

Ask The Professionals

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Elayne Tanner & Associates Inc.



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Q: I made it through the holidays! Although my job is demanding I have always loved it but this year I didn't want to go back to work. Am I suffering burnout?

A: Burnout is a state of physical, emotional and mental exhaustion caused by long-term exposure to demanding work situations. People whose coping resources have been depleted by excessive stress are said to be suffering burnout. With increasing stress, coping skills begin to deteriorate and this makes you more vulnerable to stress. Some of the signs of burnout include being more cynical, sarcastic, critical, irritable and less patient at work. There is a lack of energy, little joy and feelings of being unproductive. Sleep habits and appetite may change and there may be a corresponding increase in drug/ alcohol/ cigarette/ caffeine intake. You may be troubled by head, neck or back pain, may be more easily startled, have no sense of purpose and may be experiencing generalized depression. These are some of the more basic symptoms of burnout.

Burnout can be avoided. You must re-evaluate your goals and priorities, reduce the demands on you, learn to delegate, get the support of family and friends and live a healthy lifestyle. Stress management and personal self-care are important tools that can be learned.

You can overcome burnout, but it takes time. Take time to enjoy family, a walk in nature, a favourite hobby or time for yourself. You may find talking to a qualified therapist helpful. Remember, you not only have a right to pleasure and relaxation, it is a necessity. Keep in mind the saying: "If you always do what you always did, you will always get what you always got!" Do something different. Your health is a gift—don't lose it.

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

Q: I had a full ergonomic assessment of my office workstation and my pains haven't gone away. Why?

A: The field of Ergonomics plays a key role in injury prevention but even the best ergonomic set up will not allow workers to stay in the same position indefinitely. Our bodies rely on muscle contraction and relaxation as well as regular joint movement to stay healthy and efficiently coordinated. By analyzing your work station, your work demands and your pre-existing posture we can provide you with an at work postural health program that is designed to increase your comfort. Everyone is more productive when they are comfortable.

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 wife has trouble taking pills. How can I help?

A: Difficulty taking pills is a very common problem for several different reasons.
 1) **The pills do not go down:** All pills should be taken with liquids. It takes at least a cup of liquid to flush the pills through to the stomach. Pills should be given sitting or standing. **Pills should never be given lying down.**
 2) **The pills are too big:** Talk with your pharmacist to see if the pills can be crushed. Not all pills can be crushed as they work outside of the stomach and may have a coating that stops them breaking down in the stomach. If they can be crushed ask your pharmacist if the crushed pill can be put into jam, pudding or icecream so that it tastes better. If it can't be crushed ask if there is a smaller version or a liquid version that would be easier to take. If this is not possible, try taking the pill with water. Hold the pill and the water in your mouth, put your chin down towards your chest and swallow hard. Swallow again.
 3) **The number of pills that need to be taken during the day:** Talk with your doctor and/or pharmacist. Sometimes the doctor can change the number of pills to once a day rather than three times a day. They could also be changed from tablets to capsules. Your doctor might also be able to change how they are taken. Some pills can be taken in a liquid form. Ask if this liquid can be mixed with juice or milk so that it tastes better. It is difficult to take an unpleasant medicine. **Do not make any changes yourself** without consulting your doctor or pharmacist. There are reasons for each medication. **Read the labels on the bottles and talk with your pharmacist.** For further information and help on swallowing difficulties please contact the Halton Hills Speech Centre and a Speech-Language Pathologist would be happy to help you.

SUSAN S. POWELL

BARRISTER & SOLICITOR

FAMILY LAW

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Susan S. Powell

Q: I have lived with my girlfriend for just over 2 years. I want to separate from her as we are arguing and I no longer want to live with her. My income is much higher than my girlfriend's income. Do I have to pay her spousal support if we separate?

A: There is no obligation to pay spousal support to your girlfriend if you have not lived together for three years unless you are the parents of a child. Once you have lived together for three years or have a child together than you may have an obligation to support your girlfriend. Couples who live common-law should consult a lawyer to learn their rights and obligations as they may be different from those of a married couple.

Dr. J. Eric Selnes, Orthodontist
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Dr. J. Eric Selnes
 Orthodontist

Q: At what age should my child have their first Orthodontic check-up?

A: The Canadian and American Associations of Orthodontists recommend the first orthodontic check-up no later than age 7. WHY? The baby teeth may appear straight but there can be a problem which requires expert detection; To assess for subtle problems with jaw growth and erupting teeth while some baby teeth are still present; To check the bite to identify concerns which may require early intervention or to monitor growth and development to begin treatment at the ideal time; The orthodontist can often achieve results that would not be possible once the face and jaws have finished growing; Early treatment may prevent more serious problems from developing and may make treatment at a later age shorter and less complicated. It may allow the orthodontist the chance to:
 guide jaw growth
 lower the risk of trauma to protruded front teeth
 correct harmful oral habits
 improve appearance
 guide permanent teeth into a more favourable position
 improve the way the lips meet
 6. Through early orthodontic screening, you will be giving your child the best opportunity for a healthy, beautiful smile.

