

# 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.  
(905) 876-1188

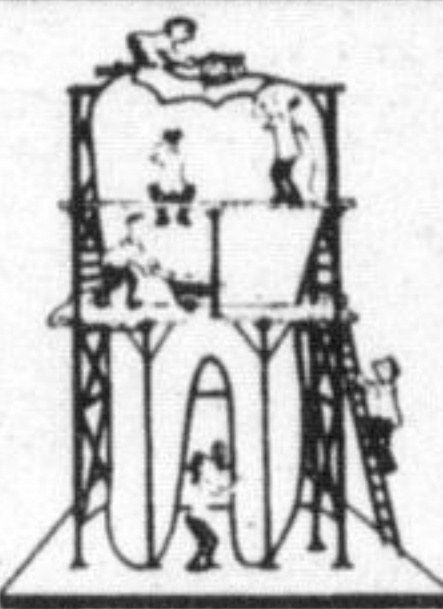
Tony H. Wan  
B.Sc., D.D.S.

### Bacterial Contamination In Dental Waterlines

Some of my patients have recently asked questions about bacterial contamination in dental waterlines, and I would like to take this opportunity to provide you with some facts on the subject.

Biofilm is a thin layer of microorganism that accumulates in common devices used to transport water, such as showerheads, faucets, soda fountains and others. Just as biofilm exists in the plumbing in your home or office, it also is present in the waterlines of the dental office that connect the high-speed handpiece (drills), air/water syringe and ultrasonic scaler to the water supply. Although there is no definable public health problem, the presence in dental waterlines of clinically proven human pathogens supports the need of improving water quality. This is especially important for patients with immune systems weakened by disease or medications. These patients should inform their dentist at the beginning of any office visit to discuss their concerns.

Safety in the dental office is the top priority of the dental profession. New water filtration systems, improved disinfectants and dental units that are not dependent on municipal water supplies, are already in use by many dental offices. As new products become available and new research provides us with better ways to practice oral healthcare, we will continue to improve the quality of care for our patients. If you have questions about any aspect of your dental office visit or what measures have been taken to ensure your safety, please don't hesitate to ask your dentist.



**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

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

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

**Q: Why do you use a laser? What are lasers used for?**

**A:** Laser surgery is the most advanced method used by a foot specialist. Now with a beam of light, foot problems can be corrected. The laser I use is a carbon dioxide laser, which uses light energy to vaporize unwanted tissue. Because the beam of light is only 1mm, this allows me to work with pinpoint precision leaving the surrounding tissue healthy and undamaged. Post-operatively, there is less bleeding, swelling and scarring. Since the beam creates a sterile environment, the chance of post-operative infection is reduced.

For over a decade lasers have been reducing pain, risk and recovery time of many surgical procedures. It is the modern and effective choice for the treatment of many foot problems. Lasers have proven especially useful for treating:

- ingrown toenails
- infected nails
- plantar warts
- past scars
- ganglions
- cleaning wounds of dead tissue

*All procedures are done in the office setting.  
For more information call (905) 702-1611*

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



Tina Doney  
Connie Francoz  
PHYSIOTHERAPISTS

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

**Q: What are some common golfing injuries, and how can I avoid these injuries?**

**A:** Golf is a very popular sport during the summer, but due to the repetitive swinging motion, some parts of your body are more prone to injury than others. Golfers often complain about "golfers elbow" (pain on the inside of the elbow), or neck and lower back injuries due to the forceful rotation of the pelvis during the golf swing, the sustained position of bending forward slightly with your neck and back, or carrying a heavy bag of clubs.

Here are some helpful hints to remain on the golf course into the fall weather:

#### A stretch to prevent golfers elbow:

- With the elbow straight and palm facing upward, use your other hand to gradually apply pressure to the wrist, extending it towards the ground. Increase the stretch by slowly rotating the forearm outward. Hold for 30-45 seconds and repeat for each arm.

#### Hints to prevent neck and lower back pain:

- Wear proper golf footwear in good condition, with good heel and arch support.
- Use a pull cart, or a golf bag with two shoulder straps.
- Stretch the lower back and hamstring muscles. Sit on a bench with one leg straight out along the bench. Keeping the back straight, bend at the hips, and reach for your toes or lower leg. Hold for 30 seconds and try on the other leg.
- Stand up, legs apart, bend forward at the hips keeping the knees straight. Touch your left arm to your right lower leg, and turn your upper body towards the right, reaching your right arm towards the sky. Hold for 15 seconds, and repeat on the other side.
- Stand with your hands on your buttocks. Slowly bend backwards to arch your lower back, keeping your knees straight, and return to stand. Hold 1-2 seconds and repeat five times.
- Rotate your neck to look behind you and return to look straight ahead. Repeat a few times. Now bring your ear to your shoulder, keeping the shoulder down. Repeat a few times. Hold 1-2 seconds.

