

# 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

## HALTON HILLS SPEECH CENTRE



328 Guelph Street  
Georgetown  
(905) 873-8400

**Q:** I have a 2½ year old boy who has about 15 words in his vocabulary. The rest of the time, he points and grunts to get what he wants. Should I be concerned or will he "grow out of it"?

**A:** At the age of 2½ years, a child should have a vocabulary of several hundred words, use both nouns and verbs in combination, refer to himself as "me", answer "where" questions and be able to have "conversations" with other children. It is important to remember that all children develop their skills at different times, however, if your child has a limited vocabulary by 2½ years and is not showing any indication of increasing it on a daily basis, there is possibly cause for some concern. If there are signs of frustration and anger at not being understood and if there is a reluctance to imitate words and phrases that are modelled for him, it would be advisable to refer your child for a speech and language assessment with a Speech-Language Pathologist. If you have any questions or concerns, please call the Halton Hills Speech Centre for information on assessments, individual therapy or possible group therapy.



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.

### 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.



DAWN PHILLIPS

## Sun Haven TANNING SPA

550 Ontario St. S., Milton • (905) 878-2324  
3505 Upper Middle Rd., Burlington • (905) 335-5050

**Q:** Why do some tanning facilities offer stand-up tanning booths?

**A:** It's a matter of choice. The traditional lay down tanning bed is a terrific way to develop a tan. However over the last few years the tanning industry has introduced stand-up tanning booths. These "stand-ups" are a super alternative to beds. Stand-up booths provide shorter session time and the idea of standing can feel less claustrophobic for some tanners. Also clients feel drier, less sweaty after tanning in stand-ups. Another advantage is that the tanner is exposed to the light rays from 360 degrees giving a more complete tan; we suggest that tanners who insist on the relaxation of tanning in a bed to enjoy the occasional stand-up session now and then to even out their tans.

Stand-up booths are just one type of tanning equipment offered at Sun Haven, please try all of our equipment, then decide which style of tanning best suits you.

**The relaxation of beds, the benefits of stand-ups; at Sun Haven the choice is yours.**



DAWN CASE



Supporting independent lifestyles & worry-free household maintenance

905-876-4999 or 1-877-206-7084  
website: www.emptynesthome.com

**IT'S THAT TIME OF YEAR ...** we start looking at how to prepare our homes for the winter.

If you have an older home like I do, you are looking at the doors, windows, eavestrough and furnace saying to yourself, "I should do something about the windows and have the furnace checked while the weather is still nice." Then, if you are like me, you will find yourself saying, "I have time; I'll get to it later."

It is difficult enough with our busy family and work lives these days without having to think about winterizing our homes too. It is worth it to take the time...

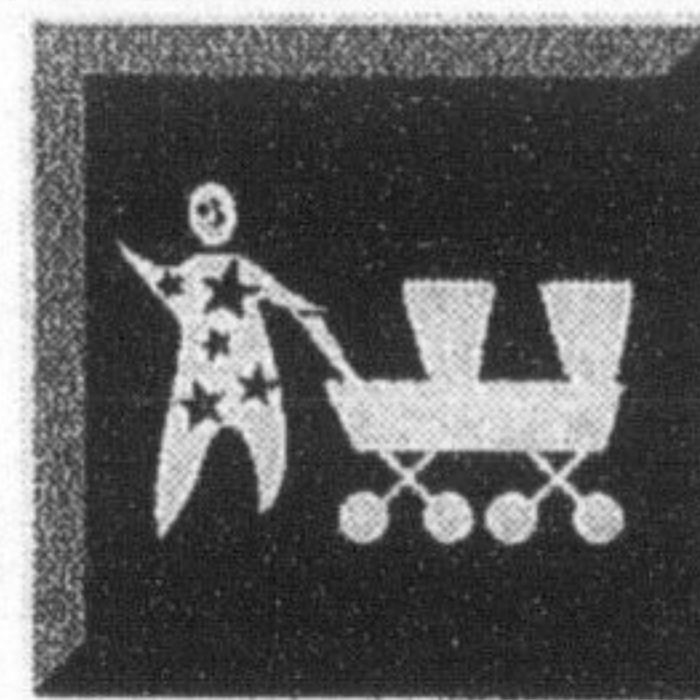
By being "energy alert" when it comes to renovating or keeping up your home, you can increase your energy and cost savings.

