

Ask The Professionals

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Marta Masley
B.Sc.(PT), M.C.P.A.

Q: I have been having a deep pain in my right buttock for the last 2 months. I went to see a specialist who told me I have "Piriformis syndrome". What is this and how do I treat it?

A: Piriformis syndrome is a painful condition in which the piriformis muscle is irritated. The Piriformis is a small, pear-shaped muscle that lies deep in each buttock area. It plays a role in certain hip movements. The pain can radiate into the thigh, and is usually only one-sided. The piriformis muscle can become inflamed and irritated due to numerous reasons: poor posture, poor body mechanics, muscle imbalances, aggravating sporting activities. Ultimately the muscle is not functioning properly. Treatment can be tricky, as well as lengthy. Your doctor may prescribe anti-inflammatories. A physiotherapist can assist in controlling the symptoms, as well as prescribing a specific stretching program. He or she will also be able to determine the cause of the problem and help correct it. A deep tissue massage is also recommended. Occasionally, this condition becomes chronic and severe enough to warrant surgery which removes scar tissue.

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Q: Are you really what you eat?

A: Just like our bodies, our teeth and gums need certain essential vitamins and minerals to stay healthy and strong. Babies, children and adults all need ample amounts of the minerals calcium and phosphorous, and the vitamins A, C and D to ensure proper tooth development and strength. Calcium, aided by phosphorous and vitamin D, is the main component of teeth and bones. It's what helps keep them strong. Vitamin A is necessary for the formation of tooth enamel, and vitamin C is essential for healthy gums. Nursing mothers should keep in mind that their diet may influence the growth of the newly-forming teeth of their baby. A nursing mother's diet should include foods from all of the food groups. An adequate intake of the proper vitamins and minerals helps in the development of healthy teeth. A lack or absence of these minerals can lead to disease. Fluoride is an important mineral for tooth decay prevention. Fluoride strengthens the enamel of young developing teeth, and acts with calcium and phosphorous to restore and harden enamel in mature teeth. Fortunately for our teeth, fluoride has been added to almost half of the drinking water in Canada. If your drinking water comes from a well, you may want to have your water tested for the presence of natural fluoride. Contact your local health unit for more information. As with the overall health of our body, a good diet is the best way to ensure dental nutrition. Strong teeth need a variety of whole grain breads and cereals, fruits and vegetables and lean meats, in addition to milk products. Tooth-healthy snacks also include nuts and seeds, peanut butter, cheese, plain yogurt and popcorn. For more information on foods that are good for your teeth, ask your dentist.

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Christoph Summer
Owner/Administrator

Q: Because winter will soon be upon us do you have any winter walking tips?

A: We all know that we must keep all walkways and steps clear of snow and ice. An adequate supply of shovels and ice melter should also be handy. Don't forget the following:

- Watch out for ice. If you must walk on ice, slow down and take tiny steps or shuffle. Consider using a cane or walker for better balance.
- Wear sunglasses. These can help reduce the glare so prevalent in the snowy/icy winter months.
- Carry as little as possible. Carry parcels by your side in bags with handles so you can see ahead of you. This will also allow one hand to be free. (When possible, take advantage of home deliveries).
- Wear lightweight, waterproof winter boots that provide warmth, traction and have a low wide heel. Avoid smooth leather soles or high heels. You might also try ice grippers that can be removed easily.
- If sidewalks are impassible, forcing you to walk on the street, walk facing the traffic.
- Wear something bright or reflective to enable motorists to see you better.
- When walking avoid twisting or reaching. You need to keep your center of gravity over your feet.
- Always remember to take your time!



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Q: Our Realtor® recommends that we have our home professionally Staged®. What is Staging® and how will this service help us sell our home?

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Shari White
Education Director

AFTER THE PARENT - TEACHER INTERVIEW

Q: I really liked your questions to ask my child's teacher during the interview, but now that it is over, what is the next step?

A: Once you know the areas that need addressing, you must make an Action Plan.

The Follow-up Action Plan

Agree on an Action Plan

Before you leave the interview, summarize the key learnings and identify next steps. It is important that you both agree on the same goals for your child and outline the next steps that need to be taken. Successful goal setting means that goals are achievable, measurable and believable.

Set a date for you to follow up

Once a plan of action has been established, ensure this is monitored.

Before leaving the Interview, set a firm date to follow up and meet with the teacher again so you can review your child's improvements and ensure they're on track.

