

# 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



Tina Doney  
Connie Francoz  
PHYSIOTHERAPISTS

**HALTON COMMUNITY  
REHABILITATION  
CENTRE**  
86 Main St., Milton  
876-1515

**Q:** How can I remain injury free during the holiday season?

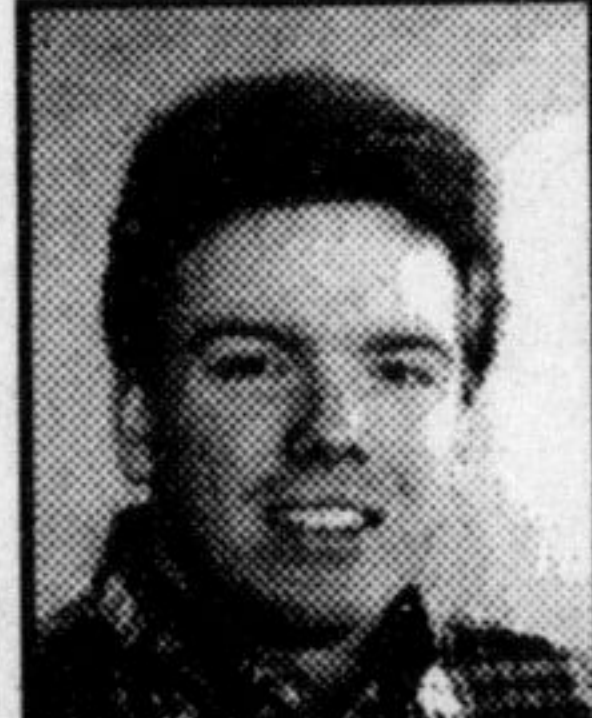
**A:** The holiday season can be a busy one, with baking, cleaning the house and putting up Christmas trees and decorations, outdoor lights and yard ornaments, Christmas shopping, and entertaining. Many of us cannot afford the time to nurse an injury. Here are some helpful hints to keep you injury free and healthy during the holiday season.

Holiday baking can be hard on your shoulders and neck because you are always looking down. It can also be hard on your back if you stand in one spot while baking and you are not used to such a stationary position. Take frequent breaks. Move from standing to sitting to standing to allow some muscles to rest, and other muscles to work as you change postures. Grab your shoulder muscles with your hands, and massage them briefly. Then tuck your chin down and push your head backwards. This will help to relieve some of the "kinks" in your neck.

When putting up the Christmas tree, putting up lights, or other large bulky decoration items, have someone help you, don't try to perform the job yourself. Large bulky items, even if they are light, can cause you to lift in a funny position, and strain your back. As always, try to lift keeping your back straight, and bending your knees. Your quadricep muscles at the front of your legs are bigger and stronger than your small low back muscles, so try to use them instead.

Finally when shopping, make frequent trips to the car to drop off your packages, or have someone with you to help carry them. Don't try to carry them all yourself. It forces your shoulder muscles to work too hard. When you are carrying a heavy package, your shoulders naturally shrug up, forcing your trapezius muscles at the top of your shoulders to contract for long periods at a time. This activity places your shoulder in an odd position, and not only can you strain your trapezius muscles, but you can develop a tendonitis in your shoulder, as the tendon becomes pinched between the arm bone and the top of your shoulder blade bone.

**Tina and Connie at HCRC wish everyone a safe, healthy, and injury-free holiday season!!!!**



Greg J. Lawrence  
B. Sc., D. Ch.

**GREG J. LAWRENCE B. Sc., D. Ch.**  
FOOT SPECIALIST / CHIROPODIST

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

**Q:** I have a pain on the bottom of my foot, in the heel areas. It feels like a sore muscle, sometimes a burning sensation. It worsens as the day progresses. I have been told it may be a bone spur. How does one develop this? What is the treatment for this?

**A:** A bone spur is a bony deposit that forms on the bottom of the heel, with the point of the spur facing the arch area. This occurs at the junction where a long ligament on the bottom of the foot attaches to the heel bone. When micro tears occur at this junction, the body deposits bone in the shape of the spur to try and heal the injured ligament.

There are many causes of a bone spur, such as:

- change in weight (loss or gain)
- change in activity level (low to high, high to low)
- poor footwear
- prolonged standing
- poor foot structure (flat feet, high arched feet, pronated feet . . etc.)

Treatments include ice, stretches, arch supports and/or orthotics, physiotherapy, injections, change in footwear, anti-inflammatory medication, and rarely surgery.

The most important treatment is supporting the arch of the foot to prevent stretching and tearing of the ligament. This allows the ligament to heal.

If you have any further questions, please give me a call.

*The clinic offers extended hours.  
No referral is necessary.  
House calls are also available.*



Debbie Hawkins  
B. Sc., DVM

**Hawkins Animal Hospital**

Debbie Hawkins B.Sc., DVM  
Doctor of Veterinary Medicine

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Christmas is soon upon us and foremost in my mind (apart from the fact that I have not even contemplated shopping) is the danger in which our pets are placed as a result of holiday festivities. Tinsel, ribbons, string (in fact anything linear) are immediate attractions for cats.

For some strange reason, felines think that these items are part of their regular diet. Dogs seem to think that their diet must be equivalent to ours and hence, turkey, stuffing, ham, gravy etc. are a must for them.

Also, both dogs and cats expect that the bones and table scraps are theirs after we go to bed. In my experience, I have performed more surgery to remove bones and other foreign objects from pets' stomachs at Christmas time. This is so distressing for patients and clients alike.