Getting the furnace checked and cleaned *now* will not only increase its efficiency and reduce your costs, but it will also give you peace of mind that it is operating safely. Consider installing an electronic thermostat. It will help to reduce your energy consumption further. If it is time to replace your furnace, consider a high-efficiency heating system.

For those drafty doors and windows, you can reduce drafts and cold spots by just replacing seals and caulking where needed. If you need replacement windows, but you do not have enough in the budget, there are options. A reputable contractor who installs replacement windows and doors will usually have a variety of payment options available. Of course, you can always rely on the hair dryer and plastic method to seal off those really drafty areas.

Something else we should think about while we get our homes ready for the winter... The fall leaves present a beautiful scene until they fall off the trees and into your eavestrough. Cleaning out the eavestrough is the smart thing to do. It will reduce the risk of possible damage because of blocked spouts, etc., and it can save you money in the long run.

How is the roof holding up? Now might be the right time to replace those old shingles. Beware of those who come knocking at your door offering roof repair services. Remember! Conducting a proper check of the contractor can save you time, money and stress.



## Cherish Private Home Child Care

Milton Community Resource Centre  
917 Nipissing Road, Milton, ON L9T 5E3  
Ph. 905-876-1244

**Q.** What are the benefits of being a licensed private home child care provider?

**A.** I asked caregivers, currently providing licensed private home child care, what they liked about working with an agency. The top three responses were: the professional support and guidance available, guaranteed payment to the provider, and access to resources and program ideas.

In addition, working with a licensed agency offers:

- policies and procedures that both parents and caregivers follow.
- required and necessary forms.
- information to assist in maintaining health and safety standards.
- professional development opportunities
- assistance in obtaining equipment and program resources.
- liability insurance coverage.
- access to grants and other financial incentives.
- access to subsidized clients.

CHERISH Private Home Child Care is a non-profit agency and a program of Milton Community Resource Centre. For information, contact Sue Tyrrell at (905) 876-1244 ext. 12.



## SHOPPERS DRUG MART

Open to midnight, 7 days a week  
Carriage Square, 265 Main St. E.  
905-878-3311



MICHAEL WONG

**Q:** I pulled a calf muscle an hour ago during a soccer game, what should I do?

**A:** A popular self-help treatment scheme involves the following mnemonics: **P.R.I.C.E.**

**Protection** - Immobilizing the injured areas is of paramount importance because it serves two immediate purposes: (i) to prevent further injury, (ii) to promote healing. An elastic bandage wrap usually serves the purpose.

**Rest** - Resting helps to reduce aftermath swelling and pain. Speedy healing hinges on good resting of the injured tissues. A sufficient period of resting is conducive to satisfactory tissue healing. Rapid re-injury is usually the result of an insufficient resting period.

**Ice** - Ice packs or cold compresses arrest inflammation, swelling, spasms and pain. Swelling reduces oxygen supply to surrounding tissues; therefore, the sooner the application, the quicker the damage control. Apply cold treatment intermittently for 1-2 days to reduce symptoms if necessary. Heat treatment may be in order at a later stage of recovery when swelling is no longer a factor.

**Compression** - Compression supports the injured areas and impedes the degree of motions. This practice helps to accelerate healing, to dampen swelling and to alleviate pain. This should be used for the duration as long as there is still pain and swelling. An elastic bandage wrap could be used again, but it should be emphasized that the wrap should be firm but not too tight.

**Elevation** - In case of severe swelling, elevation of extremities above the level of the heart is sometimes necessary, especially at night.

For minor muscle pulls, an over-the-counter drug such as ibuprofen could be used for pain and inflammation. For persons who have substantial bruising, with a history of gastro-intestinal problems or bleeding disorders, it is recommended to use acetaminophen for pain only. Do not attempt to give acetylsalicylic acid to children under 16.

Stretching before exercise is a good way to prevent muscle pulls; and it should be incorporated as part of the exercise regimen. From now on, allow an elastic bandage and an instant ice-pack in your sports bag, as these may prove valuable.

Last words of advice: If it doesn't look too good, see the doctor!