The Natural Choice Naturopathic Clinic
Dr. Jennifer Fitzgerald, ND
Naturopathic Doctor
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Q: I have a child that suffers with ear infections, can Naturopathic Medicine help?

A: Absolutely. Naturopathic treatment of ear infections focuses on treating both the symptoms and the cause of the infections, including identifying food allergies, underlying infections, mechanical obstruction and nutritional deficiencies. By addressing underlying concerns, future ear infections can be avoided. Ear infections are typically caused by a bacterial or viral infection, although in many cases there is no bacteria or virus present. The pain occurs due to inflammation in the middle ear causing swelling and blockage of the Eustachian tube (the tube connecting the middle ear to the nose and throat), preventing proper drainage and causing a build-up of fluid in the middle ear. The swelling and extra fluid presses up against the sensitive structures of the middle ear causing pain. Traditionally, the most common treatment for an ear infection is antibiotics. Even if the infection is caused by a bacterial infection, antibiotics do not address the inflammation, fluid or tissue damage, they do not prevent re-infection and they do not shorten the duration of the infection. Another common procedure is to have tubes inserted into the eardrum to facilitate draining. The tubes often fail to achieve their goal, and may be associated with long term hearing loss. 40% of ear, nose and throat specialists believe that this procedure is performed too often. Natural treatments can work wonders to reduce the pain and discomfort of an ear infection, but treatment does not end there. Your Naturopathic Doctor can suggest dietary changes, nutritional supplements, homeopathic remedies, chiropractic care or lymphatic massage to address specific underlying issues that are making your child susceptible to ear infections. Why not make this ear infection your child's last? For more information on what Naturopathic Medicine can do for your family, call Dr. Jennifer Fitzgerald, ND at The Natural Choice today!

RBC Dominion Securities

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Barbara Byckowski
 Investment Advisor, BBA,
 PFP, CFP

Q: Every year at this time, I look to reduce my tax payable. What ideas do you have?

A: Maximizing your unused RSP contribution will assist in reducing your tax payable. The deadline this year for the 2006 tax year is March 1, 2007. We have some additional ideas to reduce tax payable must all be actioned by December 31, 2007 for the 2007 tax year. Making charitable donations before year-end can create tax savings of approximately 25% on the first \$200 donated and up to 50% on the remainder of the donations in the year. Strategies involving the donation of securities "in kind" are very tax efficient. Feel free to give me a call for more details or an information article. An investment tax shelter i.e. limited partnership or flow-through shares can create tax deductions to significantly reduce your taxes payable, however not all tax shelters are created equal so you need to do your homework. Quality offerings are available now in the early part of the year and you need to assess the upside of the tax deduction against the downside potential of the investment. Again, feel free to give me a call to discuss further 905-450-1850.

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 Barbara can be reached at 905-450-1850.



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Dr. Kathy Cameron DC
 Chiropractor

Q: When I bent over my daughter's crib to pick her up my back jammed and I was not able to stand up without pain in my back. My husband told me to go lie down and rest which seemed to make my back pain worse. What should I have done?

A: Acute low back pain is experienced by almost everyone in their adult life. In the majority of cases the pain is located in the back and may go down the leg, but not pass the knee. Much research has been done on low back pain. A Clinical Practice Guideline from the US Agency for Health Care Policy and Research was produced in 1994 summarizing the research. No evidence was found to support bed rest for acute low back pain. Bed rest for more than 2 to 4 days is actually worse for patients with low back pain. A gradual return to normal activity is more effective to help decrease acute low back pain. So instead of lying down for a rest continue to move around as much as you can and have your husband lift the baby from the crib for a few days. You can also put ice on the area for 10 minutes to help decrease swelling. It is not recommended to heat an acute injury as this can increase the swelling. Research has also demonstrated that sitting for long periods of time can increase the mechanical stress on the spine. It is more beneficial to be cautious in lifting and twisting. Within the first two weeks after an acute low back pain episode low-stress aerobic activity is recommended to help return to pre back pain functioning. The best types of exercises which do not stress the back are walking, biking, or swimming. Strength exercises have the best effect if started after two to four weeks. Not only will your back benefit, improved physical fitness, weight loss and positive well being are great side effects of exercise. Even though well meaning friends and family members will tell you to go and rest, you can tell them that it is best to keep moving within reason and encourage them join you on your walks.

Dr. Kathy Cameron operates Move Activity and Motion Clinic located at 116 Guelph St in Georgetown, 905-702-1072. The clinic offers a team approach to fitness and health with chiropractic care, acupuncture, massage therapy, personal fitness training and circuit classes for all ages.

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Attention: Ask A Pro

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