

# ASK THE PROFESSIONALS

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## ENHANCE COSMETIC CENTRE & SPA

Judith E. Finn - Director (ECC)  
30 Years Experience

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### Laser Treatment for Acne and Acne Scars

Acne is a common skin condition that affects many people at some point during their lives. It is a complex and continuous cycle that can be caused by many factors, resulting in a hormonal fluctuation that stimulates oil production. It is most common in adolescents but can be experienced at any age and range from mild to severe. Too often, people squeeze spots and blemishes because of their unpleasant appearance. Unfortunately, the habit can increase inflammation and, in extreme cases, lead to permanent scars.

### What can laser treatment do to help my acne?

Fotona's laser treatment reduces acne inflammation through photoselective absorption and controlled heating. The laser safely penetrates the skin to an optimal treatment depth to thermally and selectively destroy overactive sebaceous glands. In addition, the treatment accelerates the healing process and stimulates collagen remodeling, an important step in the long-term treatment of acne.

### What if I have acne scars?

Fotona's laser is ideal for mild scar revision. It safely and effectively penetrates the skin for gentle resurfacing of acne-scarred skin, helping to improve your skin's texture and tone. Unlike chemical peels and microabrasion, laser skin resurfacing allows the penetration depth to be precisely controlled by the practitioner. The laser gently vaporizes micron-thin layers of the acne-scarred surface to reveal healthy, undamaged skin below.

### What can I expect from the treatment?

Each person is different but during the treatment, you can expect minimal to mild discomfort. Immediately following treatment, you may experience some redness or swelling that will diminish after a few hours. Most patients can resume their daily activities immediately following the treatment. It is best to avoid direct sun for a few days following treatment and to apply sunscreen.

For more information on products or services call Enhance Cosmetic Centre & Spa at 905-864-0000



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**Q:** My husband and I are thinking of separating. Is there a specific way to divide our assets and debts?

**A:** If you and your spouse entered into a marriage contract that contract will govern how to divide your property. The two of you can agree between yourselves how to divide your property. If neither of these apply then your property will be dealt with in accordance with sections 4 and 5 of the Family Law Act.

The easiest way to settle property issues is by agreement. If you and your spouse can reach an agreement on how to divide property (assets and debts), to your mutual satisfaction, you do not need to follow the scheme set out in the Family Law Act. However, most couples who are separating use the Family Law Act as a guideline. A lawyer can help you understand the scheme, so that you know what the outcome might be in court.

If you cannot agree then you must divide your property by first valuing all of your property, jointly owned or only by one of you. The "value" of all property accumulated during the marriage is to be shared equally between the "spouses" on marriage breakdown. The day the property is valued is the Valuation day and is commonly the day the spouses separate.

You determine the value of your property by completing a financial statement, which gives you what your Net Family Property is. Net Family Property is the value of your debts and property you brought into the marriage deducted from your assets. Net Family Property for both spouses is then calculated and a money adjustment equal to one-half of the difference between the spouses is made. The money that the spouse with the higher total has to pay the spouse with the lower total is "equalization". In other words, spouses equalize their respective net family property so that each leaves with the same amount.

Once the numbers are established, the scheme in the Family Law Act is clear on how to divide marital property and Judges do not deviate from the scheme found in the Family Law Act.

The matrimonial home is given special treatment under the Act. The Family Law Act mandates that the matrimonial home is owned equally by both spouses regardless of actual ownership, therefore one-half of the value is attributed to each spouse.

Committed to Working for You!



Ontario Foot & Orthotics

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## What are compression stockings and how can they help me?

Compression stockings or socks are specialized hosiery that is designed to help prevent the occurrence of venous disorders such as swelling, varicose veins, tired aching legs, and clotting. It also guards against further progression of venous disorders.

Compression stockings or socks are elastic garments that are worn around the leg and compresses the limb, which creates pressure against the legs. This causes an increase in venous blood flow. By helping to decrease venous pressure, compression therapy will help relieve tired and aching legs.

Compression stockings are tightest around the ankles and become less constrictive around the knees and thighs. The type of compression therapy will be dependent on where the swelling and aching is occurring. The garment can go up to the knee, or extend to the thigh and even as panty hose up to the waist. There are also various degrees of compression that are available. Based on your symptoms, your doctor can help determine the amount of compression necessary.

