

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 Franco
PHYSIOTHERAPISTS

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

Q: I am not going for a gold medal, but I still want to try to improve and achieve my personal best in summer sports this year. Can you offer some tips?

A: Summer is a terrific time to enjoy outdoor sports and fitness activities. Doing well in your choice of sport and having fun are important, however, equally important is preventing an injury.

Firstly, examine the sports you like most. What type of exercise do they provide? Determine whether the sport helps build body strength or muscle endurance, improve flexibility, promote co-ordination and balance or provides a cardiovascular work out for your heart and lungs. The activities you choose should provide an optimum, all-around body workout. This means that you should think about all of the components of fitness -- aerobic fitness, flexibility, and strength and participate in a variety of activities that together will offer benefits in all or most of the areas of fitness.

If you are thinking about cardiovascular exercise or muscle endurance try swimming, walking, roller-blading or cycling. Combine this with an exercise for flexibility, balance, co-ordination or relaxation like tennis, badminton or yoga outdoors!

Remember, that the old saying "no pain...no gain" is just that, an old saying, a myth. Today, make your motto "train...don't strain". This simply means that you'll remember to stay in shape through the winter to ensure that your body is at a fitness level that will allow you to play sports without injury all summer. Commit to doing a warm up and cool down each time you exercise or play a sport. Remember that if you are new to a sport, you should progress yourself gradually in terms of the time, intensity, and frequency that you participate to reduce your chances of injury.

Think about whether your sport has any repetitive movements, bending, twisting or other motion that can contribute to muscle strains or ligaments sprains. A physiotherapist can help you to examine the type of sport you are playing and develop a plan of preventative exercise and education. A physiotherapist can offer information to reduce potential problems by assessing the biomechanics of your sport. That simply means, how your body is moving when you hit with your racket or swing your club.

Lastly, remember that the most important aspect of outdoor sport is the fun you'll have while staying fit! See your doctor or registered physiotherapist for the treatment of an injury or guidance for injury prevention.

For more information, contact Connie or Tina at the Halton Community Rehab Centre 876-1515.



Debbie Hawkins
B. Sc., DVM

Hawkins Animal Hospital
Debbie Hawkins B.Sc., DVM
Doctor of Veterinary Medicine
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THE IMPORTANCE OF THE "ANNUAL CHECKUP"

Most of us agree that the annual trip to the veterinarian with our pet is synonymous with shots or vaccinations.

This in most cases is true, however I believe that the opportunity for our pets to receive a thorough physical examination is of equal importance. We humans are no different as we visit our doctor on a yearly basis, and we consider the visit of key importance to our health and well being.

The huge difference is that we can verbalize our health problems and our aches and pains.

Before vaccines are administered to a pet, he or she should receive a systematic examination. The ears should be examined with a special scope to examine the ear canal and eardrum for abnormalities. The eyes and inside the eyes should be examined with a special lamp for the same purpose. The throat and tonsils should be checked for masses and teeth checked for dental problems. The heart and lungs should be listened to with a stethoscope to detect problems such as heart murmurs, abnormal rhythms and abnormal breath sounds. The abdomen is palpated to detect changes in the size of its contents, i.e. the liver, spleen, kidney, intestines and urinary bladder. This can identify areas of discomfort for your pet that you as the owner could otherwise be unaware of. The skeleton - neck, back, tail and legs should all be palpated for abnormalities. As you can imagine, all of these problems allow us to find abnormalities that your pet can not tell you about.

I also believe that our pets have a much higher tolerance to pain than we do, so it is really up to us to find the problems. So often I examine a pet's mouth to find a broken tooth or abscessed tooth root, the pet never having exhibited discomfort. If we had such problems we would all rush to the dentist as quickly as we could!

To quote a cliché, an ounce of prevention is worth a pound of cure. If we can detect problems before they amount to serious illness then we can maximize the potential for longer and healthier life.



Charlene Summerfield
B.A.A., PHEc., N.D.
Doctor of Naturopathic Medicine



310 Main St. East, Suite 201, Milton 462-2048

Q: What is homeopathic medicine (homeopathy)?

A: Homeopathy is a scientific system of medicine based on the principle that "like cures like", called the Law of Similars. This means that a substance given in very minute amounts can alleviate the same or similar problems that it can cause in larger amounts. This principle was first enunciated by Dr. Samuel Hahnemann in Germany over 200 years ago. He stated there were two ways of treating ill health: The way of opposites and the way of similars.

Q: How does homeopathic medicine differ from conventional medicine (allopathy)?

A: One way they differ is through their approach to treatment. As mentioned above, homeopathy treats by way of similars, whereas allopathy treats by way of opposites. Allopathy prescribes drugs which either decrease an overactive system/organ activity or increase an underactive system/organ activity.

Another significant difference between the two medical paradigms is that homeopathy treats each person as an individual, there is not one remedy for a particular illness. Two people with the same illness may receive two different homeopathic remedies based on their individual characteristics. Conversely, allopathy treats people who have the same illness with the same drug or group of drugs.

Q: What is the difference between homeopathic medicine and naturopathic medicine (naturopathy)?

A: Homeopathy is a specific type of treatment that involves the administration of minute amounts of natural substances derived from minerals, plant or animal byproducts.

Naturopathy is a more general term used to denote a field of medicine that comprises many forms of treatment besides homeopathy such as clinical nutrition, botanical medicine, physical medicine, acupuncture and oriental medicine and lifestyle counselling.

Q: What kinds of health problems have you treated successfully with homeopathy?

A: I have been able to help people with a variety of acute and chronic conditions such as colds/flu, headaches/migraines, intestinal/bowel disorders, eczema, menstrual/menopausal problems, asthma chronic fatigue and depression.

