

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

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

Q: I have been told that I have rotator cuff tendinitis in my shoulder. I am not sure how I would get this since I swim a lot during the summer, so that my shoulders get a lot of exercise.

A: Swimming is a great summer activity, however, it's demanding on your shoulder muscles and it requires the repetitive overhead use of your arms. Think about this next time you try the butterfly or front crawl. This demanding and repetitive nature of swimming means that your shoulders should be in optimal condition. Poor strength, endurance, or flexibility of the shoulders, changes in posture or errors in training can all increase your chances of getting tendinitis.

Changes in posture, like having a round mid back that occurs when you are slouched or having forward head posture can change the position of the muscles and bones of your shoulder girdle. This can lead to impingement (like pinching) of the rotator cuff tendons between the bones of the arm and the shoulder blade at the shoulder (the humerus and scapula). Over time, the impingement causes damage to the rotator cuff and tendinitis occurs. So, focus all year round on maintaining good posture in sitting, standing and other activities.

Reduced flexibility or strength of the shoulder muscles, like the rotator cuff muscles, lead to changes in the way the muscles are able to control shoulder movement, so that the muscles do not perform as well during an activity like swimming and are more susceptible to injury. Participation in a regular exercise program of strength and flexibility exercises will help your shoulder muscles to be prepared for summer swimming.

Training is also important. Even if you are a casual swimmer try to use good swimming technique, gradually increase your participation in swimming if you have not been swimming regularly through the winter and avoid sudden increases in the number of hours or intensity of swimming as this can increase your risk of injury.

Lastly, for more information, consider assessment by a physiotherapist to find out more about tendinitis and the individual factors related to your shoulder problem. For more information, contact Connie or Tina at the Halton Community Rehab Centre 876-1515.



Geraldine Hesketh

COMFI INTERIORS
"Where we make you feel at home"

• Carpet • Vinyl • Ceramics • Hardwood
• Paint • Wallcoverings

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



Carpeting has gone through some enormous changes in the last few years. The science of it all still amazes me! Choices abound. It can actually be described as exciting.

WOOLS are making a huge resurgence. Improved mixed yarns are not how you may remember it. Try texture, cable, sisal, carved in subtle tones.

NYLONS can look interesting too! One of the best for wear and available in a beautiful array of colours. California cools to english rich, the choice is yours. Try an inlaid border with cord or suede.

Solution dyed is recommended for sun resistance or stepping in from a pool area.

Try a berber, it's great anywhere. i.e. bedrooms, stairs. They become a focal point using a patterned berber.

Your carpet is the basis of an entire room taking priority and everything else must work with it. Like a painting.

Texture, colour, practicality, are the key. We are turning away from formal living and we seem to want comfort and interest now. Luckily, many diverse choices are available to us.

We can offer carved - pin - dot or even plaids. See our latest samples at Comfi. Hopefully they'll excite you too!



Elayne M. Tanner

Elayne M. Tanner

B.A., B.S.W., M.S.W., C.S.W., DIP. SOC. ADM.
Counselling & Psychotherapy
Individuals, Couples, Children & Families
11084, 5th Line, Milton, Ontario
(905) 854-0801

Q: My fiancé and I are from different ethnic backgrounds. When we announced our engagement, I thought that everyone would be happy for us. Instead, no matter what we do, we just make more people mad at us—people we thought would support and encourage us. Why would our families turn on us like this?

A: The fact that you are from different backgrounds may be creating some anxiety and concern amongst your families. People are most comfortable with what they are familiar with. It feels safe and predictable. Something new and different may feel threatening. If you are of different religious or cultural backgrounds, how do you reconcile this difference? Different backgrounds may bring different ideas and traditions concerning your marriage and your lives afterwards. Each family may have its own ideas about the marriage ceremony, the roles of a husband and wife, relationships with the extended family and child rearing. Adding these possible differences to the concerns that often accompany any wedding can create a high level of anxiety.

