

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



Tina Doney
Connie Francoz
PHYSIOTHERAPISTS



86 Main St., Milton
876-1515

Q: I would like to start some winter sports this year. Could you please provide some advice? For example: should I stop my regular exercise program in the winter if I am going to do some skating or skiing?

A: Winter sports can pose a higher risk of injury if you don't take the time to condition and prepare your body ahead of time.

Winter sports are great fun, but take a serious moment to consider whether you are ready and how to prepare. Don't take for granted that because you continued a regular exercise program all summer that you are automatically ready for winter sports. Physiotherapists see many winter injuries including muscle strains, ligament sprains, wrist, ankle and other fractures as well as back and neck injuries. Avoiding the risk of the spills that are part of winter sports like skiing, ice skating or snow football is impossible, but the right conditioning can reduce the odds of injury.

Here are a few ways you can prevent winter sports injuries. Before you even get on the snow or ice check your equipment and clothing. Clothing should be warm and comfortable. Sports equipment should be checked to ensure that it fits properly for maximum function, performance, and protection. If you or your children are new to a sport, like skating, wear extra protection like the knee and elbow pads worn by inline skaters.

Inspect your environment! If you are planning to walk outdoors, make sure your pathways are clear and free from ice and wear reflective clothing so that you are visible.

Before you get out onto the slopes, spend 5-10 minutes doing a light activity such as walking to warm up. This will help to prepare your muscles, reducing stiffness or tightness. Wear a comfortable mouth cover, scarf or face mask in the cold to warm the air you breathe, especially if you have any special conditions such as asthma. When you have finished your outdoor activity, don't forget to cool down and to stretch.

Lastly, NO, do not stop your regular exercise program. Participate in a regular exercise program all year round to keep "fit". A higher level of fitness will reduce your risk of injury. Include all the components of fitness in your program. These include exercises for strength, flexibility and aerobic exercise for your heart.

Physiotherapists as experts in mobility can provide individual advice or an exercise program to help people improve their physical fitness level or prevent injury. If you have any further questions about exercise or sports injuries ask a medical professional such as your physician or physiotherapist.

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

Cyr Electrolysis & Laser Centre
Specializing in Laser Hair Removal
Virginia M. Cyr CCE, CPE, RDT
Registered Dermal Therapist
550 ONTARIO ST. S. UNIT 16
MILTON, ONT. L9T 5E4
www.cyreelectrolysis.com



By Appointment: 905-876-1711

Q: What is CoolGlide?

A: The CoolGlide system presents a revolution in hair removal. Using technology beyond that of other lasers, the CoolGlide can disable hundreds of hair follicles in less than one second, and promises permanent hair reduction.

Our CoolGlide hair removal system is a non-invasive laser specifically designed to eliminate undesired hair from all parts of the body. The CoolGlide system generates intense, long-pulsed light through an actively-cooled handpiece, which effectively disables unwanted pigmented hair follicles, thus impairing their growth. The laser's cold handpiece is placed gently on the skin and glides along as pulses of light are delivered from the laser. When the light penetrates the skin, it selectively damages the root of the unwanted hair. The CoolGlide can remove hair from all parts of the body including the face, legs, arms, underarms and back, as well as sensitive areas like the chest, breasts and bikini line.

Are there any side effects?

Short-term side effects may include slight reddening of the skin or local swelling. These effects typically last less than an hour, but, on rare occasions may last a few days. In rare instances there may be some blistering.

Does skin colour make a difference?

No, with CoolGlide's unique design we have the flexibility to treat a wider variety of skin types safely and effectively. How many treatments are required? The number of treatments you may require for optimal long-term benefits depends on the area you wish to have treated, the hair density and your hair's growth cycle. You hair grows in cycles and many factors influence its growth. Age, ethnicity, weight, hormones, diet, medication and metabolism all play a part in your hair's location, thickness and resilience.

Are there any restrictions on my activity after treatment? After your treatment, the area is cleansed and you can return to your normal activities immediately. Your technician may recommend that you use a specially formulated skin care product line or prescribe a skin care regimen especially formulated for your skin type. The use of sun screen is recommended on any treated areas exposed to the sun. As always, it is a good idea to limit your sun exposure.

How does CoolGlide compare with other hair removal methods?

Shaving, waxing and depilatory creams are all temporary methods which must be repeated on a regular basis. Hair removal with CoolGlide offers permanent hair reduction.

What are CoolGlide treatments like?

CoolGlide's wand, as the name implies, cools and soothes your skin as it glides along. When the pulse of light is delivered, some patients experience a mild stinging or pinching sensation. No local anesthesia or pain medication is typically required. Some patients prefer a topical anesthetic when sensitive areas are treated.

Erika Ristok B.A., N.D.
Doctor of Naturopathic Medicine



Erika Ristok B.A., N.D.

- Clinical Nutrition • Herbal Medicine
- Homeopathy • Acupuncture

95 Main Street East, 2nd Floor
Milton (905) 693-9837

Q: What can I do to protect myself against the flu naturally?

A: Influenza is a viral infection of the respiratory tract. Symptoms include fever, runny nose, cough, headache, achiness, lack of appetite, and fatigue. Complications may develop, especially in people at risk for severe disease. Generally, however, influenza runs its course in three to four days.

The naturopathic approach to flu prevention involves support of the immune system. A healthy immune system will make you less susceptible to infections including flu, and speed your recovery in the event that you do get sick.

