

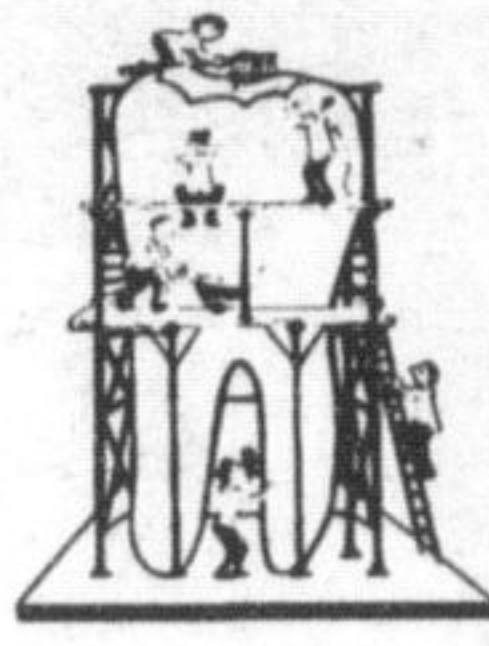
Ask The Professionals

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.

Diet Soda Drinkers Beware!

Q: I recently switched from drinking regular soda to diet. Are there any ingredients in sugar free sodas that may affect my dental health?

A: You may think if you're drinking diet soda that your teeth are safe from the dangers of sugar. We all know that sugar contributes to the development of tooth decay. What you may not realize is diet pop can do almost as much damage to your teeth. Diet sodas don't have any sugar, but they do contain large amounts of phosphoric and citric acid to enhance flavour. These acids attack the enamel that protects your teeth which means you're much more likely to get cavities and to develop irritations, cracks and sensitivity to cold. People with orthodontic appliances (braces) may be even more prone to decay, especially if they do not practice excellent oral hygiene.

Because saliva helps neutralize acids and wash your teeth clean, the worst time to drink soda pop, ironically is when you are very thirsty or dehydrated due to low levels of saliva. Try to drink soda pop only with a full meal, and be sure to brush and floss soon after drinking and/or eating. Also, resolve to quench your thirst with water, a healthier alternative to soft drinks and sports beverages. And if you drink pop alone or between meals, chew sugarless gum afterward to increase your saliva flow.

HALTON HILLS SPEECH CENTRE



328 Guelph Street
Georgetown
(905) 873-8400

Q: I am a 36-year-old man, originally from Hong Kong. I work in an English speaking environment and often my colleagues tell me they have difficulty understanding my pronunciation, especially over the telephone. I feel this affects my chances for advancement in the company for which I work. Can a Speech-Language Pathologist help me improve my pronunciation of English?

A: Speech-Language Pathologists are the trained professionals that can offer accent reduction therapy or a course in pronouncing English as a second language.

It is not uncommon for adults acquiring English as a second language to have difficulty developing accurate pronunciation of all sounds. In fact, many sounds present in the English language do not exist in other languages. Additionally, many languages have different rules for syllable stressing than English.

Intervention can identify personally specific sound distortions and variations in syllable stressing in words. The goal of this intervention would be to instruct in syllable and specific consonant and vowel production in words, sentences, paragraphs and conversation.

One specific program on intervention is the Compton P-ESL (Pronouncing English as a Second Language) Program. This program is offered by the Halton Hills Speech Centre. An assessment by a Speech-Language Pathologist is warranted if this is of significant concern or interest to you.

Please feel free to call our Centre for further information.

www.haltontalk.com

Elayne Tanner & Associates Inc.



Elayne M. Tanner

Elayne M. Tanner

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Counselling & Psychotherapy
Individuals, Couples, Children & Families
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Q: I thought I was having a heart attack but my physician says it is all due to stress and anxiety. Is this possible and if so, what can I do about it?

A: Panic and anxiety disorders seem to have reached near epidemic proportions in our society today. Crowds, stress and the general pace of today's lifestyle all contribute to this condition. It's no wonder you thought you were having a heart attack. Many of the symptoms seem much the same. These include:

- nervous or panicky feelings
- trembling or shaking
- shortness of breath
- chest pains
- heart palpitations
- dizziness
- confusion & spaced out feelings
- fear of public embarrassment, of losing your mind and of losing control

Many people with this condition also experience mitral valve prolapse which further convinces them that there is a heart condition. They can feel their heart beating with an irregular rhythm, which adds to the fear. They frequently become semi-isolated because they begin to be afraid to go out, to be in crowds or to be anywhere where they feel that "escape" would be difficult or embarrassing, such as an office meeting or a theatre. They always sit near the door for a quick exit. Once someone has had one anxiety attack, they often begin to fear a recurrence and this fear then precipitates another attack. As you can see, it forms a vicious cycle.

This disorder generally responds well to counselling and psychotherapy. Anxiety or panic attacks do not have to be a permanent condition, no matter how long you have suffered. If you have ruled out a medical problem, this would be a good next step to try.