Some people are just stubborn and unwilling or unable to listen to new ideas or to attempt any compromise. But, it may also be that parents are genuinely afraid for their children, afraid that they will be at risk if they step outside of their familiar circle. Perhaps parents are afraid that their children will leave their culture behind—a culture that the parents and/or others have made great sacrifices to maintain.

If you and your fiancé have not already done so, sit down together and decide what your answers are to the potential questions that your parents may have. If you are clear in your own minds what you plan to do and why, it may alleviate some of the anxiety that uncertainty can bring, anxiety that your parents are most likely experiencing. Meet with each of your parents. Communicate to them that they are important to you. Ask them what their wishes and concerns are for the two of you. Share with them your plans and how you came to your decisions. Perhaps afterwards, you could meet with all of your parents together. If you can do all of this, it may help to clear the air a bit and hopefully start a new course for your upcoming wedding to be a happy event for everyone. **Congratulations & Good Luck!**

Elayne Tanner is a Certified Social Worker in private practice in north Milton. If you have further questions or if you would like to arrange an appointment, please call (905) 854-0801. Confidentiality guaranteed.



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

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

350 Main St. E.,
Milton, Ontario, L9T 1P6
(905) 878-6479
1A Princess Anne Dr.,
Georgetown, Ontario L7G 4W4
(905) 702-1611

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

Q: Do you any advice about buying shoes?

A: Foot Specialists are constantly asked to comment on and evaluate our patient's shoes. One of our responsibilities is to educate consumers and patients alike about the effect shoes can have on feet, and on the importance of appropriate footwear.

To begin, patients should be counseled on how to go about buying shoes. Basic guidelines include:

-shop for shoes in the late afternoon or evening, when feet are the most swollen

-always wear socks that are appropriate to the type of shoe to be bought i.e. sport socks for sport shoes

-have both feet measured, while standing, by the sales staff; the larger foot should always be fitted first

-to ensure a proper fit, there should be a thumbnail's distance between the end of the longest toe and the end of the shoe

-the toe area should be roomy enough to allow the material to be flexed 90 degrees

The mould, also called the last, over which the sole is made is a factor in suitability. The last is the form for the sole, the foundation on which the shoe is built. The three main types of mould are straight last, curved last and semi-curved last. A pronated or low-arched foot needs a straight-last shoe to optimize control. If the patient has a pes cavus or high arched foot, he or she will require a curved shoe for cushioning. The semi-curved last is the most common type, as it is appropriate for the majority of feet.

The construction of the shoe also affects the amount of support it offers. A glance under the removable insole is a simple way to differentiating the type:

-rigid (a texon-fibre board is glued to either the proximal half or complete shoe) which offers maximum support

-slip of California last, the most flexible and least supportive (the shoe is actually pulled around the last and sewn together before being slipped off the last)

-combination last (an amalgam of the rigid and slip-last), which offers the medium support most people need.

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



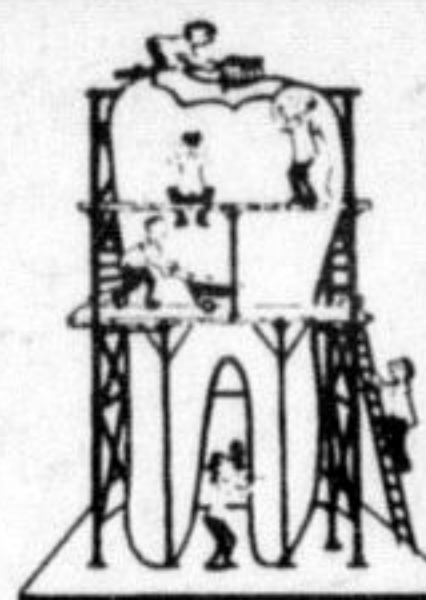
Tony H. Wan
B.Sc., D.D.S.

Dr. Tony Wan's

Tooth Talk

Towne Dental Group
Milton Mall - 55 Ontario St.

