

Ask The Professionals

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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: I hurt my low back about a year ago. It got better within a month, but I frequently have recurrences of low back pain. The episodes usually last a few days, and are usually provoked with overactivity. Is there anything I can do to put an end to my back pain?

A: Studies show that following a low back injury, pain recurs in almost 80% of people within one year. Studies also show, that there is a strong relationship between a dysfunction of the multifidus muscle and recurring low back pain. This important back muscle attaches to other structures in the back that when contacted, can help stabilize the back. Within 24 hours of a back injury, the multifidus muscle is known to atrophy and weaken. Its recovery is not spontaneous. This means that it does not regain its size and strength on its own. It needs to be re-trained specifically. General exercises (i.e. swimming, walking, running) do not guarantee a re-trained multifidus.

Multifidus strengthening is not strenuous, but does require concentration. A basic multifidus exercise involves lying on one's stomach, imagining that you are a Barbie doll and just got your leg pulled out of the hip socket and are trying to pull the leg back into the socket. Pelvic movement should be minimal with this exercise, and you should avoid hiking the hip up. It may seem like you not doing much, but in fact the mere visualization of this exercise is already recruiting the multifidus.

Keep in mind, though, that since you do not spend your day lying around, you need to retrain multifidus in a more functional way applicable to your lifestyle. Your physiotherapist will be able to progress you on an appropriate program.

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DR. ANOOP SAYAL

Q: Is sugar bad for your teeth?

A: Fact is, in as little as 15 minutes after eating a sugary food, a sticky substance can be found on the teeth. It's called plaque. This sticky material turns acidic and attacks the "enamel", or outer covering of the teeth.

Without proper brushing and flossing, decay is the final result. It's unfortunate that, in Canada, sugar is such a large part of our diet. In many other countries where white sugar is not common, dental disease is almost never seen. The typical Canadian's diet, though, lacks many of the foods needed for proper nutrition. An increased consumption of fruits, vegetables and whole grains, and a decreased dependence upon "sweets" will not only improve your dental health, but can also benefit your overall health. Proper nutrition is one of the best ways to guard against cavities. Your teeth are intended to last a lifetime.

They will, if you care for them properly. This means brushing and flossing daily, combined with regular visits to your dentist and hygienist to help avoid tooth decay and gum disease.

Elayne Tanner & Associates Inc.

Elayne M. Tanner
 B.A., B.S.W., M.S.W., R.S.W., DIP. SOC. ADM.
 Counselling & Psychotherapy
 Individuals, Couples, Children & Families



Elayne M. Tanner

11084, 5th Line, Milton, Ontario
 905-854-0801

Q: I am pregnant and worry about post-partum depression. What is it?

A: Contrary to popular mythology, pregnancy is not always a happy, glowing experience. Approximately 15-20 percent of pregnant women experience depression. Normal pregnancy experiences such as fatigue, appetite changes, and poor sleep are similar to symptoms of mood disorders.

When symptoms of depression or other mood disorders cause limitations in your ability to function on a day-to-day basis, intervention is necessary. This may include counselling, medication or things such as Yoga or acupuncture. The goal is to use whatever you need to feel like yourself again. Depression during pregnancy has been associated with low birth weight and preterm delivery.

Some women become pregnant while taking medication for depression, anxiety, and other mood problems. Many of these medications are considered acceptable during pregnancy. Your doctor should be consulted. Often it is safer to continue a medication than risk a relapse.

Signs of post-partum depression:

- Occurs in 15 to 20 percent of mothers
- Onset is usually gradual, but it can be rapid and begin any time in the first year
- Excessive worry or anxiety
- Irritability or short temper
- Feeling overwhelmed, difficulty making decisions
- Sad mood, feelings of guilt, phobias
- Hopelessness
- Sleep problems (often the woman cannot sleep or sleeps too much),
- Fatigue
- Physical symptoms or complaints without apparent physical cause
- Discomfort around the baby or a lack of feeling toward the baby
- Loss of focus and concentration (may miss appointments, for example)
- Loss of interest or pleasure, decreased libido
- Changes in appetite; significant weight loss or gain

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.haltontspeech.com



Karen MacKenzie-Stepner

Q: I immigrated to Canada about 2 years ago and have not been able to get a job in my chosen profession because people find it difficult to understand what I am saying. English is my second language and I find it difficult to say some of the sounds. Is there anything I can do to improve my accent?

A: When English has been learned as a second language, particularly as an adult, accurate pronunciation of all the sounds can be difficult. There are a number of sounds that most other languages do not have or may not distinguish between. For example, many languages do not use a "th" sound. If you find yourself saying sank you or tank you for thank you, or have difficulty with other sounds, then accent improvement may be something you should consider.

