

Ask The Professionals

DR. ANOOP SAYAL

Family and Cosmetic Dentistry
located in
Georgetown
Marketplace Mall



(905) 877-CARE (2273)



DR. ANOOP SAYAL

Q: Are sweets bad for your teeth?

A: Everyone knows that sweets are bad for your teeth. But, did you know that the amount of sweet food you eat is not as important as the length of time your teeth are exposed to sweets? Eat sweets at mealtime rather than between meals. The amount of saliva produced at that time will help protect your teeth. If you cannot avoid sweets between meals, choose something with less sugar like nuts and seeds, peanut butter, popcorn, plain yogurt. Sticky sweets that stay in your mouth for longer periods of time like toffee or hard candies should be avoided as snacks.

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

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Elayne M. Tanner

Q: It seems like all my female friends are depressed. Is this just a 'fad' or are men right when they say we 'get crazy'?

A: Although both men and women suffer from depression, women seem about twice as likely to go through depressive times at some point in their lives. There are a few different reasons for this, some physical and some societal. A major reason of why women suffer depressive symptoms more than men is because of hormonal fluctuations from the time of puberty, menstrual cycles, pregnancy, and menopause. These sometimes very significant changes significantly increase risk of depression. The other aspect to women's depression is societally based. Women still tend to be the more frequent victims of abuse; carry the major burden of childcare and domestic responsibilities; get lower pay with fewer benefits in their careers; be single parents and suffer the greatest loss of financial status in divorce. These are all stressors that contribute to depression in women who may already be susceptible. Furthermore, society tends to be very dismissive of women's depression, shrugging it off as 'nerves' rather than finding systemic ways of addressing the issues. Depression can be very effectively treated and the benefits far outweigh any risks of doing so. Research has shown that, while medication is effective, medication combined with counselling is far more effective. Speak to your primary care provider if you suffer the symptoms of depression and deal with it before it takes control of your life.

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318 Guelph St., Georgetown
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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, ultrasounds, 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.

Halton Hills Speech Centre

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

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Karen MacKenzie-Stepner

Q: I've been told my child has a lisp. Is this easy to correct with speech therapy?

A: Speech-Language Pathologists see many children who have difficulty with speech sound production, such as a lisp. It is important to note there are two kinds of lisps - frontal and lateral. A frontal lisp is when the tongue sticks out, primarily on the /s/ and /z/ sounds, and it tends to sound like "th" (eg "sun" sounds like "thun"). A lateralized lisp is when the sound is very slushy because the air is going sideways instead of coming out in the centre of the mouth. It often affects numerous sounds such as s, z, sh, ch, j. We often see/hear frontal lisps in preschool children when they are learning to make the /s/ sound since they do not have total control over their tongue placement. This may disappear without any help as the child learns to control their tongue movements better. Lateralized lisps typically need help to correct. It can be difficult to understand the child as the child "lateralizes" the airstream on many sounds.

If you have any concerns about your child's lisp, please contact the Centre for further information or to book an appointment with a Speech-Language Pathologist.

SUSAN S. POWELL

BARRISTER & SOLICITOR

FAMILY LAW

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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.

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Barbara Byckowski
Investment Advisor, BBA,
PFP, CFP

Q: We go down to Florida every winter - what guidelines should we use to ensure we are always considered a Canadian Resident for tax purposes?

A: Before you head south for the winter for an extended stay, it is important to review your tax strategies, forms to file and paperwork to fill out to make sure your tax bills are as small as possible when you return next April. Residency: You will be considered a resident in the US if you meet either the lawful permanent resident (or Green Card) test or the "substantial presence" test. The substantial presence test is determined by the following calculation: you have been in the US for more than 30 days in the current year and if the total number of days you spent in the US during the current year, plus one third of the days you spent in the US in the last year, plus one sixth of the days you spent in the US in the year before last equals or exceeds 183 days. Therefore, you can spend up to 120 days each year in the US without crossing this threshold test. In calculating the number of days, you should be aware that a partial day in the US counts as a full day, although you can exclude days that you were in transit in the US (for less than 24 hours) on your way to another foreign country. If you meet this substantial presence test, you will be subject to US tax and filing requirements. This will be so even though you may also be a Canadian resident and pay Canadian taxes.

We work with local accountants to provide a full-service planning approach to all your financial needs. Give me a call if you would like a complimentary consultation 905-450-1850.

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Michelle Wan
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 Alzheimer's Awareness Month (January) or the naming of Georgetown & Acton's Citizens of the Year.

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 myself at features@independentfreepress.com.

Dr. J. Eric Selnes, Orthodontist

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Dr. J. Eric Selnes
Orthodontist

Q: Am I too old to have my teeth straightened?

A: The saying, "You are NEVER too old..." has never been more accurate. Lots of people think that braces are only for kids. In fact, over 40% of our patients are adults aged 18-70.

Adults seeking treatment often are unhappy with the appearance of their smile. Common complaints include crowding, spacing, misalignment, protruding upper teeth or even jaw and facial esthetic concerns. Treatment can range from simple therapy to align teeth to complex therapy to align jaws. Treatment times can vary from 6-36 months depending on complexity.

The braces of today are dramatically different from the "railroad tracks" of 20 years ago. We now have: small metal and clear braces; invisible (inside) braces; treatment WITHOUT BRACES using invisible removable aligners.

Most dentists agree about the negative effects of crowded teeth on the health of the gums. Many also suggest that the fit, appearance and longevity of certain crowns, bridges and implants may be improved if the teeth are straightened first.

The appearance and health of your teeth is an important aspect of your business and social life. Orthodontic treatment can be an important step towards optimizing your dental health and appearance. Visit your Orthodontist to find out if you might benefit from Adult Orthodontics.

SMC SERVICES

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Susan Redmond

Q: I'm thinking about getting a divorce. How can a Certified Divorce Financial Analyst (CDFA) help me?

A: When couples decide to divorce or separate, there are really three processes happening. The most obvious is the legal process. Everyone contemplating divorce or separation knows they need a lawyer to get through the legal process. There is also an emotional process and people seek support from a mental health professional or have the support of family or friends as they go through this process. The financial process is the third leg of this triad. This portion is critical because the stakes are high. There are many financial issues to deal with when divorcing or separating. Generally, the parties do not think about hiring a financial professional to help them with these issues until after the settlement. Sadly, any poor financial decisions made during a settlement can have disastrous consequences down the road. This is where a Certified Divorce Financial Analyst (CDFA) can help you. CDFAs are financial professionals and have taken additional training to work with clients going through separation and/or divorce. They are familiar with the issues of divorce and separation and can help you to understand and take ownership of the financial decisions to be made.