

# Ask The Professionals

If you have any questions these professionals can answer, please write to:

"Ask The Professionals"  
c/o The Canadian Champion  
191 Main Street E.  
Milton, Ontario L9T 4N9  
or Fax to: 878-4943



## Dr. R.N. Strohan OPTOMETRIST

106 Wakefield Rd.  
Wakefield Professional Center, Milton, Ontario  
**878-5882**

Dr. Ron Strohan  
OPTOMETRIST Hours: Mon. 9-6, Tues. 9-7:30, Wed., Thurs., Fri. 9-5

**Q:** How often should one have their eyes examined?

**A:** Considering that your eyes are actually a part of your brain, the health of the eyes are very important. Glasses will not help you if your eyes and visual system are not healthy. So the belief that you only need your eyes examined for glasses is a myth. You should have regular ocular visual assessments to insure the health of your eyes.

Many times we examine people who feel they're seeing just fine, but in fact the health of the eyes may actually be deteriorating. Such cases such as glaucoma, macular degeneration, and diabetic retinopathy can steal you blind because people don't notice something has changed, sometimes when it is too late to help.

So no one should assume everything is okay based on what they think they can see, as the mind has a powerful means of hiding visual problems.

Regular oculo-visual assessments are necessary to maintain healthy vision as a preventative care, and should be done annually. Especially if you are at health risk, and if you have a family history of any eye disorder.

**Q:** Can contact lenses be worn by everyone?

**A:** Contact lenses are made of plastic. Soft lenses contain, and absorb a certain percentage of water, so as to allow oxygen to penetrate the lens. Gas permeable hard contact lenses allow for the exchange of oxygen through the lens, but do not contain any water. Since every one is an individual with different tear qualities, the only way to safely wear contact lenses is to have professional eye examinations to determine if contact lens wear is safe for your corneas to breathe through the contact lens. Inadequate fit, and contact lens types may produce irreversible damage to your eyes, and predicting or assuming everyone can wear any contact lens is putting their eye's health in jeopardy. Be sure to contact your eye doctor regularly to assure the health of your eyes.



## BEVERLY HILLS™

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Registered Nutritional Counsellor  
Manager

Marion Healy  
R.N.C. 550 Ontario St. S., Unit 18 (905)875-2889

**Q:** I love my Bagels and Pasta, but what's wrong with it?

**A:** When health conscious people embrace low fat cooking, they tend to cut back on the amount of meat they eat and substitute pasta and other carbohydrates for it. If that is the case, then what is wrong with eating more pasta, bread, rice and potatoes? Plenty, if you are among the estimated 25 percent of the population that is considered insulin resistant. "Insulin resistance" will become the buzz words in the diet and nutrition fields in the coming years. For people with this condition, eating carbohydrates creates craving for more carbohydrates. They gain weight and have difficulty losing it. It is estimated that 75 percent of overweight people may be insulin resistant.

The answer to the question I Love My Bagels and pasta, But What's Wrong With It? is long and complex. For those who are not insulin resistant the reply is probably nothing, so long as they remember that carbohydrates do have calories, and that a low fat diet is not a license to eat as many sugars and starches as desired. For those who are insulin resistant, however, too much pasta and other carbohydrates sets in motion a chain of events that may begin with weight gain and then eventually lead to serious heart disease.

1. Insulin, acting as a growth factor, produces proliferation of the components of the arterial wall to initiate or aggravate atherosclerosis. In addition, this growth factor may also act on the smaller blood vessels, thus contributing to hypertension.

2. Excess insulin also promotes the renal tubular absorption of sodium, that is, it makes a person retain salt. In addition, it stimulates the sympathetic nervous system, producing a rapid heart rate and vasoconstriction or tightening of the blood vessels. Therefore, it further contributes to hypertension.

3. The excess insulin promotes the liver's production of VLDL (very low density lipoprotein), which results in depressed fat clearance.

As more and more research accumulates in the medical literature on insulin resistance, the popular media have begun to take an interest in it, particularly its implications for weight loss.



## HALTON COMMUNITY REHABILITATION CENTRE

Tina Doney  
Connie Francoz  
PHYSIOTHERAPISTS

86 Main St., Milton  
**876-1515**

**Q:** I would like to start some winter sports this year. Could you please provide some advice on how to prevent injuries?

**A:** Winter sports can pose a higher risk of injury if you don't take the time to condition and prepare your body ahead of time.

Winter sports are great fun, but take a serious moment to consider whether you are ready and how to prepare. Don't take for granted that because you continued a regular exercise program all summer that you are automatically ready for winter sports. Physiotherapists see many winter injuries including muscle strains, ligament sprains, wrist, ankle and other fractures, as well as back and neck injuries. Avoiding the spills that are part of winter sports like skiing, ice skating or snow football is impossible, but the right conditioning can reduce the odds of serious injury.

Here are a few ways you can prevent winter sports injuries. Before you even get on the snow or ice check your equipment and clothing. Clothing should be warm and comfortable. Sports equipment should be checked to ensure that it fits properly for maximum function, performance, and protection. If you or your children are new to a sport, like skating, wear extra protection like the knee and elbow pads worn by in-line skaters.

Inspect your environment! If you are planning to walk outdoors, make sure your pathways are clear and free from ice and wear reflective clothing so that you are visible.

Before you get out onto the slopes, spend 5-10 minutes doing a light activity such as walking to warm up. This will help to prepare your muscles, reducing stiffness or tightness. Wear a comfortable mouth cover, scarf or face mask in the cold to warm the air you breathe, especially if you have any special conditions such as asthma. When you have finished your outdoor activity, don't forget to cool down and to stretch.

Lastly, do not stop your regular exercise program. Participate in a regular exercise program all year round to keep "fit". A higher level of fitness will reduce your risk of injury. Include all the components of fitness in your program. These include exercises for strength, flexibility and aerobic exercise for your heart.

Physiotherapists as experts in mobility can provide individual advice or an exercise program to help people improve their physical fitness level or prevent injury. If you have any further questions about exercise or sports injuries ask a medical professional such as your physician or physiotherapist.

Compliments of Tina Doney and Connie Francoz, HCRC physiotherapists.



## THE TRAVEL BUREAU

Loblaws 75 Nipissing Rd. Milton  
(905) 693-9393

**Q:** Do you know of any cruise packages that offer something a little different for Canadian travellers?

**A:** We are pleased to introduce our Collectors Series Tour Operators offering special value for Canadian travellers. The first in our series is an 11 day Maya Equinox Cruise by Royal Olympic Cruises which includes free airfare to Galveston, Texas and offering two-for-one savings.

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Geraldine Hesketh

**Q:** My basement has dark wood panelling on the walls. I would like to brighten it up. Do I have to rip it down?

**A:** Fear not! Transform your room the easy way - by painting or wallpapering over the surface.

Firstly, wash down the walls with a solution of TSP or similar product which will clean and etch the surface. Next and most important is to prime the area with a super adherant primer - Pratt & Lambert's Suprime #1 is an excellent product. After the required drying time (TIP: Leave longer than instructions state) you will be ready for your finish coat. Pratt & Lambert Accolade Velvet covers well and there are lots of colours to choose from. Voila!

Try a textured roller for a faux finish.

If wallpaper is your choice, then come see us at Comfi Interiors and we'll show you some special wallcoverings that will transform the look of your room.

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The Canadian Champion

at  
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