-parenting. Wishing you the best as you discover the richness of blended families.

Halton Hills Speech Centre

211 Guelph St., Suite #5
Georgetown L7G 5B5

905-873-8400 www.haltontspeech.com



Karen MacKenzie-Stepner

Q: My father had a stroke about 2 years ago. He has made great recoveries physically, however, we often have a hard time understanding him and meeting his needs. His speech is quite slurred, and he gets very frustrated when he can't explain to us what he is trying to say. What can we do to help him?

A: Often after an injury to the brain, a person may have weakness affecting the facial muscles such as the lips, tongue or jaw. This results in slurred or difficult to understand speech (dysarthria). The area of the brain responsible for planning the movement of these muscles may also be affected (apraxia). A Speech-Language Pathologist would be able to find out what the problem is and to provide specific ideas about how to help.

Here are some suggestions to keep in mind when speaking with a person who has dysarthria:

- Encourage communication when the person is well rested. Communication may not be as clear when the person is tired.
- Allow additional time for the person to communicate thoughts and messages.
- Have the person talk slower and exaggerate movements of the lips and tongue for clearer speech.
- Encourage the person to sit in an upright position. This will increase breath support and posture for better speech production.
- When speech is difficult to understand, encourage the person to reword the message or use a different method of communication (such as gesturing, drawing or writing) to get the message across.

For further information on dysarthria or any other speech, language or swallowing problems, please contact the Halton Hills Speech Centre at 905-873-8400.

RBC Dominion Securities

Phone: 905-877-5659 or
Cell: 905-866-9414

Email: barbara.byckowski@rbc.com



Barbara Byckowski
Investment Advisor, BBA,
FPF, CFP

Q: I am not happy with the performance of my portfolio. Is it time for me to make a change in my portfolio?

A: If bumpy markets are tempting you to adjust your portfolio, remember that making investment decisions based on short-term fluctuations is a reaction, not a strategy. History has shown that making major changes to your portfolio based on short-term economic or market conditions can lead to missed opportunities and poor performance over the long term.

When is it time for a change? Here are some situations that call for revisiting your portfolio's investment mix:

- If your desired asset mix has shifted.
- If your risk tolerance has changed.
- If your personal financial situation has changed.
- If your time horizon has changed. As you near retirement, safety of capital often becomes more of a priority, which may mean adjusting to a more conservative investment portfolio.

If you've undergone significant life changes.

If you would like a complimentary 2nd Opinion regarding whether or not a change is right for you, please give me a call at 905-877-5659.

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

Q: How can you help my shoulder pain?

A: Physiotherapists can identify the location of your sore tissue during your assessment. A common problem is overuse of the front part of the shoulder due to poor positioning of the shoulder blade. The use of tools, desks and benches reduces the need for us to move our shoulder blades and eventually this ability is largely lost. This loss of shoulder blade use is easily noted by observing people who are engaged in their work.

You will often see the rounded upper back that signifies shoulder blade disuse. The area of automatic compensation for this problem is the shoulder joint but it can only compensate to a limited degree before the local tissues get sore. Physiotherapy treatments used to relieve the pain coming from the sore tissue include local massage, ultrasound, TENS, acupuncture and supportive taping. The most important element of re-injury prevention is correction of the poor shoulder blade motion. This problem is addressed with exercises that anyone can learn so long as they are taught with precision and adequate one on one time with the Physiotherapist. In this way the pain is relieved and the risk of future recurrences is reduced.

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222 Mountainview Rd. N. Bus: (905) 877-1800
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www.mountainviewresidence.com
uschi@golden.net



Christoph Summer
Owner/Administrator

Q: I understand walking is one of the most popular forms of exercise and it is also one of the best. It contributes to circulation and helps with both weight control and overall good health. Could you please list some walking tips that are relevant to people of all ages, but especially so for seniors?

A: Here is a list of tips:

- Warm up and cool down. Stretching alleviates muscle aches after any exercise
- Choose proper footwear. Don't be shy to ask the sales person for advice on the best shoes and don't cut corners on cost.
- Pay attention to your feet. Be sure to take note of any changes and/or pain in the feet or ankles. This could indicate a foot ailment or circulatory problem so speak to your doctor about it.
- If you are diabetic, use extra care. Be sure to pay attention to any numbness, blisters, or inflamed areas of your feet.
- Try to walk on soft ground. A paved pathway in a local park is a good option, as long as it is level and well used by others.
- Exercise with a friend if possible and be sure to keep talking. If you are too out of breath to talk, then it's time to rest. Know your limits and exercise with caution.