

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



Debbie Hawkins
B. Sc., DVM

Hawkins Animal Hospital
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I have seen more cases of tick infestation this summer than I have in the last 9 years of practice.

A tick is a soft bodied insect that pierces the skin with its mouth piece and sucks blood from its victim. The soft body allows it to fill up and it appears as a lump attached to the skin. The biggest mistake pet owners make is trying to remove the tick. Most often they succeed in removing the body but they leave the mouth piece under the skin. The pet's body recognizes this as foreign material, much like a sliver of wood under the skin. The result is an area of infection. This area often needs to be surgically removed.

If you find a lump of unknown origin that you suspect is a tick – you're best to make an appointment and have your veterinarian remove it.



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

Q: What is athlete's foot?

A: Athlete's foot is a fungal infection. It usually occurs between the toes where the skin is warm, moist and hidden from light. Athlete's foot often spreads to other areas of the foot. Symptoms that include painful itching between toes, cracked or scaly skin, small blisters and red, irritated skin patches, require attention.

The best way to help prevent athlete's foot infections is to keep feet clean and dry with daily washing. Be especially careful to dry between toes. Use a foot powder to help feet stay drier throughout the day. It is also advised to use sandals when walking around a poolside, spas or public showers. These are areas where infections are commonly contracted.

If you have an athlete's foot infection, it may require the care of a Chiropracist – Foot Specialist. Treatments include anti-fungal powders and creams, which usually resolve the infection within 2-3 weeks. It may also be necessary to apply antifungal powders to all shoes to kill the fungal spores and prevent reoccurrence.

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



Tina Doney
Connie Francoz
PHYSIOTHERAPISTS



86 Main St., Milton
876-1515

Q: The past few months, I have been getting pain in the arch of my foot when I am standing or walking, and in the morning. Is there anything that I can do?

A: These symptoms are often associated with a condition called plantar fasciitis. People with this condition often complain of pain in the arch, or heel of the foot, mostly when in a weight bearing posture like standing, walking, or running. Pain also comes on first thing in the morning when one tries to walk, or after sitting for a long period of time, then trying to stand and walk.

The plantar fascia is a strong fibrous connective tissue that runs from the bottom of the heel bone to the bones of your toes. This fascia helps to support the arch in the foot. When there is too much stress on this tissue, it can start to break away from the heel of the bone where it is attached, almost like a rope, where it starts to fray with use. This causes bleeding at the 'frayed' area which causes bruising, localized swelling, and pain.

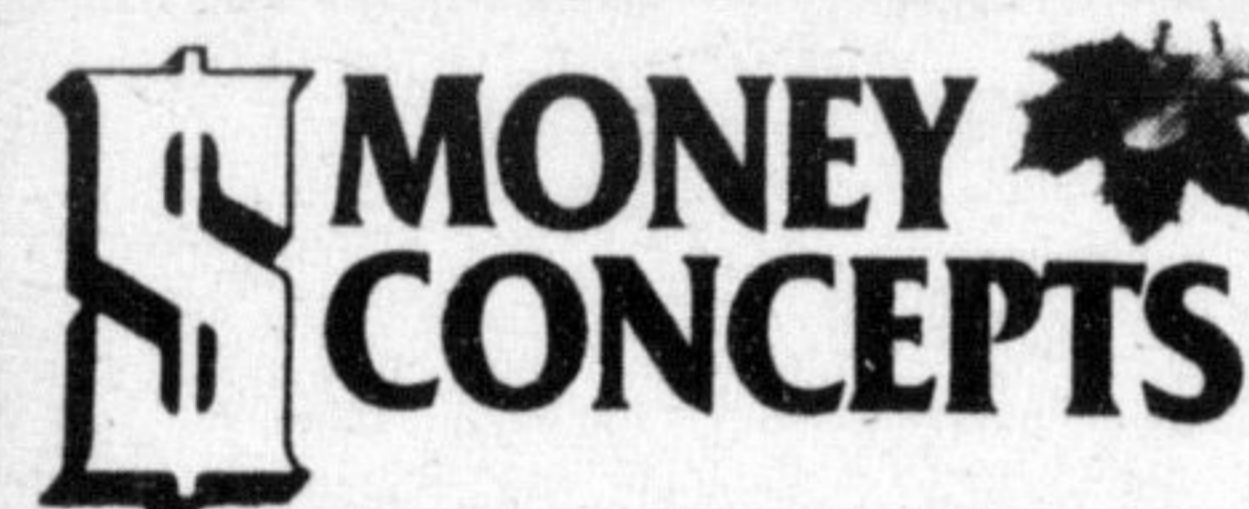
Often people get plantar fasciitis if they wear non-supportive footwear or bare feet when standing, have an unusually high or low arch, have experienced a recent weight gain, have tightness in the muscles around the foot and ankle, or have been involved in a sport or recreational activity with a great deal of repetitive running or walking.

A few things that you can try on your own to resolve the problem are: ice the bottom of your foot three times a day for ten minutes, roll a golf ball under your foot when sitting to massage the sore area once a day, stretch your calf muscles for thirty seconds twice and repeat three times a day, and wear good supportive footwear.