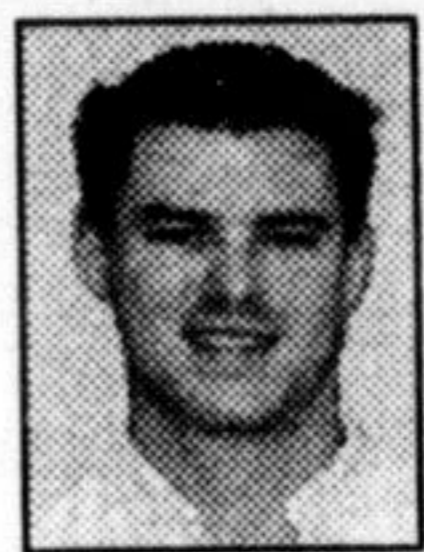
Naturopathic medical treatment is covered by most extended health care plans.



Jillian Guard
(Hons.) B. Sc., RMT

Milton Therapeutic Massage Clinic
75 Main St., Ste. 10
(across from Zak's Pharmacy)
878-0800

Registered Massage Therapy



Ryan Weaver
B.Sc., RMT

Q: How can registered massage therapy help with my pain due to osteoarthritis?

A: Osteoarthritis is a progressive degenerative joint disorder involving loss of cartilage as well as bony changes due to wear and tear within a joint. The symptoms of pain, swelling and stiffness are made worse by muscles spasming around the affected joint. When muscles surrounding the arthritic joint are in spasm, the result is a decrease in blood circulation to muscles and joint surfaces and an increase in pressure and malalignment within the joint.

Registered massage therapy is effective in reducing muscle spasm immediately surrounding the arthritic joint as well as in other musculature in the body that is over-worked due to compensation for the pain and stiffness of osteoarthritis. By decreasing muscle spasm, circulation is improved, there is a relief of pressure and range of motion is increased.

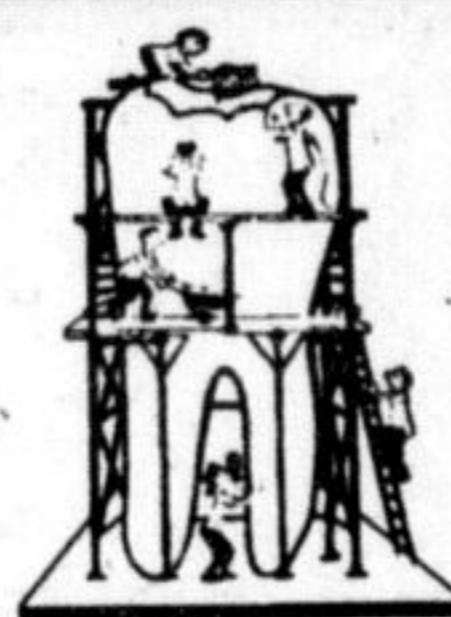
Not only does this relieve pain and stiffness in the short term, the improved muscle health can slow down the progression of osteoarthritis. In the long term, a massage therapist will provide the client with stretching and strengthening exercises to do at home. These exercises will help to maintain joint and muscle health, as well as improve posture and alignment of joints, therefore minimizing further wear and tear on all joints in the body.

Please call Ryan or Jillian at the Milton Therapeutic Massage Clinic, 878-0800, for any questions regarding registered massage therapy or to book an appointment. Mothers Day gift certificates available!



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

Dr. Tony Wan's Tooth Talk
Towne Dental Group
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Sick of your baby's ear infections? Try removing the pacifier. If you've been running back and forth to the pediatrician's office because of your baby's ear infections, you may find some relief in a new study that just found an association between pacifier use and acute middle ear infections. Investigators from the Academy of General Dentistry studied 200 children who were 12 months of age or younger. They found that 36 percent of the pacifier users had ear infections, compared with 23 percent of the non-pacifier users.

Otitis media, the scientific term for acute middle ear infections, often develops when viruses from an infection of the nose and throat travel along the eustachian, or auditory, tube to the middle ear. It's a common problem, one that affects up to 62 percent of children by the time they reach their first birthday.

Continuous sucking on a pacifier can cause the auditory tubes to become abnormally open, which allow secretions from the throat to seep into the middle ear. Transmission of bacteria in secretions could lead to middle ear infections.

Getting the baby to drop the pacifier, however, may not be so easy. Pacifiers date back to at least the 15th century, when mothers found that the sucking device helped quiet their crying babies. Since then, it has been confirmed that sucking is part of fetal and neonatal child development. Even after the baby is born, the baby has a strong, instinctual urge to suck for the first six months of life. After that period, according to researchers, the use of the pacifier is habit-forming.

It may be best to consider restricting the pacifier to be used only for the baby's first 10 months. The pacifier comes in contact with many microorganisms and may be a vehicle through which the unsanitary bacteria and viruses enter the child's oral cavity. If your child in continually battling ear infections, this may be the alternative to surgery or antibiotics to stop this problem.



Roland Weeks

Seniors on WATCH
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"Seniors on Watch" are a group of retired Milton active professionals whose main function is to make sure you have a worry free Holiday.

In order to do that we patrol your property at varying times and take the necessary steps to discourage intruders.

Also, we are experienced in pet care; there is no doubt in our minds that if they could talk, their choice would be to stay home rather than being boarded out at some kennel. In our time, we have looked after the welfare of cats, dogs, fish, birds, and iguana's.

Lastly, plant care is another one of our functions; maybe you have plants that you've given loving care and attention to over the years, surely they don't deserve to be neglected at this time.

Please call our office today in order that we may custom arrange a program for you. Our fees are modest, as a matter of fact, they have been drastically reduced for the summer, some as much as 45%. In addition we are easy to talk to and there is no charge to arrange a program.