

ASK THE PROFESSIONALS

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Judith E. Finn - Director (ECC)
34 Years Experience
 email: info@skonlaserclinic.ca



Want to keep a young and fresh look?

Our skin ages due to sun exposure and decreased production of collagen. Ellipse treatments of sun-damaged skin (Skin Rejuvenation or Photorejuvenation) help you keep a younger and fresher look.

Ellipse treatments of sun-damaged skin make your skin look smoother by removing age spots, other uneven pigmentation and diffuse redness. Your skin texture is also improved and many women report requiring less makeup coverage. Facial treatments are most popular, but all parts of the body can be treated.

To do this, short, safe bursts of intense pulsed light (called Selective Waveband Technology by Ellipse) are directed at the skin. The system filters the light to ensure the wavelengths used are absorbed by haemoglobin in the fine blood vessels and melanin in the age spots. When cells containing a lot of melanin or haemoglobin are treated, the target heats up and is destroyed within a few thousandths of one second.

Can I be treated?

Treatments are most efficient in patients with light skin who are not suntanned at the time of the treatment. If your skin is less tanned, the contrast between the age spots/blood vessels and background colour of the skin is greater, making treatment easier. However, Ellipse has pre-programmed settings for different skin types that deliver the correct energy output for your complexion.

Do I need to take special precautions?

It is, however, important to avoid tanning (sun or self-tanning products) before and during the treatment period. Otherwise your tanned skin will absorb more light, which makes treatment less effective and less comfortable. Generally, no special care is necessary after treatment, but people should use sun protection (minimum SPF 30) if sun exposure cannot be avoided.

What can I expect?

You may notice that the skin has a coffee grain like crusting for a few days following treatment. After that you will find that your skin looks smoother and fresher. You should see an improvement after the first treatment, but up to 3 treatments may be required to achieve the full effect. You might choose to have 1-2 annual maintenance treatments in order to keep your youthful appearance.

Skön Laser Clinic
 470 Bronte Street South, Unit 103,
 Milton, ON L9T 2J4
 289-878-3361

BEAUTY. INSIDE. OUT.™



Ujala Khanderia
 B.Sc., D.Pod.M

Ontario Foot
 & Orthotics

UJALA KHANDERIA
 B.Sc., D.Pod.M

FOOT SPECIALISTS/CHIROPODISTS
 550 Ontario St. S., Unit 205, Milton, 905-878-6479

Member of the Ontario Society of Chiropractors and The Ontario College of Chiropractors

Keeping your feet safe for the winter

As the weather starts to get colder, it is important to make sure you are keeping your feet warm and dry. Along with winter come winter activities such as skiing, skating, snowboarding, etc. All of these activities require the right footwear in order to keep the feet warm and prevent injury. Here are some tips for making sure you keep your feet healthy for the winter months:

- When participating in winter activities, it is important to wear the right footwear intended for that sport. You should not wear anything other than the right boots for skiing or snowboarding. The boots should fit you properly, stabilize the heel and forefoot, and have enough room in the toe box for you to wiggle your toes.
- You can wear custom made orthotics in your boots to ensure better stability and to offload painful areas of the feet.
- For runners who continue to run in the winter months, make sure you wear warm clothing that helps to wick moisture away. This will help you stay warm in colder temperatures. Make sure to wear proper running shoes and run in areas that are not too icy to help prevent falls and injuries.
- Stretching is important to keep the muscles warm. Make sure you stretch before you start your activity to warm the muscles up and increase flexibility.
- Make sure you are wearing the right winter boots. Find boots that are water proof/resistant and that have a warm lining inside. Sometimes warm boots can cause the feet to sweat more making the feet moist. This can actually cause the feet to chill easily and make them more prone to bacterial skin infections. You can put foot powder in your socks to help absorb excess moisture.
- When buying boots for kids, make sure you buy the right size. Buying boots that are too big can cause blistering, shearing of the skin and also cause injuries. Also make sure socks are not too small as they can cause the toes to bunch together creating extra friction. Winter boots should fit to size every season.
- Lastly, do not wear summer shoes in the winter. Wearing sandals or open toe shoes in the cold weather can increase your chances of getting frostbite, and other foot and ankle injuries.

