

ASK THE PROFESSIONALS

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Am I A Candidate for Skin Tightening Procedures?

Did you know that Skin Tightening at Skon Laser Clinic is one of the most popular services in our laser clinic, after hair removal? More and more people are seeking non-surgical ways to slow down the signs of aging.

Our SP Dynamis Nd:YAG laser has the ability to penetrate deeply into the skin to create thermal effects without damaging the skin surface and is suitable for all skin types and colours. These thermal effects stimulate collagen tightening as well as new collagen formation, which causes your skin to tighten with time. Maximum benefits are seen six months after your last session as collagen takes approximately that long to mature in the skin. These treatments can also improve fine lines, large pores, volume and any other skin textural issues. You may perform this procedure an unlimited number of times to achieve the results you desire. This service has minimal discomfort...you will feel heat but no pain, and the top layer of skin remains intact.

The eye and lip area are very common as well as under the chin. SmoothEye offers tightening of the upper and lower lid. Intra-Oral 4D Lift softens the naso-labial folds and improves fine lines around the mouth. Tightsculpting Chin focuses on the small area under the chin and jowls.

Book a free consultation today to discuss Skin Tightening with one of our laser experts.

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BEAUTY. INSIDE. OUT.™



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Achilles Tendonitis

Achilles tendonitis is condition that causes pain along the back of the leg near the heel. It is caused by overuse and degeneration of the Achilles tendon. The Achilles tendon connects your calf muscles to your heel bone. It is used when you walk, run, and jump.

Achilles tendonitis can result from repetitive use of the tendon. This includes sudden increase in intensity of an activity or exercise, having tight calf muscles that can put extra stress on the tendon, or a bone spur. Bone spurs are extra bony growths where the Achilles tendon attaches to the heel bone. Constant rubbing in this area against the tendon can cause pain.

Symptoms of Achilles tendonitis includes:

- Thickening of the tendon
- Bone spur
- Pain and stiffness along the Achilles tendon
- Pain and inflammation along the back of the heel
- Swelling around the back of the heel and ankle

Treatment of Achilles tendonitis includes:

- Rest-decrease or stop activities that make the symptoms worse. This applies to all high-impact activities that include running, jumping, etc. If you want to remain active switch to low-impact activities such as swimming, biking, etc.
- Icing the area will help to reduce inflammation and relieve pain. Icing is recommended for a total for 20mins at a time until pain subsides.
- Calf stretches-stretching the calf muscle will help stretch out and elongate the Achilles tendon.
- Extracorporeal Shockwave Therapy (ECSWT) - With this treatment high energy shockwave impulses stimulate the healing process in damaged tissue.
- Orthotics-Custom made orthotics can help reposition the foot to help reduce stress on the Achilles tendon.
- Surgical procedures may be necessary if there is tearing or complete rupture of the Achilles tendon.

For more information on Achilles Tendonitis, or to book an assessment, please call Ontario Foot & Orthotics at (905) 878-6479 or visit us at www.ontariofoot.ca.



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Dangerous decisions which can increase risk of vision loss, and blindness.

Assuming and being uninformed leads to the lineups in the doctors office to help replace and maintain a sense that cannot be replaced - Vision and Eyesight.

1. There is a consistent statement many times related to the perception that eye examinations are only for people who need glasses. Statements like- "I haven't had an eye exam because I don't need glasses." Or- "My daughter/son can see better than I can. So they don't complain, and there is then no reason to have an examination.

Fact. Many issues with poor vision have to do with physical health. If the eye, the brain and associated structures depend on function, then everything that keeps you alive keeps you seeing.

2. The last time a person had an eye examination, and who had eye laser surgery, maybe ten or 15 years ago makes the statement. I had laser surgery to free me of glasses. I don't need my eyes examined.

Fact. there are people who haven't had an examination since the laser surgery. And those who had eventually need glasses for reading. And if they haven't had an eye examination they will not necessarily know they have a life style that puts them at risk of blindness. Many health issues are detected through regular eye examinations. Vision loss can be prevented.