If your problem does not resolve in a few weeks, see a physiotherapist for an assessment. A physiotherapist may be able to use some modalities like ultrasound to settle the symptoms, stretch and strengthen the area, or assess for the use of orthotic inserts for your shoes to help support your arch.

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

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Q: My employer has introduced a new pension plan. I have a one time choice to stay with the current plan or opt for the new plan. What choice do I make?

A: Without a thorough understanding of both pension plans it is difficult to make the correct decision for you and your family. There are two main types of pension plans offered to employees. They are the Defined Contribution and Defined Benefit Plans.

The Defined Benefit Plan (DB) is any plan that defines the amount of pension benefit payable at retirement. Benefit amounts are usually calculated using a formula that considers your earning levels and years of service. Most, but not all DB plans require employee contributions. DB plans are complex. Actuaries are involved and the employer contributions are adjusted to provide the guaranteed benefit to the employee.

The Defined Contribution Plan (DC) is a plan where the contributions of the employer (and employee in contributory plans) is known up front. The ultimate benefit is unknown. The total value of the DC (contributions plus growth) will determine the income when you retire.

A guaranteed retirement income from the (DB) plan may seem superior to an unknown income from the (DC) plan, but your age, risk tolerance, flexibility requirements, family situation, other sources of retirement income are some of the factors to consider. The Certified Financial Planners at Money Concepts are experienced neutral third parties who can help you make the decision. Please call us for a complimentary appointment at (905) 876-0940.

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Elayne Tanner & Associates Inc.



Elayne M. Tanner

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Q: Holidays are approaching and I'm filled with dread. I hate being around my parents because I am so angry with them. I have no self-esteem or confidence and I suspect that has to do with their belittling attitude and fighting.

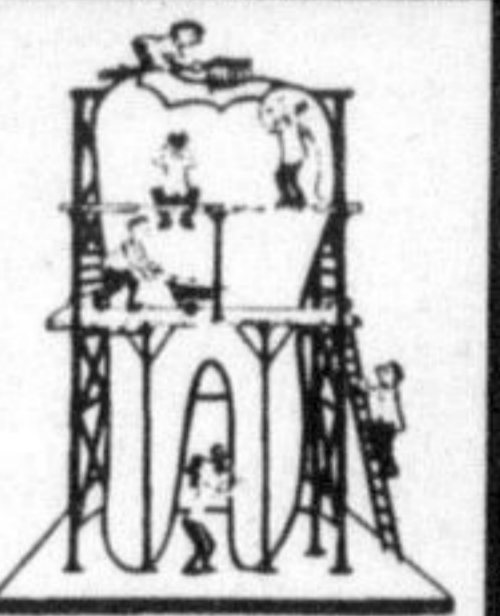
A: I am a great believer in childhood development affecting us into adulthood. For a while, it was unpopular to hold this view, as the more cost effective concept of short-term therapy became the focus of insurance plans, but more people are again recognizing the need for a developmental approach. I believe that even a mansion, built on a shaky foundation will fall. The same holds true with people. If the foundation is not solid we must repair it until the individual has a positive self-image and the ability to have fulfilling relationships. This can be done through counselling and psychotherapy, even when you are an adult. I imagine that you are right in believing that your parents' behaviour when you were a child, is affecting you now, but now that you are an adult, it becomes your problem, not theirs. This does not address the issue of the anger at your parents. I believe that most parents do the best they know with the information they have. Unfortunately, they often do not know a lot, because of the poor parenting they received. However, most parents do not set out to hurt their children. If you can accept this as true, you can begin the process of forgiving your parents for your past. Forgiving does not mean that you accept what they did, but rather, that you accept that they did the best they could with what they had. You may say that they do not deserve forgiveness because they show no remorse and accept no guilt, and you would probably be right... but who is the anger hurting? It is not hurting them. They are probably unaware of it. But it is hurting you. The anger eats away at you and shows itself as anxiety, stress, stomach, heart, back, headache and other physical problems, bad temper and depression, just to name a few side effects. Your job is threefold: a) to stop them from doing further damage, b) to fix the past damage, c) let go of the anger. Being angry at them will help nothing, but beginning the process of forgiveness will help you feel better.

Elayne Tanner is a Registered 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.



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

**Dr. Tony Wan's
Tooth Talk**
Towne Dental Group
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Are electric toothbrushes best for children?

Q: Our dentist recommended an electric toothbrush for our kids. Do you think this would be better than a regular toothbrush?

A: Electric toothbrushes appear to be more effective in removing plaque. They may also increase motivation to brush. Because children are generally brief and erratic toothbrushers, the appeal of a gadget such as an electric toothbrush may increase their interest in maintaining oral health. Many studies have compared adult use of electric versus regular toothbrushes; however, very few similar studies have been done with children. The results from studies done on children found significantly greater plaque removal from both primary and permanent teeth in children who used the electric toothbrush. Plaque removal is necessary to prevent cavities and to control gum disease. About 85 percent of children will have at least one cavity by the age of 17 and almost 100 percent will have gingivitis by puberty. Difficulty with proper oral hygiene is due to poor manual dexterity and lack of motivation. Using an electric toothbrush may help overcome these problems. Younger children between the ages of 3 to 6 will have difficulty handling and manipulating an electric toothbrush, so parental supervision and assistance is recommended with a regular toothbrush.