

Ask The Professionals

Ask Questions. Get Answers.

"Ask the Professionals"

E-mail your questions to:
features@independentfreepress.com

Elayne Tanner & Associates Inc.



Elayne M. Tanner

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B.A., B.S.W., M.S.W., R.S.W., DIP. SOC. ADM.
Counselling & Psychotherapy

Milton **905-854-0801**
www.etasolutions.com

Q: I suffer from anxiety and depression but I also have some symptoms that I don't seem to fit but do seem like my son's attention deficit/hyperactivity disorder. Is it possible that I have ADHD?

A: It is very possible. First of all, children with ADHD never grow out of it. They DO however, learn to manage their symptoms. Also, ADHD is genetic so it is very possible that if you have child that has been diagnosed with ADHD and you have symptoms that seem like ADHD, that you too, have ADHD.

It is often more difficult to diagnose adult ADHD because adults often have learned to cope with or cover-up their symptoms. Secondly, ADHD is often accompanied by anxiety, depression or substance abuse and these issues are more easily recognized and hide the ADHD symptoms. Furthermore, since the impulsivity and hyperactivity of ADHD often diminishes with age ADHD may further go undiagnosed. None-the-less, ADHD often impairs the individual to the point where they cannot function in some activities and it becomes worth it to get a diagnosis to help you understand what is going on and realize that it is not your fault and that you are not just careless, lazy or forgetful and to help you find new, effective strategies to cope with the symptoms.

Treating the ADHD may alleviate your anxiety and depressive symptoms also. Most important is to find someone to assess this condition who is well versed in ADHD and the symptoms both in children and in adults. If you would like to know more about this please call me for an appointment.

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: Over the past winter and spring my pre-school age son has had numerous ear infections. A friend told me that my child is at risk for hearing and speech and language difficulties. Can you explain how this might happen and what can I do?

A: Middle ear infections (otitis media) are a common ailment of early childhood. Otitis media is the inflammation of the middle ear, usually in association with fluid build up. Symptoms, frequency and severity of otitis media can vary from child to child. However, one common factor for all children who experience otitis media is a fluctuating hearing loss. The middle ear houses 3 small bones that vibrate and send signals to the inner ear when sound waves strike the ear drum (a thin membrane separating the outer ear from the inner ear) and set these bones in motion. However, when a child has otitis media the fluid build up in the middle ear will often prevent the eardrum from vibrating normally. This will prevent good sound signals from reaching the inner ear and subsequently the brain. Thus, the child will experience a hearing loss that is most often temporary. However, if a child experiences recurring bouts of otitis media, permanent damage may be done to the small bones, eardrum or hearing nerve, which may result in or cause permanent hearing loss. It is therefore important to be aware of the signs and symptoms of otitis media. A good source for this information is your family physician.

Hearing loss due to otitis media may cause speech and/or language problems. A child learns speech and language development from hearing and listening to other people talk in his environment. However, if a child is having difficulty hearing during the stages of development then we may see a delay in the development of his speech or language because he is not gaining the full advantages of the language-rich experiences around him. If a child does not develop critical precursor speech and language skills, then we may see a domino effect in the delay of his communication skills.

If you are concerned that your child may have otitis media it is important to contact your family health care professional immediately. If your child has had numerous middle ear infections it may be necessary to consult with an audiologist to evaluate your child's hearing and a speech-language pathologist to assess your child's speech and language development and provide suggestions/recommendations as necessary.

DR. ANOOP SAYAL

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DR. ANOOP SAYAL

Q: Did you ever stop to wonder why your dentist wants to take x-rays of your mouth? Wouldn't a thorough examination of the mouth give the same kind of information?

A: In a word, no. X-rays, which show the hidden roots of teeth and the jaw, can help the dentist decide how to treat a problem. Dental diseases can't always be seen because they can occur in the jaws and hidden parts of the mouth. Some of the diseases are very serious. also, good x-rays can show the doctor where tooth decay and infection are located. Impacted wisdom teeth and poorly fit dental work can also be seen.