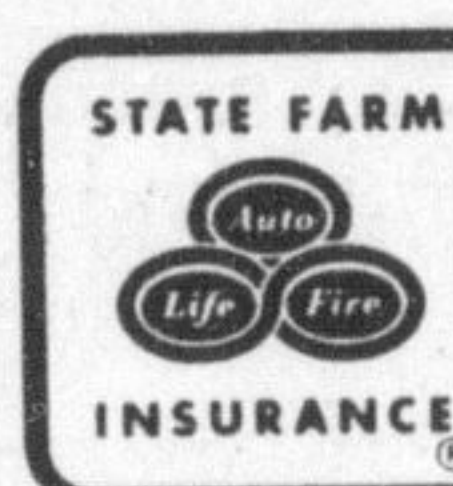
Good nutrition to provide your body with the essential building blocks needed for your defense system is a cornerstone of naturopathic care. Good quality proteins (fish, beans and legumes, nuts and seeds, soy foods, and moderate amounts of meat and dairy) provide amino acids necessary for antibody production. Essential fats are crucial for immune system functioning, and can be obtained from raw nuts and seeds, good-quality oils (including flax seed oil and extra-virgin olive oil), cold-water fish, and legumes.

Vitamins A, C, and E, and the minerals zinc and selenium are crucial for a healthy immune system. All of these important nutrients can be found in a diet rich in organic fresh fruits and vegetables, whole grains, and good quality oils and proteins. Variety is the key!

There are many naturopathic therapies to address an acute influenza infection. Antiviral herbs such as echinacea, astragalus, garlic and licorice will fight influenza viruses. Yarrow, meadowsweet and elder flowers will help to reduce a high fever. Ginger will soothe an upset stomach. Specific homeopathic and acupuncture treatments can also be helpful in preventing and treating flu.

Check with your naturopathic doctor to determine the prevention and/or treatment plan appropriate for you.

Erika Ristok, N.D. uses naturopathic therapies including clinical nutrition, herbal medicine, homeopathy and acupuncture in her local family practice.



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Home-based businesses need insurance

The dream of owning a business is becoming a reality for thousands of people each year. For many of these would-be captains of industry, that means starting the operation at home. However, your enterprise may be in jeopardy if you don't have business insurance.

You need business insurance because most homeowners policies place limits on business-related exposures. For instance, a copier or fax machine used for business and damaged in a fire may not be fully covered because it is considered business property.

Also, the homeowners policy does not cover business liability, loss of income, exterior signs and many other important items. If a client were injured at your home while conducting business, your homeowners' policy would not apply. Anyone who operates a home-based enterprise and does not have the proper insurance coverage is putting his or her business and personal assets at risk.

Business insurance may provide many or all of the coverages listed below:

- Accidental direct physical loss coverage for business personal property.
- Broader off-premises property coverage
- Loss of income coverage
- Extra expense coverage
- Contractual liability coverage
- Liability of employees while acting within the scope of their employment.

Many entrepreneurs start their businesses on shoestring budgets and try to cut corners by keeping expenses at a minimum. But when you consider what you get, business insurance becomes a tool you can't afford to work without.



Jillian Guard
(Hons.) B. Sc., RMT

Milton Therapeutic
Massage Clinic
75 Main St., Ste. 10
(across from Zak's Pharmacy)
878-0800



Ryan Weaver
B.Sc., RMT

Registered
Massage Therapy

TENSION HEADACHES

Tension headaches are described as pain associated with the base of the skull or any other part of the head and face. They are differentiated from vascular (migraine) headaches and are patients' most frequently made complaints. Due to the many causes of headaches, a case history must be carefully considered to rule out organic disease and to ascertain the cause and type of headache. Common causes of tension headaches include trigger point referral, muscle spasm, cervical subluxation, postural stress, and environmental stress. Symptoms include a stiff and tender neck, and aching or vice-like pain in one or more areas of the head. The patient may also experience ringing of the ears, reduced attention, and photosensitivity.

Referred pain in the head most commonly occurs as a result of trigger points in the neck and shoulder region. For instance, the upper trapezius (shoulder muscle) is the muscle considered most likely to develop trigger points which refers pain behind the ear into the temple. Trigger points in the splenius muscles (base of the skull) refer pain upward to cause a deep-seated headache that concentrates behind the eye and often extends to the top of the head. Additionally, sternocleidomastoid (V-shaped muscles in the front of the neck) trigger points not only refer to pain to the ear, temple, and around the eye, but may also cause dizziness, disorientation, and the symptoms of trigeminal neuralgia.

Treatment of tension headaches will include thorough assessment, trigger point therapy, and hydrotherapy to reduce pain and muscle spasm, and increase circulation to compromised tissue. The therapist will stretch shortened muscles and encourage the patient to be aware of and minimize contributing factors.

Please call Ryan or Jillian at the Milton Therapeutic Massage Clinic, if you have any questions concerning massage therapy or would like to book an appointment. 878-0800.



Milton Community
Resource Centre

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

Q: What is an Early Years Centre?

A: Beginning April 1, 2002, MCRC will operate the Early Years Centre in the North Halton Riding in cooperation with Halton Hills Community Support and Information.

The main program goals will be to promote and enhance a child's physical health and well being, social competence, emotional maturity, language and cognitive development, communication skills, and readiness to learn.

The following programs will be offered to all parents and caregivers of young children (0 to 6 years old):

- early learning activities
- parent resources and training
- pre and post natal resources and information
- information about and links to other early years services
- early literacy programs
- outreach services to rural and isolated areas of North Halton
- volunteer coordination services.

The Centre will be linked to other services including: health services, social services, services for children with special needs, child care providers in the community, community recreation programs, public libraries and schools.

Program details and times will be available on our website or by calling (905) 876-1244 ext. 10.

It takes a community to raise a family.