

Ask The Professionals

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



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Q: What is Ultrasound Treatment? How does the patient benefit from Ultrasound?

A: Therapeutic Ultrasound is one of the most common electro-physical modalities used by physicians. One of the major advantages of ultrasound is that it is nontoxic and nondestructive. Ultrasound equipment generates high frequency sound waves that are delivered to a specific body area via a round-headed probe. The application of ultrasound to injured tissues speeds the rate of healing and enhances the quality of the tissue repair. Ultrasound energy is converted into heat at tissue surface boundaries due to waves meeting intra- and intercellular resistance. Absorption of this energy takes place at the molecular level with the protein in the tissue acting as the absorbing agent. Muscle, fat, and hemoglobin all absorb ultrasound. The therapeutic effects of ultrasound are generally divided into thermal (delivered by continuous application) and non-thermal (delivered by pulsed application). The thermal mode is used primarily where heat is an essential element of the treatment. The heat causes blood to draw into the target tissues. Increased blood flow delivers needed oxygen and nutrients, and removes cell wastes. The deep heat helps to relieve pain, inflammation, reduces muscle spasms, and accelerates healing. Depending on the treatment area, range of motion may be increased. The sound waves, delivered by pulsed application, penetrate deep into the tissue and cause mechanical vibrations in the tissue, which exert a micro-massage effect (non-thermal effect) on the treated area. It helps to improve tissue fluid interchange and affects tissue mobility. Micro-massage is thought to assist in the reduction of swelling and edema. Moreover, ultrasound waves may trigger enkephalin production, producing a mild sedative effect.

Some Common Therapeutic Effects of Ultrasound:

- Stimulates healing without irritation
- Breaks up and softens scar tissue and adhesions
- Speeds metabolism and improves blood flow
- Reduces inflammation, swelling, and calcium deposits
- Reduces nerve root irritation
- Enhances the body's natural healing process

Ultrasound therapy is the most commonly used deep therapeutic heat modality in sports medicine, valuable for the rehabilitation of many different injuries. Ultrasound is used to treat musculoskeletal injuries, back and joint conditions, limited range of motion, soft tissue injuries, and chronic conditions, such as tendonitis, muscle spasms, bursitis, fasciitis, edema, sprains, contractures, and adhesions. Ultrasound treatment is not painful. The only thing the patient will feel is a tingling sensation in the treated area. As with any medical treatment, therapeutic ultrasound should only be administered by a licensed practitioner to assure the safety and effectiveness of the treatment. Tissue damage can occur if the modality is not properly administered.

SUSAN S. POWELL

BARRISTER & SOLICITOR

FAMILY LAW

2 COUNTY COURT BLVD., BRAMPTON
 (1 block south of Steeles at Hwy. 10)
(905) 455-6677



Susan S. Powell

Q: My wife and I have separated and have three young children. I have heard that Collaborative Law is a way to settle issues with less conflict. What is Collaborative Law?

A: Collaborative Law is a relatively new way to resolve issues. It is a way of practicing law where the lawyers, who have taken special training, agree to work with you and your wife to reach an efficient, fair and comprehensive settlement of all the issues. Everyone agrees that they will not go to Court while they are negotiating and if you are unable to negotiate a settlement neither lawyer will be able to represent you or your wife in any subsequent Court action. This ensures everyone is committed to the process of negotiating a settlement that satisfies the interest of both you and your wife.

Second trustee candidate files

Another resident has filed nomination papers for the position of public school board trustee in the November municipal election. Mike Parkhill of Georgetown filed his papers with the Town's Clerk's Department Feb. 13. Gillian Tuck Kutarna filed her papers in January. Candidates have been able to file their nominations seeking trustee and municipal council positions since January 1. Nominations close September 29.



Help me help others!

I am a volunteer with Cancer Assistance Services of Halton Hills (CASHh) your local cancer support group. CASHh is preparing for the April 2006 residential campaign. Halton Hills is growing so we need your help, either as a canvasser or team captain - at most six hours of your time. And please give generously when we knock on your door.

Thank you
 Bob Bairstow

Funds raised help OUR cancer patients:

- Transportation to and from the hospital for treatment and lab appointments
- Wigs, turbans, meal replacements, medical supplies, yoga etc

To volunteer, call or visit the office at
 222 Mountainview Rd. N.
 ☎ 905 702-8886



Halton Hills Speech Centre

Division of M. Karen MacKenzie-Stepner Speech-Language Pathology Professional Corporation

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

905-873-8400 www.haltonspeech.com



Karen MacKenzie-Stepner

Q: My child is having speech and language difficulties and it was suggested to me that I contact a Speech-Language Pathologist. What services does a Speech-Language Pathologist provide?

A: A Speech-Language Pathologist is a professional who is trained to assess and provide intervention to children and adults with speech and language difficulties. A Speech-Language Pathologist provides a wide range of services to assist people in the development of effective communication skills. These services include:

- helping people with speech sounds (articulation) difficulties;
- assisting children develop language skills;
- helping people to improve foreign accent, utilizing the Compton Pronouncing English as a Second Language Program;
- helping people who stutter (dysfluency) to speak more fluently;
- helping people with voice disorders to improve their voice;
- assisting people who have difficulties swallowing as a result of illness or stroke;
- helping people with aphasia (language impairment as a result of head trauma or stroke);
- developing augmentative and alternative communication systems for people with severe speech difficulties;
- consulting with individuals and community groups in ways to prevent speech and language disorders and to enhance communication effectiveness in everyday use.