It is reassuring to know that today's x-rays are very safe. In most instances, the amount of radiation you receive is about the same as you might receive from the sun on an average day. Your dentist will take every measure to protect you from excess exposure. Look to him to help you with all your dental needs.

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E-mail: georgetownoffice@spriggs.ca

Q: How do convictions under the Highway Traffic Act affect my policy?

A: As a rule, you can have up to 2 minor convictions before you run into insurance problems. Some insurance companies may even offer a 'conviction-free' discount. Demerit points do not affect a policy - convictions do. Convictions remain on insurance records for 3 years. If you are charged with a major conviction or a serious conviction such as careless driving, fight to have it reduced to a minor conviction. Remember a traffic offence does not affect your policy until it becomes a conviction. For this reason, you would be wise to fight the charge and ideally have it thrown out of court or quashed. This will lessen the burden on your policy. Consider discussing your traffic violation with your insurance broker before offering a guilty plea.

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uschi@golden.net



Christoph Summer
Owner/Administrator

Q: Any tips on what furniture to take when moving into a retirement home?

A: The good thing about most retirement homes is that you can bring anything or everything. But since you are most likely downsizing, I have a few suggestions that may help you with your decisions.

Don't be afraid to make a few visits and take some measurements. If possible, it is advisable to work out placement of furniture before move-in. Remember to ask what type of window coverings are provided. Also, find out ahead of time, who is responsible for making telephone and cable connections. And don't forget that favourite chair for reading, sewing or watching television.

Lastly, here are a few safety tips: Make sure the path leading to your bathroom is unobstructed and wide. Also, beware of throw rugs placed on top of the room carpeting. A trip on a throw rug may mean a trip to the hospital - that is one trip too many in our books!!

ADAPT

HALTON ALCOHOL, DRUG and GAMBLING ASSESSMENT PREVENTION & TREATMENT SERVICES



Carrie Woodcock
Problem Gambling Counsellor

Problem Gambling Services

36A Armstrong Avenue
Georgetown, ON L7G 4R9
(905) 873-6502

42 Mill Street
Acton, ON L7J 1H2
(519) 853-8222

- Q:** Have you felt a need to gamble more often with more money?
- Q:** Do you ever return to try and win back money you have lost?
- Q:** Do you ever lie about your losses or hide your gambling from others?
- Q:** Do you ever gamble to escape your problems or to relieve unpleasant feelings?
- Q:** Have you or someone close to you ever been worried or concerned about your gambling?

If you answered yes to any of the above questions we recommend that you talk to a gambling counsellor or to someone you trust. Gambling patterns can become heavier over time and may lead to serious problems. Problem Gamblers report higher rates of stress, depression, financial problems, relationship problems and even suicide. Help is available. If a friend or family member is gambling too much and you are concerned we also encourage you to talk to someone.

WE CAN HELP!

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Pick up some summer reading

Seven-year-old Megan Somerville checks out some of the books that were available at the Acton Library book sale on Saturday. Hosted by the Friends of the Halton Hills Public Library, there was a good turnout and raised \$1,154. The next Library book sale will be on Saturday, June 21, 9 a.m. to 3 p.m. at the Georgetown Branch, 9 Church St. Bargains for all ages and interests.

Photo by Jon Borgstrom

Churches & Temples

Georgetown Alliance Church

Sunday Worship
at 10:00 AM

Nursery & Jr. Worship for Children
www.togetheratgac.com
290 Main St. (S. of Maple)
905-873-0249

St. George's Anglican Church

60 Guelph Street, Georgetown 905-877-8044
Additional parking at Georgetown District High School
www.stgeorgesgeorgetown.com

SATURDAY JUNE 14, 4:00 p.m.
Messy Church, Worship, Crafts & Supper
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8:00 a.m. Worship
10:30 a.m. 'Messy Church Picnic' at
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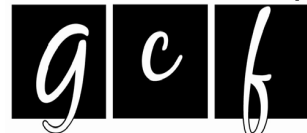
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A Life changing ministry

"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

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Church Office: 905-873-0235