Elayne Tanner is a Certified member of the College of Professional Social Workers, with many years of professional experience in individual, family & marital counselling. Her office is located in Milton in a private rural setting minutes from the downtown area.

Further questions welcome - call (905) 854-0801
Confidentiality guaranteed.



KAREN MEWHINEY
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693-8942**

Q: Why should we take a multivitamin?

A: This is a good question, especially if you are eating a well-balanced variety of fresh fruits and vegetables, whole grains, and non-processed foods. These types of foods give you the best source of nutrients available today that cannot be replicated in a pill. However, they are not enough.

Today's produce contains substantially fewer nutrients than the produce thirty to fifty years ago. Studies are showing that nutrient values are declining. Why?

The last fifty years has seen major changes in farming practices. Crop rotation, a fallow year, natural vs. chemical fertilizers, pesticides, herbicides, and genetically modified seeds are some of the changes. In addition, environmental changes such as acid rain have occurred. All these factors combined have left our soil depleted of nutrients that cannot be absorbed by the produce.

Does this mean we should take pills and forget the food? Definitely not! Nothing can replace the natural environment of vitamins and minerals and the way that they occur naturally together. What we need though, is a supplement to ensure that our bodies are getting enough nutrients to not only maintain us but to create optimum health.

So, take a good multivitamin daily and eat a variety of fresh, unprocessed, preferably organic, foods daily.

Nutrition House is a "Pillar of Health" of the Canadian College of Naturopathic Medicine.

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Tina Doney
Connie Francoz
PHYSIOTHERAPISTS

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

Safely "Spring into Action" this Gardening Season

The gardening season is upon us and as we head out into our yards to begin spring cleanup, landscaping and gardening activities lets ensure it's as painless as possible. From April 22nd to May 21st is *National Physiotherapy Month*. This year's theme is the promotion of gardening safety.

Q: What does Physiotherapy have to do with gardening?

A: Thirty minutes of yard work, planting, or raking provides great general health benefits such as preserving flexibility and building strength and endurance. However, most of us tend to overdo it our first few times in the garden!

Aches, pains, sprains, and sometimes breaks often result from improper positioning of the body, overuses of specific muscle groups, poor gardening techniques and pushing ourselves to work harder and longer than we should.

Q: How can Physiotherapy help with gardening?

A: In order to prevent or minimize wear and tear on your body during gardening season consider the following helpful hints:

1. **Begin with a warm up:** such as a brief walk followed by stretching of the major muscle group.
2. **Be aware of your posture and body mechanics:** move your feet instead of twisting, tighten your stomach muscles and use your legs rather than your back when lifting.
3. **Use ergonomically correct tools:** buy tools with long handles, sit on the ground if possible to avoid prolonged bending, try knee pads to avoid pressure on your knees.
4. **Pace yourself:** take breaks throughout your work, vary your activity to allow different muscles to be used.
5. **Be smart in the sun:** wear a hat and use sunscreen, drink a lot of water and try to work in the shade to prevent dehydration.

Please contact Tina or Connie at the Halton Community Rehabilitation Centre, 86 Main Street East, Milton 876-1515, for questions about physiotherapy.

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MONEY CONCEPTS

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

420 Main Street East, Milton, Ontario L9T 1P9

Q: My parents are already retired. What can they do to reduce their taxes?

A: For retirees there are a number of items to look at in terms of reducing taxes. Do they have any unused RRSP carry forward room? While you must be working to acquire RRSP room, you can still use it even if you are retired. If your parents have \$1,000 in a savings or chequing account, it might earn \$20.00-\$50.00 of taxable interest per year. After taxes are paid, your parents might clear \$15.00-\$40.00. That same \$1,000 transferred into an RRSP could yield a tax refund of over \$200 and still be able to grow at GIC-type rates or more.

If the older parent is turning 69 and must convert their RRSPs to RRIFs, they can make a one-time election to receive the RRIF income based upon the age of the younger spouse. The benefit of doing this is that while it does not reduce the maximum amount that your parents can withdraw in a year, it would allow them the option to create a lower RRIF payment minimum and to take out less RRIF income than if based upon the age of the older spouse.

CPP splitting is another option. If both parents are retired, they can pool and split their CPP income. By making this formal election, the higher taxpayer would pay less tax and the lower income earner would pay slightly more tax. When one of the parties dies, the CPP payments continue at the same reduced rate to the surviving party.

Type of income should be looked at too. Outside of an RRSP, interest income from GICs, T-bills, bonds or Money Market Funds are all taxed at the individual's highest tax rate. Switching investments to either dividend or capital gains producing investment will result in up to a 50% reduction in the level of taxation. This may even be possible without any significant increase in volatility.

For specific answers and help in re-structuring your own or your parents' retirement income, please contact Money Concepts at 905-876-0940.



Lou Mulligan MA, CFP, RHU

