

# 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



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

**Q.** I was told that I have metatarsalgia. What is this condition and how is it treated?

**A.** Metatarsalgia is a general term used to denote a painful foot condition in the metatarsal region of the foot (the area just before the toes, more commonly referred to as the ball-of-the-foot). This is a common foot disorder that can affect the bones and joints at the ball-of-the-foot. Metatarsalgia is often located under the 2nd, 3rd, and 4th metatarsal heads.

**Cause**

With this condition one or more of the metatarsal heads become painful and/or inflamed, usually due to excessive pressure over a long period of time. It is common to experience acute, recurrent, or chronic pain with this common foot condition. Ball-of-foot pain is often caused from improper fitting footwear.

Other factors can cause excessive pressure in the ball-of-foot area that can result in metatarsalgia. These include shoes with heels that are too high or participating in high impact activities without proper footwear and/or orthotics. Also as we get older, the fat pad in our foot tends to thin out, making us much more susceptible to pain in the ball-of-foot.

**Treatment and Prevention**

The first step in treating metatarsalgia is to determine the cause of the pain. If improper fitting footwear is the cause of the pain, the footwear must be changed. Unloading pressure to the ball-of-foot can be accomplished with a variety of footcare products. Orthotics designed to relieve ball-of-foot pain usually feature a metatarsal pad.



Tina Doney  
Connie Francoz  
PHYSIOTHERAPISTS



86 Main St., Milton  
876-1515

**I have had pain along my thumb and was told that it is a type of tendonitis called "De Quervain's". Can you explain this?**

• DeQuervain's tenosynovitis is an inflammation of the tendons of the thumb. The tendons involved either extend the thumb or lift it out to the side. The tendons are enclosed in a covering called a sheath and the tendon becomes inflamed inside the sheath.

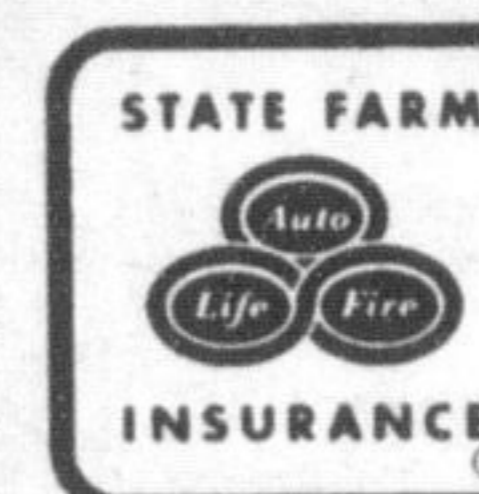
• This type of problem commonly occurs with repetitive use of the hand and thumb during work tasks or leisure activities.

• Pain is often felt over the top or outside part of the thumb and may extend into the wrist or forearm.

• On assessment, your physiotherapist may notice swelling, thickening, and pain to touch the tendons. Active movements of the thumb are usually painful. When the tendons of the thumb and their related muscles are tested, they often have pain and weakness during strength tests and are painful to stretch.

• This type of problem can be treated successfully by your physiotherapist. Treatment may include modalities such as ultrasound, TENS, ice, or acupuncture; manual therapy techniques such as friction massage to the tendons, joint mobilizations of the thumb or specific stretches, exercises (stretches and strength exercises); and your thumb may be taped or you may be recommended to wear a splint for a limited time. Treatment techniques will help reduce pain and swelling, improve circulation and nutrition, and decrease any scar tissue in the tendons, as well as improve thumb and wrist movement, strength, and pain free function at home and at work.

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



**HEATHER SOLIE, Agent**  
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**Life insurance: it's for the people who live**

Life insurance is a practical way to protect your family's financial hopes and dreams.

The death of a family member can be devastating to survivors both emotionally and financially. Life insurance can provide cash to help with your family's immediate and long-term needs.

• Immediate needs include funeral expenses, unpaid medical bills and taxes.

• Long-term needs include care for a disabled child or elderly parent, college expenses and, in general, the chance for members of your family to continue to live the life to which they are accustomed.

Life insurance is not for the people who die, but for people who live. It's wise to explore options while you are still healthy, health problems can make life insurance expensive or unavailable. Three forms of life insurance are most common today:

**Term life insurance.** This is temporary life insurance for a specific time period (one, five, 10 or more years). It can provide short-term coverage on a limited budget. Term insurance, however, costs more to buy as you get older.

**Whole life insurance.** Premiums are generally level with cash value growth throughout the life of the policy. Cash values can be borrowed (with interest charged) during the insured person's lifetime to help meet temporary or emergency needs.

