

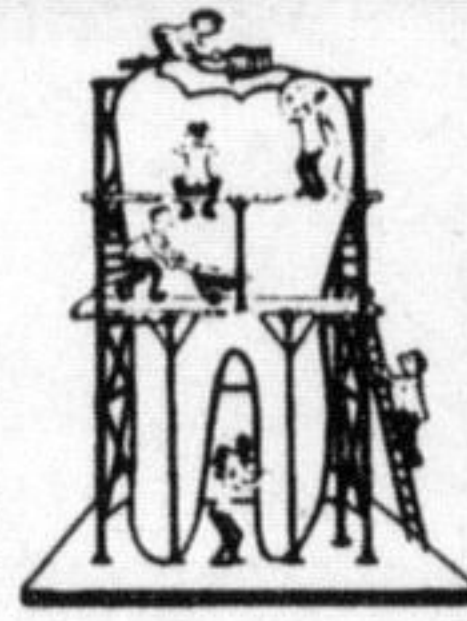
Ask The Professionals

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. Tony Wan's
Tooth Talk**
Towne Dental Group
Milton Mall – 55 Ontario St.
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Tony H. Wan
B.Sc., D.D.S.

Canker Sores – Possible Causes and Prevention

The exact cause of canker sore is still unknown, but there is much research to determine what makes a person susceptible to canker sores in the first place as well as what actions and mechanisms trigger canker sore outbreaks. Among those things that may trigger an attack or make a person more susceptible are:

- an ingredient common to almost all toothpaste is the additive SLS or sodium lauryl sulfate and may be a culprit in canker sore formation. Try switching to a toothpaste which does not contain SLS such as the Rembrandt Canker Sore toothpaste or Macleans Sensitive (SLS free).
- allergies to food and preservatives. Research suggests that reactions to certain food products may be responsible for many cases of canker sores. Among the foods that may cause canker sores in certain people are: nuts, peanut butter, seafood, spicy foods, wheat products, chocolate, and milk.
- physical trauma such as from overzealous brushing or cheek biting, eating abrasive foods, hot food or drink, acidic drinks (fruit juices).
- stress and illness.
- bodily (systemic) disorder which should be diagnosed by your physician.

Usually canker sores clear within 7-14 days without treatment. Try your best to stay away from things that seem to irritate the sores and keep your mouth as clean as possible with salt water rinses or Amosan (oral antiseptic rinse). During this time, however, the canker sores can be painful especially when people eat or drink. There are pain relieving medications which can be purchased at your local drug stores. These include compounds such as Zilactin or Oragel.

Please consult your physician or dentist regarding any mouth sores that result in excessive or prolonged pain or irritation. They can help prescribe treatments that can further ease the pain and may help reduce the amount of time it takes for the ulcers to go away.



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Debbie Hawkins
B. Sc., DVM

Q: Please explain the relevance of Spaying and Neutering.

A: The humane reason for the above mentioned procedures is to reduce the number of homeless pets who are euthanised each year. Hundreds and thousands of kittens and puppies, adult dogs and cats are euthanised in North America alone, because they have no home, Humane Societies and adoption agencies are over run with homeless, helpless pets that will probably never be housed. For every litter of pups and kittens that are born at home and those successfully adopted means there are the same numbers in shelters who will never find homes. "Heartbreaking" barely describes the emotion here.

Medically speaking, spaying a dog or cat before puberty (5 to 7 months) has been proven to reduce the incidence of mammary (breast) cancer to its minimum and also reduces life-threatening infections of the uterus called pyometra. It also eliminates messy "heat periods" and reduces their urge to wander.

Neutering of males before puberty (7 to 9 months of age) will eliminate undesirable habits such as urine marking in the house and wandering. Pets that wander in search of females in heat are much more prone to being killed on our ever-busier roads.

Again, medically speaking, a sound reason to neuter a male dog is that to do so eliminates the chances of prostate disease, such as cancer, infections and enlargements.

Please feel free to contact us for further information.

Wishing you and your pets a healthy and happy Summer.

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Q: What is a RRIF?

A: A registered Retirement Income Fund or RRIF is a natural extension of your RRSP. By December 31st of the year you turn age 69, your RRSP must be changed into one of three options. Two are **not** desirable. 1) If you do nothing, your RRSP is automatically deregistered and you pay a huge amount of tax at that time. 2) You can convert it into an annuity which currently pays a very low interest rate. The desirable choice is: 3) You convert it into a RRIF without any tax consequences. RRIFs are usually the best option. The RRIF allows you to continue with the same type of investments as you had in the past. RRIFs provide you with a regular income from your retirement savings. However, once you start your RRIF, you must take out at least the minimum income requirement each year, so some locked-in investments are not suitable. You only pay tax on the amount that you receive which helps minimize income taxes.