If you find that friends and colleagues are saying "pardon?" or "Could you say that again?", especially on the telephone, pronunciation may be a problem. This in turn can make it difficult for promotion at work or perhaps hold you back from applying for that "perfect" job. Accent improvement programs are available. One such program is the Compton P-ESL Program which is designed to improve your pronunciation of English as a second language. This program is now available at the Halton Hills Speech Centre. If you have any questions, please contact the Centre at 905-873-8400.

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

Q: I am looking around for someone to assist me in getting rid of my pain. Why should I choose a Physiotherapist?

A: The strength of Physiotherapists lies in the number of tools that they possess competence in using and the manner in which they combine these tools during the courses of your care. The profession was born out of the casualties of World War One and the primary tools used by Physiotherapists at that time were "remedial gymnastics", that is the prescription of movements designed to promote wound and injury healing, and massage. Since that time the nature of injuries have changed somewhat and so has the training of Physiotherapists. Today all Physiotherapists are trained in Universities with the vast majority of programs requiring a degree prior to entering a Physiotherapy program. Tools that we are trained in using include electrical stimulations, (including acupuncture point stimulation), therapeutic ultrasound, biomechanics, (including the design of orthotic devices), spinal manipulation and of course "remedial gymnastics", which is now known as therapeutic exercise, and massage. Physiotherapists effectively combine the use of these tools based on your specific needs. Another advantage to consumers is that the conduct and competence of Physiotherapists is government regulated so you can be confident that you will be treated in an appropriate and competent manner.

OXFORD LEARNING

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211 Guelph Street., Georgetown
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Shari White
 Education Director

Q: I have just received my son's second term report card and his teacher has requested an interview with me. What questions should I ask? How will I know if my son is where he 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 son, and where he 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 for a no-obligation visit.

YORKSHIRE ENTERPRISES INC.

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Sarah Simpson
 Education Director

Q: Are the young adults in our family getting the tax refund they deserve?

A: If children are over 16 at the end of the tax year and have no income, they should apply for the Ontario Provincial Sales Tax credit of \$100.00 (provided this is not claimed by the parent). Perhaps they have a part time job that pays only a few hundred dollars a year. This would not be taxable to them, and it would be tempting not to file an income tax return. However, they might be missing out on the refund of any EI (employment insurance) premiums or income tax withheld. They could also begin building RRSP contribution room for the time that they proceed to a full time job. If a dependent is 18, be sure to file a tax return to ensure that the GST credit is paid starting in the quarter he or she turns 19. Does your child attend a university or college? Did you know that your child must first file an income tax return and use his or her tuition fees to reduce the taxable income to zero? Only then can excess fees be transferred to you (to a maximum of \$5,000.00) even though you may have mortgaged your soul to pay those fees

Call Year Round For An Appointment, During Tax Season, Drop In:
 Monday to Friday 10am - 7pm, Saturday 9am - 1pm

Conveniently located:
 Knolcrest Centre
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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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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 **Michelle 905-873-0301**

KARMY CHIROPRACTIC AND CHRONIC PAIN MEDICAL CENTRE

483 Guelph St., Norval, ON L0P 1K0

Tel: 905-873-8510

www.mydoctor.ca/drkarmy



Dr. Ann Karmy, B.Sc, D.C.
 Certified A.R.T. Provider

Q: What are the advantages of treating pain in a Multidisciplinary Pain Clinic setting?

A: Mild pain of short duration is usually easy to treat, however severe pain of long duration can be a very challenging problem. It is because long standing severe pain can be such a difficult problem to treat that multidisciplinary pain clinics arose.

First multidisciplinary clinic was founded after World War II by Dr. Bonica at University of Washington. Although the concept of multidisciplinary clinic is not new, it was not until late 1990's that multidisciplinary clinics became wide spread.

In a typical multidisciplinary clinic, medical doctor works closely with other health professionals to insure optimal outcome for a patient. Clinics which know and utilize only one form of treatment have tendency to persist in using the same treatment for prolonged period of time, even if the patient is not getting good results. In multidisciplinary clinics multiple approaches are often used simultaneously and, if a given approach is not working, it is much easier to switch to a different one.

Statistics show that multidisciplinary approach lead to faster return to work and higher success rates in reducing pain, reducing medication use, improving mood and quality of life compared to traditional one-modality clinics. In one study, 90% of patients were off all prescription drugs, and 70% had marked improvement in their pain levels after participating in a Multidisciplinary Pain Program. Because of the high success rates of multidisciplinary clinics, both, the American Pain Society and the American Academy of Pain Management endorsed the multidisciplinary approach to treatment of pain similar to the one practiced at our Clinic.