**Universal Life insurance.** This offers many traditional advantages of whole life insurance, but also offers flexibility. Coverage amounts and premium payments are flexible to help meet changing needs during an insured person's lifetime. When you buy life insurance, you buy a promise of protection against financial loss caused by death. The promise is only as good as the company that stands behind it. In today's marketplace, life insurance buyers should be concerned about:

• The financial strength of the insurer.

• Customer service.

Contact your insurance agent for more specific information about life insurance.



DAWN  
PHILLIPS



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

**Q:** Why does our skin tan?

**A:** Our skin's ability to tan is to provide us with natural ultraviolet light protection. Without ultraviolet light there would be no life on our planet, however too much uv light can be potentially harmful. For this reason our skin, when exposed to all "uv" light, will begin to tan. The tan itself is like body armour which helps protect us against overexposure, better known as sunburn. A tan needs time to develop, so we try to expose our skin to short controlled doses of uv light giving our skin time to develop a tan without burning. The best environment for controlled uv light exposure is at a reputable indoor tanning facility, whereas outdoor tanning is not as precise.

With a certified staff and the most advanced tanning technology, Sun Haven Tanning Spa assures you of your own natural tan with less risk of burning.

**Whether tanning indoor or outdoor... remember Sun Haven's golden rule, DON'T BURN!**



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DAWN  
ROSS

**Q:** Can you tell me about heart attacks and strokes?

**A:** A heart attack occurs when there is a loss of blood and oxygen supply to your heart muscle. It occurs when there is a narrowing or blockage of one or more coronary arteries.

**The warning signs for heart attack are:**

1. **Pain:** sudden discomfort or pain that does not go away with rest, pain may be in the chest, neck, jaw, shoulder, arms or back, pain that may feel like burning, squeezing, heaviness, tightness or pressure. In women pain may be more vague.

2. **Shortness of Breath:** difficulty breathing

3. **Nausea:** indigestion, nausea and/or vomiting

4. **Sweating:** cool, clammy skin

5. **Fear:** anxiety, denial

A stroke, or "brain attack", is when there is an interruption of blood and oxygen supply to certain areas of the brain. A stroke occurs when a blood clot travels to the brain, interrupting the supply of blood and the oxygen it carries to the nerve cells in that area. As a result, cells may die and the parts of the body they control stop functioning.

**The five main warning signs of a stroke are:**

1. Sudden numbness, weakness of face, arm or leg (especially on one side of the body.)

2. Sudden confusion, trouble speaking or understanding

3. Sudden trouble seeing in one or both eyes

4. Sudden trouble walking, dizziness, loss of balance, or coordination

5. Sudden severe headache with no known cause

**Question:** Who is most likely to have a heart attack or stroke?

Heart attacks and stroke can occur at any age but are more common in older adults, over 45 for males and over 55 for females. Your risk is increased if you have high blood pressure, high cholesterol, atherosclerosis, heart disease or diabetes. Smoking and a family history of heart problems may also increase the risks.

**Question:** How can I help prevent a heart attack or stroke?

• Have your blood pressure checked regularly.

• Follow a healthy lifestyle: - eat a high fibre low fat diet, maintain a healthy weight, keep physically active, take time to relax, avoid tobacco smoke.

Heart disease and stroke are the leading cause of death in Canada. Learn the warning signs of a heart attack and a stroke and get emergency medical attention immediately if any occur.



DAWN CASE

905-876-4999 or  
1-877-206-7084

website:

www.emptynesthome.com



Home & Personal Services Inc.

One-stop solutions for home, business and lifestyle

**Q:** What solutions are readily available to help me better manage my career responsibilities, family obligations and day to day household chores?

**A:** Achieving a workable balance is considered by most to be a difficult task. The end result however is without a doubt time well spent.

Beth M., one Empty Nest client, is an example of such a success story.

At the beginning of 2002, Beth chose to act on her New Years Resolution to take more time to enjoy life and focus on what really matters. After delegating time-consuming responsibilities to qualified professionals for one month she was delighted to find herself benefiting daily from the dramatic difference these changes have made on her life.

Her initial goal was to implement systems that worked with her current lifestyle and would improve her overall efficiency. The first step was to determine which responsibilities were most taxing on her time and energy. The second was to evaluate options, make decisions and take action.

Beth M. now reaps the rewards of having a personal chef deliver to her home delicious, pre-prepared meals made to suit her specifications and regularly arrives home to clean surroundings.

Additionally she finds her thought patterns to be clearer after hiring a professional organizer to remove clutter and reorganize her home office. Some long overdue carpentry repairs have recently been completed and she is now contemplating suggestions for a future renovation project.

It is amazing how much easier life can be after making only a few changes to our everyday routine. Today this Empty Nest client is enjoying the rewards associated with the fulfillment of her New Year's resolution.

Is it our imagination or is it actually true that everything appears easier when there is less chaos and more free time?