For more information, or to book an assessment, contact Ontario Foot and Orthotics at 905-878-6479 or visit us online at www.ontariofoot.ca.



Dr. Ron Strohan
 Optometrist

DR. RON STROHAN
 OPTOMETRIST

WAKEFIELD PROFESSIONAL CENTRE
 106 WAKEFIELD RD
 MILTON, ONTARIO · L9T 2L8
 PHONE: 905-878-5882 · FAX: 905-878-7158

Computer Vision Syndrome

The introduction of computers and the information technology has introduced a pandemic of eye problems called Computer Vision Syndrome. It has also motivated people to use computers for information gathering vs the printed format.

So you may now visit our WEB site at www.MiltonEyeandVisionCare.com

Computer Vision Syndrome is simply eye fatigue with a list of other physical ailments. Constantly focused at an arms length is similar to holding your body in one position for hours at a time causing eye fatigue, headaches, nausea, and muscle stiffness in the face, eyebrows, neck and all other body extremities. Other disorders can be associated with it in the notion of pain and stiffness. Bottom line-Discomfort and stress on the heart.

Solutions.

1. Looking at other distances, out a window if possible, by glancing away. Standing up and viewing tasks from different distances every twenty minutes to vary your focus distances.
2. Frequent water consumption. The eyes blink half of the time they would when not viewing the computer screen. The same applies to driving, watching television.
3. Dry rooms increase dryness and irritation of the eyes. An open window will help.
4. Proper lighting, daylight is better than fluorescent lighting. Light position should be indirect and not glare producing.
5. Eating regularly with a balanced diet which is another issue. Visit the Canada Food Guide for a description of a nutritional aspects of health requirements.
6. Lid hygiene. Many women tend to place eyeliner makeup on the inside of the lashes which obstructs the meibomian glands from producing oils which prevent the tears from drying. Eye compresses to warm the lids, and shampooing the lids with lid hygiene products may help the glands from becoming degenerative and leading to dry eyes.
7. Seeing clearly for the distance required. Wearing proper eyewear (spectacles) for near work allows for greater clarity and increased productivity (less frustration of errors which is an emotional response increasing stress levels) Not seeing clearly causes emotional uncertainty and judgement error, more stress on the clarity assessment of the brain.
8. Visit your optometrist to discuss matters of eye hygiene and eye health. Irritated eyes lead to increased stress levels and lower qualities of life.

Helping you see clearly Dr Ron Strohan
www.MiltonEyeandVisionCare.com

106 WAKEFIELD RD • MILTON, ONTARIO • L9T 2L8
 PHONE: 905-878-5882 • FAX: 905-878-7158



Dr. Mark Cross
 B.Sc., D.D.S.

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Dr. Tony Wan
 B.Sc., D.D.S.

Nutrition For Your Dental Health

1. Step away from the lemon

A number of health experts recommend starting the day with a detoxifying glass of warm water and lemon. This routine is highly corrosive for your teeth. Instead try peppermint tea. It is great for your digestive system and safe for your teeth.

2. Minimize snacking

Between meals, ditch sugary snacks and reach for teeth friendly brazil nuts, almonds and low fat cheese.

3. Drink plenty of water

Ensure that you have at least eight glasses (1.2L) of plain water every day. Fluoride, is naturally found in water, or added to the water supply, and can be a powerful tool in fighting tooth decay.

4. Don't brush your teeth right after a meal

Sugar in food reacts with plaque in your mouth to cause acid. This softens your tooth enamel and if you brush too soon right after a meal, it can damage the enamel. Waiting half an hour is best.

5. Pick the right carbs

'Unrefined' or unprocessed carbohydrates are great for weight loss. But they can strengthen your teeth as well, because bacteria find it nearly impossible to break down into acid. Good sources include: whole wheat bread and pasta, brown rice and potatoes.