RRIF minimum income requirements are determined by age and are based upon a percentage of the annual value of your RRIF assets. At age 69, the minimum is set at 4.76% and it increases each year. Some people start their RRIF before age 69, but since you can make withdrawals from your RRSP, usually this is not desirable. Fortunately, if you are under age 69, you can convert your RRIF back to an RRSP without penalty.

Confused? Need help? Call Money Concepts for information regarding your RRSP to RRIF conversion. Phone 876-0940.

Affiliated with Money Concepts Group Capital Corp.
and N.F. Insurance Agency Inc.



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Elayne M. Tanner

Q: I am a 15 year old grade 10 girl. My boyfriend of 4 months and I, are talking about having sex. I know that he wants to-he says that if I loved him I would do it. I'm scared but curious. What do you think?

A: This brings up a number of issues. 1) Guys have been using the "if you loved me..." line forever! Don't be scammed by that one. It is meant to make you feel guilty and thus, put his wants before your needs. Anyone who would use that line is selfish and not really caring about you. 2) At 15 you are not ready for the emotional chaos that having intercourse will create. Even though I bet you are about to tell me how mature you are, trust me, you're not that mature. Ideally, sex is a special act between two loving and committed people and at your age, it is not developmentally possible to be there yet. 3) Part of something being special is the anticipation. Wouldn't it ruin Christmas and birthdays if you knew ahead exactly what every gift was going to be? Of course you are curious-but that is not a reason to do it. Part of maturity is the ability to delay gratification. 4) Lastly, I want to tell you the results of a recent study that was done. Five hundred kids between the ages of 12 and 17 were interviewed. Almost 60% said they have not had sex. Of those who have had sex, 3/4 of the girls and over 1/2 of the boys wished they had waited. They realized that they were not prepared for everything that followed. I find the same results with the young people that I counsel. I have never had anyone tell me that they wished they had sex sooner. If you have issues, talk to your parents, or a trusted adult, or come talk to me or another counsellor, but respect yourself and your body enough to wait until you are sure. I hope that I have convinced you to wait, but if not, please make sure you use adequate birth control every single time! While the pill is still the most effective against pregnancy, the condom is the only way to protect against diseases. Use both if possible. If you are grown up enough to have sex, you better be grown up enough to be responsible!

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.



Tina Doney
Connie Francoz
PHYSIOTHERAPISTS



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Q: I sprained my ankle last year and I still have some discomfort when I run on even ground. It keeps turning over easily as well. What are some of the possible reasons that this is happening?

A: The most common type of injury that causes an ankle sprain is an "inversion injury" where the foot and ankle turn over so that the outside part of the ankle is injured. The ligaments on the outside of the ankle can be injured. A mild, moderate or severe sprain may occur as the ligament is stressed or torn. The most common ligament affected is the anterior talofibular ligament. This ligament runs from the lateral ankle bone (lateral malleolus) to the nearest bone in the foot, the talus. At times, the muscles around the calf, especially those at the outside of the calf (the peroneii) can be injured as well.

As with any other type of strain or sprain, a ligament injury will go through the normal phases of healing. When the ligament is first injured, inflammation occurs so that constant ankle pain and ankle swelling appear. During this period, it is important to reduce any activities that might aggravate your injury, limit sports participation and ask your physiotherapist or physician about an ankle support or brace. Over the next phases of healing new tissue starts to form and the tissue gradually matures. Over this period of time it is important to improve your ankle range of motion, strength and balance.

So, if you have chronic ankle pain and "turning over", this can occur due to poor balance or lack of strength. Strength training is essential to ensure maximum ankle potential and support during activities. Retraining balance improves something called "kinesthetic awareness" also called "proprioception". "Proprioception" is lost when the receptors in the ankle are damaged during an ankle sprain. These special receptors send messages to the brain about the position of the foot and ankle, the length and tension of the muscles and the speed or direction of movement. Exercises can be performed to retrain the function of these receptors and improve balance. This helps to improve awareness of the position of the foot and improve stability of the foot during activities like running, so that "turning over" and ankle pain is reduced.

Check with a physiotherapist to see if you have any longstanding problems like poor strength or balance contributing to your chronic ankle pain.