Speech-Language Pathologists practicing in Ontario are registered with the College of Speech-Language Pathologists and Audiologists of Ontario. Speech-Language Pathologists provide services in many different settings including client homes, schools, hospitals, clinics, nursing homes, preschool programs and private practice.

If you would like further information about a Speech-Language Pathologist or the services that they provide please contact the Halton Hills Speech Centre.

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

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 Fax # 905-873-0398
Attention: Ask A Pro

If you are a Professional who would like to be part of this page ~ call Michelle 905-873-0301



211 Guelph Street., Georgetown



Shari White
 Education Director

Q: I know second term report cards are coming out soon and my daughter's teacher already called and requested an interview with me. What questions should I ask? How will I know if my daughter is where she should be?

A: Many times it takes asking the right question to get the right answer! Here are some leading questions that will give you more information about your daughter, and where she stands in the program.

- Are my child's reading and comprehension skills where they should be?
- Does my child have difficulty with comprehension?
- Does my child have difficulties with:
 1. Listening to instructions?
 2. Following directions?
 3. Staying on task?
 4. Organizing notes, work, and/or stories?
- Do you have to ask my child to sit still, be quiet or speak up?
- How does my child behave in class? In the schoolyard?
- What does she like to do best?
- What are her areas of strength?
- Does she have areas of weakness?
- Does my child appear happy?

If any of the answers to these questions are sending you warning signals and you would like some information on how to fix them, please call us at 905-877-3163 to arrange a no-obligation visit.



If you want to sell your property and get top dollar - you need to team with the experts at Savvy Staging Solutions!

333 Mountainview Rd. S., #30003, Georgetown
 Bus: (905) 877-3880 Cell: (416) 735-7142
 www.savvystagingsolutions.com



Lara Torrance, ASP™
 Owner, Accredited Staging Professional

Q: We are interested in having our home Staged in order to gain the most equity and ensure our house sells quickly. Please explain how a Home Staging Specialist works.

A: It is wonderful to know that home owner's are now realizing that a Staged property; a move in ready property, is in demand and will bring you results! Home Staging Specialists work closely with Builders, Home Owners and Realtors to prepare homes for sale. All properties (including condos and vacant homes) can be Staged despite the price or location.

There are a number of recommendations that a Home Staging Specialist can offer to evaluate and enhance your home's market appeal. Your house is probably your largest investment, be sure to maximize the appeal of your property!

A Home Staging Specialist from Savvy Staging Solutions (S.S.S) works in 3 steps:

1) **An on site appointment (a Consultation)** is scheduled and a thorough analysis of the property is completed. A Property Enhancement Guide™ is supplied and all recommendations / priorities are reviewed with you. A proposal from S.S.S can be provided if you are unable or do not wish to participate in the transformation / Staging of your property.

2) **Homework / Repairs** are to be completed as recommended in the Property Enhancement Guide™. S.S.S can facilitate this process and ensure the target market date is met.

3) **Staging** - S.S.S returns to showcase the property in the best light possible, as well as to designate it "move in ready". The Staging process offers a distinct marketing advantage over your competitors.

We look forward to working with you. Be sure to Stage and Market to Sell! Our customized services permit our clients to choose the level of investment (time and money) to best meet their needs. Call Savvy Staging Solutions at 905-877-3880 or visit www.savvystagingsolutions.com.

Tooth Chatter



by
ALEX TRENTON
 DENTURIST

OLD AGE IS GOLDEN?

There is nothing the matter with me, I'm healthy as can be,
 I have arthritis in both of my knees,
 And when I talk, I talk with a wheeze,
 My pulse is weak and my blood is thin,
 But I'm awfully well for the shape I'm in.

Arch supports I have for my feet,
 Or I wouldn't be able to be on the street,
 Sleep is denied me night after night,
 But every morning I find I'm all right,
 My mem'ry is failing, my heads in a spin,
 But I'm awfully well for the shape I'm in.

How do I know that my youth is all spent?
 Well, my "get up and go" has got up and went,
 But I really don't mind when I think with a grin,
 Of all the grand places my "get up" has been.

Old age is golden, I've heard it said,
 But sometimes I wonder as I get into bed,
 With my ears in the drawer, "my teeth in a cup",
 My eyes on the table until I wake;
 Is're sleep comes o'er me, I say to myself:
 "E's there anything else I should lay on the shelf?"
 Author "unknown."
 You do not need a referral; simply call our office direct.

Creating confident smiles since 1982.

Alexander Trenton, D.D., F.C.A.D. (A)
 Denturist
 Georgetown Denture Clinic,
 18 Church Street,
 Georgetown, Ontario
(905) 877-2359

(Across from the Library and Cultural Centre)
 www.georgetowndentureclinic.com

Child Abuse Breaks Hearts



Child abuse is a far-reaching problem that affects children of all ages, socioeconomic levels and ethnicities. It is every adult's responsibility to help stop child abuse by reporting suspected abuse or neglect. If you believe a child has been harmed, or is in danger of being harmed, call your local department of children and family services or your local police department. If you are a parent, do your best to provide a nurturing, loving home environment for your child. If you need help doing this, there are resources to help you - look online or in the phone book, or ask for assistance through your church or your child's school. If we all do our part to prevent child abuse, we'll get to the heart of the matter.