Another fact that might surprise readers is that I have treated more dogs for chocolate poisoning and hospitalized more dogs for the treatment of potentially fatal pancreas inflammation at this time of year. So please, take all precautions to keep your pet away from these hazards.

If you have a cat, either refrain from using tinsel on the tree or keep it high out of his or her reach. Refrain from (and advise your guests against) offering your dog or cat table scraps and before you relax after dinner take all table scraps and, particularly bones out of the house. Remember that our pet's first sense organ is their nose, so put food, candy, chocolate and potato chips out of reach. Regardless of the age of your pet, treat them as if they were a 3-year-old child.

I hope that this has been helpful to all and I wish you and your pets a very happy and safe holiday.



Elayne M. Tanner

**Elayne M. Tanner**

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**Q:** "There's no place like home for the holidays." That's what the song says anyway and it is my goal, but this year I am not sure if I can make it. I shouldn't have problems. My husband and I have been happily married for 25 years, our children are both in university and our parents are all alive, but some days I don't know if I can continue. Is there something wrong with me?

**A:** No, there is not. You are probably exhausted and with good reason. Middle-age is often known as the sandwich generation. You are sandwiched between your children who still need your emotional and perhaps financial support and your parents who are probably more of a worry than ever. If your children have significant others in their lives during the holidays you may also need to include their parents and possibly your grandchildren in your plans. Your life may now be busier than it has ever been and the holidays bring that much more work and responsibility. Worrying about schedules, foods, abilities and interests of such a wide age group is next to impossible.

You also may be experiencing a number of personal issues relating to middle age. Often it is our bodies that first remind us of our age with wrinkles and thickening waistlines, and a memory that does not work as well as it used to. Perhaps your sex life with your husband has decreased in satisfaction and you may be struggling with the realization that certain career and family decisions have limited your future options. All of these concerns can create insecurities that add to stress. You are, perhaps, overwhelmed at a time in your life when you thought you could start to relax. Instead, you find yourself with more things to take care of. With time, however, you will adapt to your new roles. Seek out community and family sources of support, with your aged parents. You may be gratified to discover that you can build closer connections with both the older and younger generations. It may be useful to seek professional help in dealing with the multiple stresses that challenge you now. Most importantly, you must learn how to take care of yourself, so that you can meet these challenges and enjoy life.

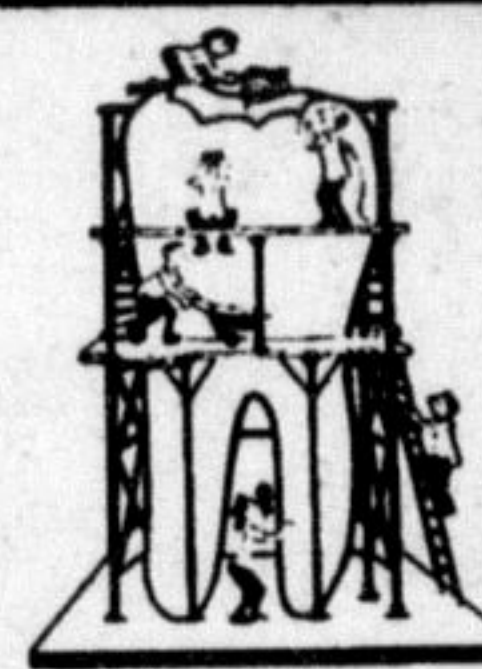
To you, and all my readers, I wish peace and joy this holiday season!



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

**Dr. Tony Wan's  
Tooth Talk**

Towne Dental Group  
Milton, Mall - 55 Ontario St.  
(905) 876-1188



**Q:** My son is deaf and has not been to the dentist yet. What can I expect at the dental office?

Dentists should understand the special needs of your son in order to create a comfortable working environment and relationship.

**A:** The first appointment may be one in which your son and his dentist just get acquainted. They will need to establish a rapport. Proper communication is key. You or your son should tell the dentist his preferred method of communication. For example, if your son can lip-read, the dentist will know to speak clearly and slowly without his/her mask in place. If your son prefers communication through sign language, it would be helpful to have an interpreter present. If you or the dentist do not know sign language, you should bring your usual interpreter. Writing notes is a cumbersome way to communicate during dental procedures. Treatment should proceed slowly. Each procedure should be explained using the communication tool of choice. If your son is startled by touch without visual contact, the dentist should be aware of this. The dentist should also be aware that deaf children may be sensitive to the vibration from the high-speed and slow-speed handpieces; therefore these instruments should be introduced carefully. If your son wears a hearing aid, the volume may need to be adjusted. If your son has a trusted friend or sibling who is cooperative at the dentist, have your son observe that dental visit first. This process may help increase the comfort level.

As with all patients, dental visits proceed smoothly with good communication. Do not hesitate to offer your help and knowledge to create a successful dental visit for your son.

*Wishing everyone a wonderful holiday season!*



Geraldine Hesketh

**COMFI INTERIORS**

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Showroom RESIDENTIAL & COMMERCIAL  
845 Main St. E. Milton 878-4280

**Q:** As we head into the millennium what are we going to find around the corner at Comfi in 2000?

**A:** You will see exciting new ideas in flooring trends. Showing soon at Comfi, rich dramatic ceramics with decorative borders. Almost a mediterranean influence which are rich in tones of gold, blues and lots of white. Wood and laminate seem to be heading into cherry and maple.

Vinyls will represent that stone distressed look from southern Europe. Lastly, wallcoverings will be more contemporary, yet still look good with antique furniture and art. Here at the store we continue to search for the looks and styles of today to make your home the best around!

Thanks for your great support and here's to decorating into the millennium