Those who are on their feet all day, or who travel a lot for work can benefit from compression therapy. They will help reduce swelling and keep the blood flowing at a constant gradient. To find out more information regarding compression therapy and whether it is right for you, contact your local chiropradist.



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**Q:** The topic of sexual assault and abuse has been in the news so much lately. Unfortunately, it happened to me too. I'm wondering if there is still any benefit for me getting counselling now to deal with my past?

**A:** Child sexual abuse and sexual assault impact every aspect of a young person's life and it is not something we "grow out of". It continues to negatively impact the individual forever until it is dealt with, with in-depth counselling, and even possibly well beyond that. The younger the child was when the abuse first occurred; the longer the abuse continued; the relationship between the child and the abuser, are all variables that will affect the impact of the abuse for the adult.

If the child is young when the abuse occurs, it will affect the child's ability to attach and may later result in many failed relationships and black and white thinking. From the age that the abuse began and for the time after that, all developmental tasks are impacted so that a child may develop a faulty sense of self and poor self esteem. He or she may become self destructive, addicted or sexually promiscuous. It is clear, therefore, as to why the younger the child and the longer the abuse continued, the more impact it will have on the developing self.

The child's ability to trust is clearly, impacted by sexual abuse. If the abuser was a trusted teacher, coach or religious leader, for example, the child may develop difficulty in trusting people in authority. As an adult, they may have frequent work place confrontations and may be fired or quit many jobs. They may avoid any religious ceremonies or events or have a difficult time allowing their own child to participate on sporting teams.

If the abuser was a close family member attachment and trust issues are likely. In adulthood, the result can be familial triangulation, where one person plays one against the other; or possibly overprotective or overly permissive parenting.

The impacts and outcomes of sexual abuse and assault are always about power and control over a victim and how long it will take to make the necessary changes will depend on many factors. But the impacts can be remediated with intensive counselling with a highly skilled, knowledgeable counsellor. Dr. Elayne Tanner has the skills necessary to enable you to reclaim your life. Call today.

"HELPING YOU HELP YOURSELF"

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CORE PARTNERS GROUP

Investment Planning Counsel

CIPF SECURITIES INC.

### What is your magic number?

Luck plays a small part, but effective planning plays the lead role. Good planning depends on looking at all the moving parts: Age, income, expenses, assets, liabilities, savings, life expectancy, rate of investment return, inflation, personal life-goals and objectives. A robust plan accounts for all the certainties and leaves no gaps while managing the risk from uncertainties by building protection mechanisms. It also allows for suitability, measurability, accountability and adaptability.

Good portfolio design and asset allocation with continued monitoring and adjustments by an expert, will help achieve the set goals and expectations. An investment policy statement sets clear and detailed guidelines of the plan, while a retirement Cashflow Plan provides a detailed road map, based on factual numbers, realistic assumptions and projections to help us figure out your "magic number" and how to get there.

From the perspective of Wealth Management, navigating life's journey IS rocket-science. The right expertise, tools and resources, ensure success by availing of the best opportunities and managing risk.

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## ITS AGAINST THE LAW BE AWARE

Dispensing of eyewear over the internet is against the Law. The provision of eyewear as in Contact Lenses and glasses are required to be done by a licensed Optometrist or Optician.

Economics??? What is the motive for any company or group of people to provide any prescribed device over the internet? Likely to make money. The public however are seemingly unaware of the laws which governs prescribed devices and are motivated by WHAT? Saving money?

The law is in place to protect you. Thinking you are saving money by ordering a device over the internet is actually going to cost you. YOUR HEALTH.

The company providing the lens may not be giving you the correct specifications, and the side effect to you may cause you harm. Also, without any quantification or identification of the lens provided leaves you in a situation of actually being "taken" by inferior products. Costing you by adding dysfunction and more frequent replacement. Costing not only money, but TIME.

A recent Legal Challenge enacted by the Colleges of Optometrists and Opticians in Ontario have Won the injunction to prevent the companies dispensing Glasses and Contact Lenses over the internet.

IT IS IN THE PUBLIC INTEREST TO PROTECT WHAT YOU ARE PRESCRIBED AND WHERE IT COMES FROM.

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