6. Eat leafy greens

Vegetables like spinach and kale are high in calcium, which helps you to build healthy teeth.

7. Drink less OJ

Orange juice is packed with Vitamin C, but similar to lemons - too much of it can create an 'acid attacks' on your teeth, weakening the enamel. Try to limit to one glass a day with a meal.



Doug Hopkins, CLU[®], CFP[®]
 Wealth Advisor

420 Main Street East, Suite 211
 Milton, ON L9T 1P9

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Question: We will be receiving a financial windfall soon and want some advice on what to do. Any suggestions?

Answer: Step One: Do nothing. Whether the money comes from the sale of a business, an inheritance, a divorce, a lottery winning or a severance package the most common risk is spending it all. Sudden wealth can play havoc with your emotions, your relationships and even leave you worse off financially than you were before.

Here are some other steps that can help turn sudden wealth into lasting wealth

- 1) Put a team together, accounting and tax advice, investment management, estate and trust strategies as well as insurance.
- 2) Know your tax liability. How much you get and how much you keep are not always the same.
- 3) Devise a solid Financial Plan. Consider your needs and wants carefully. Who and what are most important to you?
- 4) Invest responsibly. Diversification is the most important concept. Your financial advisor will help you choose from different solutions to find one that suits you.

There are many variables that are unique to each personal situation and a financial plan is great start. Then build in a process to evaluate and adjust periodically. The goal is to make the money last. Sudden wealth looks easy and it can be if approached the right way.

For a full discussion on handling Sudden Wealth and Cash Flow Planning give me a call at 905-876-0120 or send an email to doug.hopkins@ipcsecurities.com



DR. ELAYNE TANNER
 Registered Social Worker

Counselling & Psychotherapy

Milton 905-854-0801
www.DrElayneTanner.com

Q: I remember playing outside unsupervised all day till the streetlights came on. It's too bad that kids can't do that any more. How rampant are these crimes?

A: What crimes are you referring to? I believe children should be allowed to play outside unsupervised within some boundaries. I do not believe that they are at increased risk. To answer your question, first we have to define "these crimes". If you are referring to child sexual abuse, it was not "discovered" until late 80s early 90s so of course we never heard of it but of course it was happening. However, most childhood sexual abuse is familial or "systemic" (church, school) so it is not likely that a child playing outside or going door to door selling cookies will get dragged in and abused. So do we really hear more about crimes against children? I know we heard about some cases but these are rare and therefore, "glorified" and make the news. I do hear of a number of cases in my work, but these are not children so they have nothing to do with the current abuse rate. It has more to do with what was happening 20-40+ years ago.

Now if by "these crimes" you are referring to physical abuse, that was first noted in the 60s and I think it is likely about the same rate now except reasonable parents now know corporal punishment is not considered good parenting so in that way, it is reduced.

Lastly, if "these crimes" mean assault and rape, I don't know if that is more prevalent but we do hear about it more and now rapists have far better "tools" of oppression such as the date rape drug. But first, it is very unlikely that children playing outside would be dragged in and raped. Secondly, we can let our children have independence while still supervising them. When my boys had a paper route, I would often be on the street keeping an eye on them especially on collection day. Finally and most important, how do today's children learn to protect themselves and lessen the risk of their getting assaulted if they never get the opportunity to think independently?

Of course, I don't mean children should not be closely monitored, but at what age do we take them from being completely protected to suddenly allowing total independence? For many, it is not until they are at the post secondary level that they get to go out unsupervised or monitored.

How do we prepare young people to evaluate risk; say no to authority figures, or learn to trust their "gut"? Talking to children about danger has no meaning without context. It is our job to provide context in calculated, safe environments. Know their route. Know their timing. Be out there to watch and see that they, when they don't know you are there, are respecting themselves and following the rules. Guide rather than control because one day we won't be there to hover and decide for them and I believe children are better off if they can do it for themselves.

"HELPING YOU HELP YOURSELF"

Elayne Tanner Social Work Professional Corporation