3. I just went to the drug store and found some eye drops to get the red out.

Fact. Many red eye conditions are due to severe health issues. Many eye drops which are used to make your eyes whiter, actually constrict your bloodvessels, reducing blood supply and raising blood pressure in the process. Is it really a great idea to self treat when you cannot see the issue at cause of your condition.

The major reasons for making the decisions are out of lack of time, money, and having an answer for everything. And unfortunately the internet is partially feeding the self help industry, yet how many people fail at self help eventually seeking help for issues self manifested. It is a behaviour of lack. On the one hand being self righteous, later having to deal with the self wrongteous aspects of behaviour. They co exist.

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Milton's Wonderful Dental Specialists

Each December, the dental specialists in Milton host an informal Christmas get-together for the general dentists of Milton. It's a great opportunity to reconnect with others in the dental community. We are blessed to have excellent specialists in Orthodontics, Oral Surgery, Periodontics (gums and implants), Endodontics (root canals) and Pediatric Dentistry. Although general dentists are capable of performing many procedures with proper training, there are times when a specialist is needed. It's wonderful to know that we can refer these cases to extremely capable specialists who have had many extra years of training in order to treat you the very best way possible.

There was a time when we had to refer these cases out of Milton because the appropriate specialists were not available. But not anymore. So on behalf of the dentists in Milton as well as our patients, we'd like to say thanks to the dental specialists for the care and skill you provide.



The most rewarding aspect of our job is helping people plan for their future.

The team would like to thank you for your business over the past year and offer our warm wishes to all for a

SAFE & HAPPY HOLIDAY SEASON!

We look forward to helping you and your family in the new year.

Doug Hopkins, CLU, CFP®
Wealth Advisor

Ashley Spizziri,
Client Experience Coordinator



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Q: This is the season for holiday parties. Alcohol flows freely and everyone is dressed to the nines! Lots of fun and laughter happens but so does a lot of flirting. Is flirting harmless? My husband says an innocent kiss, or even sexting, doesn't mean anything. I'm not so sure.

A: While flirting may not be dangerous, many an affair begins at the office Christmas or New Year's party. One innocent holiday kiss mixed with alcohol is often enough to signal danger. So how does this become an affair?

Flirting is often the first step down the slippery slope. It may seem innocent enough. It is fun, exciting and builds your confidence. Flirting implies an intimacy and a level of trust that is really not there. Flirting can include sexual talk, body language such as leaning in and hair flipping, and casual touching...Sexting is just on-line flirting.

The sharing of personal problems with a person of the opposite gender is another common mistake. The person sharing feels understood and the listener interprets the sharing as an invitation to more intimacy. Sharing with the opposite gender takes many forms. Spending time alone, even if it is just for coffee or a casual meeting can be asking for trouble. Speaking negatively about your partner is another kind of confiding that leads to trouble. If you have problems at home, deal with them properly with a skilled therapist. "We both have bad marriages" is not a good common ground on which to build a future with a new partner.

Sexting, texting, emailing or messaging, are all forms of flirting, and another dangerous route to infidelity. If you would not be proud to have your family members, children or partner reading what you have written, don't do it. Again, it may seem innocent enough but not only does it lead to dangerous behaviours, it also is a disrespectful, betrayal of your spouse. If you are not happy in your marriage, get counselling and learn to fix it, or learn to leave it, but don't think that cheating will help it. It won't.

Lastly, anything that draws your attention and love away from your spouse is potentially a threat to your marriage. Whether it is continuously putting others first, refusing sexual intimacy, substance abuse, or spending too many hours at work, you are putting a wedge between yourself and your partner. Nurture your marriage and do not treat it casually. Flirting is often a warning sign. Counselling to learn how to communicate better with your spouse so as to truly nurture your relationship is a much more gratifying approach than letting a casual kiss ruin your marriage.

This is the season of love and caring. It is not the time to let a poorly thought-out, hasty decision, alter your life. I wish you happiness, health, smart choices and joy.

"HELPING YOU HELP YOURSELF"

Elayne Tanner Social Work Professional Corporation