Ask about alternative help

Ask about alternatives. Do not be afraid to ask if extra help, such as a supplemental educational program from Oxford Learning, would benefit your child.

If you have any more questions on how to make an Action Plan or you would like some information on our programs, please call us at 905-877-3163 to arrange a no-obligation visit.

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MANON DULUDE

Q: Christmas triggers my anger, how could I get through it differently this year?

A: Every year I ponder on what makes the Christmas Holidays such a difficult time for my clients and I always come to the same conclusion. Although there are all sorts of meanings to Christmas, religious or commercial, in my opinion, the deeper meaning of Christmas is about belonging and love. What many don't realize, is that anger is a way to mask pain. This pain may be so deep, unbearable or old that it can be believed to be unmanageable. As a result, a common reaction to this belief is to transform the pain or sadness into anger. It is a great defense mechanism. It creates the illusion of giving us more control over situations we might have very little choice over. Unfortunately, while covering our pain, anger often creates havoc in one's behaviors and moods and does not have the desired effect of relief one is seeking. Anger often leaves one feeling more alone and isolated. When I work with individuals for whom Christmas is a difficult time, I explore the origin of the pain/anger and their story and life experiences which have left them feeling undeserving of love or alone. Counseling assists those individuals to examine their past and re-frame their current beliefs. New patterns of thoughts and behaviors toward themselves are created. The ultimate goal is to create a belief system where one sees themselves as deserving and capable to meet their own needs, and able to trust and appropriately ask those around them to help them meet their needs. If Christmas brings up painful feelings or inappropriate behaviors, consider consulting. Manon Dulude is a Psychotherapist and Coach. She can be reached at 905 873 9393

St. John's to host 'Blue Christmas' service on Dec. 12

Christmastime is not a season of joy for everyone. For many, it is a time to mourn losses of the past year, whether it is the loss of a parent, child, spouse or good friend. It could also be the loss of a relationship, family status or financial well being. We may want to quietly celebrate Jesus' birth and feel a spiritual closeness with God, but we cannot face the joy of the season as we normally do. Nothing seems important compared to the loss we have suffered.

It is a St. John's tradition that those who want to share these feelings have an outlet to express their grief and longing. If you're looking for some quiet reflection with others who are in a similar situation, why not take an hour to come to our Blue Christmas service?

St. John's United Church is holding this service in its Glen William's sanctuary on Tuesday, Dec. 12 at 7 p.m. The intimate feeling of this small Glen church (533 Main Street, Glen Williams) will help enable you to express yourself with others who care. Everyone is welcome. You don't have to be a member of St. John's to come. See www.stjohnsuc.ca for details.

...Candlelight Carol service too

If you're looking for some quiet reflection in this busy season, why not take an hour to sing carols and celebrate the season away from chores and shopping centres?

St. John's United Church is holding a Candlelight Carol service in its Glen William's sanctuary on Sunday Dec. 10 at 7 p.m.

Talented musicians will accompany us on flute (Carolyn Braun), cornet (Gwyn Evans), fiddle (Suzanne Hnatiw), guitar (Jim Ball) and piano (Haydn Evans and Dee Butwell). Everyone is welcome. You don't have to be a member of St. John's to come. If you enjoy music we will see you there.

BACK TALK

By Dr. Gabor Madarasz



It seems that we're into "flu season" again and everyone is deciding, "should I or shouldn't I?" Well interestingly enough three important news stories about flu vaccines all hit the news services within hours of each other on November 13! In the first, Canadian researchers discovered a slight rise in the incidence of Guillian-Barre syndrome, a condition similar to multiple sclerosis, among those given flu shots. Even though the lead researcher claims the risk of contracting Guillian-Barre is tiny, getting a flu shot ups that risk by some 45 percent! In another story, there have been 100 recent cases of bizarre behavior and three deaths related to falls mostly in Japan connected with Tamiflu, and most involving children. This comes about a year after Tamiflu was implicated in the deaths of 12 Japanese children. In related coverage, the news has prompted the U.S. FDA to update Tamiflu's label so that it warns patients about abnormal behavior. Another really interesting web site is to google "Fudenburg" and check out the dangers of mercury and other preservatives in the flu shot. Look under "recent abstracts". Well, stay healthy and we'll "talk" again in January.

PS. We wish you all a Merry Christmas and happy holidays from all of us at Life Chiropractic Centre.

Life Chiropractic Centre
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