Now you are ready for your round of golf. If you have nagging golf injuries that will not go away, consult your local physiotherapist for help.

Down-to-earth financial management. *Your terms. Your comfort.*



- Financial Planning
- Retirement Planning
- Mutual Funds
- R.R.S.P.'s
- G.I.C.'s • R.R.I.F.'s
- Life and Disability Insurance
- Tax Shelters



Lou Mulligan MA, CFP, RHU

Tel: (905) 876-0940  
Fax: (905) 876-2934

420 Main Street East, Milton, Ontario L9T 1P9

**Q:** My eldest grandson just went to University this fall and I was shocked at the cost. Is there something I can do now to help my other grandchildren? I've heard about these RESPs? What are they?

**A:** Yes university and college education is expensive and a good way to help is through RESPs (Registered Education Savings Plans). Many grandparents are setting up RESPs for their grandchildren as birthday and Christmas gifts.

A mutual fund based RESP allows flexibility in your investments and tax shelters the growth. New investment dollars can be added at virtually any time but the monies can only be withdrawn for educational purposes. Once withdrawn, the investment is taxed at the student's low rate.

You can get \$400 free from the government! An added incentive is a Canadian Education Savings Grant of \$400 that is offered by the federal government for every \$2000 contributed to the RESP.

There are stipulations regarding who may be a beneficiary, how the money may be used, and what happens when a beneficiary does not go to post-secondary school, so it is best to consult a Money Concepts financial planner first.

RESPs can be a great gift to your grandchildren. But, just like any investment, you should understand what you are buying. The certified financial planners at money Concepts would be pleased to answer your questions and outline in more detail the options available to you. Please call us for a complimentary appointment at 905-876-0940.

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



*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

Elayne M. Tanner

**Q:** I am getting married soon. People say that for a successful marriage you have to work at communicating. We talk (doesn't everyone) so where is the "work"? Am I missing something?

**A:** It is easy to love someone when things are going your way, but the true test of love & maturity, comes when you weather the difficult times. Communication is the key to succeeding at this and making your marriage work.

You can be angry at someone and still love them. You can love someone & not like their behaviour but you must trust each other enough and have the courage & the will, to express your feelings in a loving way.

Communication is a 3 part process. There is talking, listening and clarifying. The 1st part is the obvious – you have to talk and express your feelings. But the 2nd part may be even more important – you have to listen to hear, not only what is being said but, to what is being meant and felt. Talking is no use if you each speak a different language and because you are 2 different people with different histories, and especially as you will be just getting to know one another, you will talk different languages. Here is an example of what I mean when I say you will talk different. If I tell you that I am going to buy a boat, you may picture a large yacht that sleeps 10 and I may mean a 2 seater row boat. You may think that I am being selfish while I may be wanting to share a very special experience with you. This leads to the 3rd part, clarifying. This part is often forgotten – you must check out that what you understood, is what was meant. Find out that I mean a rowboat before you go into a panic about the cost and the storage and expenses of our new yacht. Communication is critical. Make sure you put the effort in that it needs.

*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.*

## LASER HAIR REMOVAL

Electrolysis College of Canada Inc.  
550 Ontario St. S., Suite 203, Milton, ON

Specialists in Electrolysis & Laser Hair Removal

Phone: 905-878-9113 or 905-878-3945  
Certification & Treatment Centre



**Canada's Leading Laser Hair Removal Specialists**  
*Facial and body hair can easily be removed.*

Frequently-Asked Questions About Laser Hair Removal

**Q: What is laser hair removal and how does it work?**

**R:** Laser hair removal is one of the latest technological advances to complement the electrolysis field of permanent hair removal. It uses light energy to selectively target colour (melanin) in the hair. The beam of highly concentrated light disables many hairs with each pulse, clearing large areas in a matter of minutes. The college is proud to provide the world's leading laser, the Coherent Lightsheer Diode Laser, for permanent hair reduction.

**Q: What is "Permanent Hair Reduction"?**

**R:** This is a very important factor as not all lasers are cleared by the F.D.A. for this designation. All others may only be long-lasting or merely a temporary solution, like waxing, sugaring and threading. A patient's decision about laser hair removal should be based on the effectiveness of the laser used and the expertise of the practitioner.

**Q: Who is it for?**

**R:** Men and women of all ages. It is possible to treat most parts of the body and all skin types, from very light skin to darker skin types (types V & VI) providing the hair is dark or pigmented. If blonde or white hairs are also present, then a combination of electrolysis and laser will clear the area safely and effectively.

**Q: What to expect?**

**R:** The Coherent Lightsheer Diode is fast, efficient, comfortable and safe when used by adequately-trained professionals.

For more information, contact the Electrolysis College of Canada Inc., whose private clinic has for many years, provided treatments for the public in the latest laser hair removal, electrolysis and vascular (treatment of broken capillaries).