(905) 876-1188



A new drug developed at the University of Toronto could spell an end to cavities.

Chlorzoin therapy is a revolutionary new way to prevent cavities. The treatment was developed by Dr. J. Sandham, Professor of Microbiology, University of Toronto, Faculty of Dentistry.

The active ingredient, Chlorhexidine, is extremely effective in killing Streptococcus Mutans, the bacteria most responsible for tooth decay. Chlorhexidine has been used successfully in mouthwashes and other anti-bacterial products for years.

The treatment is very simple and consists of two phases.

The first phase is a quick test called "Cariescreen". We use this test to determine how many Streptococcus Mutans you have in your mouth. Simply refrain from eating and drinking for one hour prior to your appointment. During the appointment, all you will be asked to do is spit into a tube. Then it's up to us. We add some compounds and incubate the tube at a specific temperature for 48 hours. We can then "read" the tube and tell you whether or not you have moderate to high levels of Streptococcus Mutans. We will then contact you as soon as the results are available to inform you whether you need to return for the second phase.

The second phase, or the actual Chlorzoin therapy, is also very simple and completely comfortable.

Firstly, we must clean and polish your teeth thoroughly as we do routinely at your check-up appointments. Then, with a small cotton pellet, we "paint" the Chlorzoin on your teeth, where it quickly dries. The medicine remains on your teeth for days, which is why it is so effective. Don't worry, though, it is transparent so no one can tell that it is there, and you can eat or drink immediately after the appointment. The entire application usually takes more than fifteen minutes. Here's the fun part... we ask you not to brush on the day and not to floss for three days after your appointment. This will leave the medicine in place longer.

How often should one be treated?

Since we have the "Cariescreen" test available, we can monitor the effectiveness of the treatment and tailor the frequency of applications to your specific needs. Most people will require the treatment every six months to start.



Debbie Hawkins
B. Sc., DVM

Hawkins Animal Hospital

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

550 Ontario Street South, Milton
(Pizza Hut Plaza)

Phone (905) 875-6888
Fax (905) 875-6853



The Wilderness and Your Pet

I would like to tell you about three nocturnal mammals that pose a threat to our pets. If your pet goes outdoors, always make sure that you bring it indoors before it gets dark. If you own a dog, it is advisable to accompany it outdoors after dark. If you exercise it in the woods during the daytime, have it by your side in case it disrupts a wild animal during its sleep time. By doing the above, you may minimize your pet's risk of coming in direct contact with dangerous wildlife.

SKUNKS are creatures that defend themselves with an unbearable noxious odour that is emitted from their anal gland sacs, (scent glands), when they are frightened. If your pet is sprayed it may take months of bathing and time for the odour to disappear. The spray can cause immense irritation to your pet, particularly in the eye, the area most often affected. Also, skunks carry the fatal rabies virus, which can be transmitted by a bite. This is a concern to both you and your pet.

PORCUPINES - protect themselves from dangerous situations by releasing their sharp, barbed quills into their aggressor - usually into the facial areas. If your pet is attacked, it is advisable to seek the assistance of your veterinarian. Quills often appear superficial in the outside of the muzzle, however, in 80% of cases they are lodged in the back of the throat. DO NOT CUT the quills off and if you attempt to remove them yourself, be careful not to break the quill as this will require an anesthetic and surgery to recover the broken end.

COYOTES - very close to home for me. In the past 10 years the coyote has become very abundant in both rural and urban areas. Since a rabies vaccine baiting program years ago the species has thrived. Rabies virus used to be its primary natural cause of death, but is no longer. Nearly a year ago, I witnessed three coyotes taking one of my cats from my verandah. They killed him. It broke my heart. It was at that point that I realised how fearless they are of our society, i.e. our gardens and dwellings. I have heard similar horrific stories from my clients who live in the country, and alarmingly from those who live in town. These stories relate to cats and dogs alike. It is up to us to keep our pets safe and happy. **Please take care of them.**