

Don't let mobility problem affect your independence

Specialists offer tips for seniors on protecting their joints

Don't lose your independence due to mobility problems. It's true that your joints will undergo a certain amount of wear and tear as you age, but treating them with care could keep them pain free. Here are some quick tips from joint health specialists:

- A sufficient intake of minerals and vitamin C is important for the synthesis of healthy connective tissue. Minerals shown to give a positive impact are cop-

per, zinc, manganese, and boron. One of the best ways to obtain a complement of these minerals is to add fresh nuts, seeds, and non-citrus fruits to the diet.

- Research shows that vitamin D, with its anti-inflammatory effect, may help protect your joints— and natural health products like Cell-fx are a soluble source of chondroitin sulphate, a critical building block of cartilage. Professional athletes are known to use this daily sup-

plement to help reduce bone and joint pain.

- Regular exercise is key in keeping connective tissue healthy, strong and supple. Research shows that people who exercise regularly experience 25% less muscle and joint pain in their old age than people who are less active. Isometrics, or resistance exercise, is recommended for strengthening a joint. It works by contracting the muscles sur-

rounding the affected area, but with no movement at the joint.

- Flexibility and stretching exercises are vital to the maintenance and rebuilding of supple connective tissue. Strengthening the joint and connective tissue within its full range of motion is extremely important for maintaining pain free functionality.

—News Canada

Support our Physicians Making a difference in our lives



Georgetown

Physical and Sports Therapy Clinic

Marta Masley B.Sc.(PT), M.C.P.A.
Clinic Owner & Registered Physiotherapist

83 Mill Street, Suite B, Georgetown, Ontario L7G 5E9
Tel: (905) 877-8668 • Fax: (905) 877-4165

With appreciation for all you do.
Sincere thanks from . . .

The Georgetown HEARING CLINIC

Cory Soal, R.H.A.D.

99 Sinclair Ave., Suite 210 • Georgetown, ON L7G 5G1
(905) 873-6642 Phone (905) 873-4411 Fax
•REG'D WITH THE MINISTRY OF HEALTH, A.D.P.
We Care About Your Hearing!



ROBIN COLLINS

B.H.Sc.(P.T.), B.Kin., Dip. Sport P.T.
Registered Sport Physiotherapist, Partner

Telephone: 905•873•3103
Fax: 905•873•6471
www.erasosaphysio.com

333 Mountainview Road South, Unit 9
Georgetown, ON L7G 6E8

— Offering Excellence in Physiotherapy —



DR. CAROLINE TESKE & ASSOCIATES OPTOMETRISTS

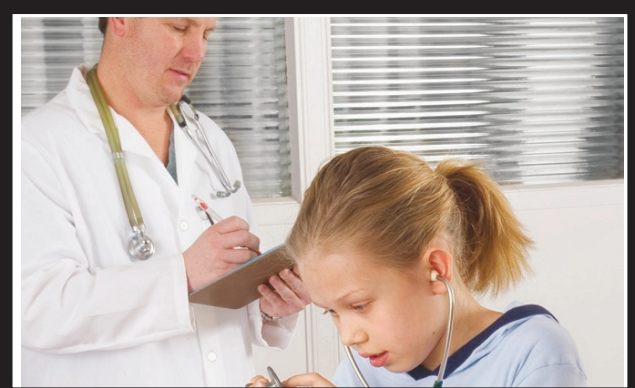
- Evening & Saturday Appointments
- New Patients Welcome
- English and French Spoken
- Laser Surgery Consultants

Clear Vision Begins With Healthy Eyes



905-702-1616

99 Sinclair Ave., #310
Georgetown



Optometrist

Dr. Bruce Foley

905 873 2077
Suite 101- 83 Mill St.
Georgetown, L7G 5E9

- Comprehensive vision and ocular health examinations
- Laser co. management
- Fashionable eye wear
- Contact lenses



New Patients Welcome

Family OPTICAL

(905) 873-3050
"Where seeing is believing"

David K. Joseph
Registered Optician & Certified Contact Lens Fitter
Same Day Service in Most Single Vision
www.familyoptical.ca

Georgetown MarketPlace • 280 Guelph St. • Unit 18
Georgetown, Ont. • L7G 4B1

Orthodontics for Georgetown and Mississauga since 1997



Dr. J. Eric Selnes

BA, BPHE, DDS, MSc, D. Ortho, FRCD (C)



1556 Dundas Street West, Mississauga, Ontario L5C 1E4
905 • 615 • 0353

103-83 Mill Street, Georgetown, Ontario L7G 5E9
905 • 873 • 1066

drselses@heritageorthodontics.com www.heritageorthodontics.com

RIDE FOR YOURS. RIDE FOR OTHERS. RIDE FOR HEART. SUNDAY JUNE 1ST, 2008

Our son Matthew died suddenly and unexpectedly from an abnormal heart rhythm that is rare and extremely difficult to detect. Matthew was just 15 years old.



To celebrate Matthew's memory our family and friends will be riding in the Becel Heart&Stroke Ride for Heart on June 1st, 2008. We couldn't think of a better way to honour our son than to be a part of this unique event and to raise funds for life-saving heart and stroke research. Please sponsor our team online "Motoring for Matt" or register today and meet us at the start line. **Together we can help save lives.**
— Joan and James Barker from Georgetown — Proud Parents of Matthew



REGISTER OR DONATE TODAY AT WWW.RIDEFORHEART.CA

Thanks to the following sponsors for putting their hearts into it.



Finding answers. For life.