

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



Elayne M. Tanner
B.A., B.S.W., M.S.W., R.S.W., DIP. SOC. ADM.
Counselling & Psychotherapy
Milton (905) 854-0801
www.etasolutions.com

Elayne M. Tanner

Q: My friends say I am being abused. My marriage is not perfect but he promises to change. Shouldn't I stay and work on it?

A: Marriages take work, but there is no place in a marriage for abuse. Abusive spouses always promise to change, but unless they make the choice to get counselling, they rarely do. Abuse is not only physical beatings. It also includes:

- **Physical abuse:** pushing, slapping, punching, choking, kicking and throwing objects.
- **Sexual abuse:** forced, coerced or unwanted touching or sex, withholding of sex or affection, or sexual practices that makes her feel humiliated, or degraded.
- **Emotional abuse:** withdrawal of affection, jealousy, denial of her feelings, put-downs, constant criticism, name calling, isolating her from friends and family, controlling her activities, destruction of property, pets or treasured objects; threats to harm friends or family, making her account for every minute, every action; controlling her with fear, threats of suicide, threats on her life as well as allowing her to have no money of her own, forcing her to account for and justify all money spent and not allowing her to earn money.

This is not a small problem. Although men do suffer spousal abuse also, one in four Canadian women have experienced physical or sexual violence at the hands of a partner. It happens in rich families as well as poor.

Why don't women just leave abusive relationships? The biggest reason is fear. Fear of being injured or even killed, living without money, and losing the support of family. She believes his apologies and hopes he will change. He is not violent all the time so she holds on to the hope that the relationship won't end, just the abuse. In order to make necessary changes, women need information and improved self-esteem. They can then evaluate their situation and decide what to do about it. No one should live with abuse. Counselling for the victim is the best way to start making the necessary changes.

Elayne Tanner & Associates. Inc.

With my associates, I am able to offer a variety of services including mediation, group, seminars and access to a lawyer and legal services.
Confidentiality guaranteed.



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

DAWN PHILLIPS

Q: Other than cosmetic, what benefits does ultraviolet light exposure provide?

A: A tan is obviously cosmetically pleasing and can give a person more self-confidence. *Look good, feel great.* However there are many other benefits of ultraviolet light exposure which include:

- Our primary source of vitamin D.
- Vitamin D helps in the absorption of calcium which strengthens bone density. (Osteoporosis prevention)
- Colon, ovarian and breast cancer rates are twice as high in northern regions as compared to southern regions; lack of vitamin D is thought to be the link.
- Decreases blood pressure and reduces cholesterol.
- Can help control psoriasis, eczema and acne.
- A tan is your body's natural sunburn protection.
- Helps in the prevention of seasonal affected disorder (S.A.D.), also known as the winter blues.
- Tanning is very relaxing and is a great way to relieve stress.

All these benefits can be enjoyed all year round at Sun Haven Tanning Spa, where we provide the most advanced tanning technology for our clients.

There is much more to tanning than meets the eye... experience light therapy at Sun Haven.



Tina Doney
Connie Francoz
PHYSIOTHERAPISTS



86 Main St., Milton
876-1515

I have recently had some pain in the arch of my foot. I was told that is related to the arthritis in my big toe. How would my big toe affect my arch?

There is a complicated and coordinated movement between the toes, heel, ankle, lower legs, thighs, hips, low back and trunk when you walk. Because of this, a change in your big toe can not only be related to arch pain, it can also cause pain in parts of your body that are much further away, such as your knee, hip, or back. When you stand or walk, the bones of your foot are supported and controlled by ligaments and muscles. It is important that all of the joints and muscles of the foot and lower leg work together to control the foot properly when walking. This way, all of the joints and muscles function at their optimum with the least stress.

When you have arthritis in your big toe, the toe can become painful, change it's position or be slightly deformed, become stiff and lose motion, or may lose it's support if the muscles of the foot and lower leg weaken. These changes can mean that you walk differently, perhaps avoiding pressure or weight on the toe. This results in forces being placed on the foot in a different way, that overtime, can cause other painful conditions such as tendonitis or plantar fasciitis because the foot has no optimum movement or support.

You can visit a physiotherapist to have your footwear, walking pattern, foot position, movement and strength assessed. Your physiotherapist can make recommendations regarding physiotherapy treatment available to improve your foot and reduce pain. Education about proper foot support or a recommendation for orthotics may be given.

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



SHOPPERS DRUG MART

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



MICHAEL WONG

Q: This embarrassing low-grade cough of mine lasts for over a month and nearly drives me crazy. What should I do?

A: Chronic cough is one of the most commonly asked questions in community pharmacy practice. It impacts on ones physical and psychosocial well being. A common scenario: Patients initially visit their doctors and their symptoms of coughing may subside for a while but soon reoccur. For the majority of patients, their symptoms never completely disappear but linger on. Certain clinical guidelines conveniently classify chronic cough as a persistent troublesome cough lasting for at least 3 weeks.

In fact, approximately 85% of all cases of chronic cough are caused by postnasal drip syndrome (PNDS), asthma and gastroesophageal reflux disease (GERD). The relative frequency of these causes varies with age. In adults of all ages, PNDS is the most common cause. In the older population, GERD is second and asthma third. In children, asthma is first, PNDS second, and GERD is third. The remaining cases are due to various conditions including cigarette smoking, air pollution, sarcoidosis, chronic bronchitis, tuberculosis, heart failure and lung cancer etc. Special considerations may also be given to pertussis (whooping cough) and the usage of angiotensin-converting enzyme inhibitors (ACEI), a common drug in the treatment of high blood pressure.

Researchers also discover that as high as 80% of all chronic cough cases have multiple causes.

Under most circumstances, pharmacist's hands are tied because effective treatment requires vigorous diagnostic confirmation from physicians employing a spectrum of tests. More significantly, most of the optimal treatment drugs are prescription required.

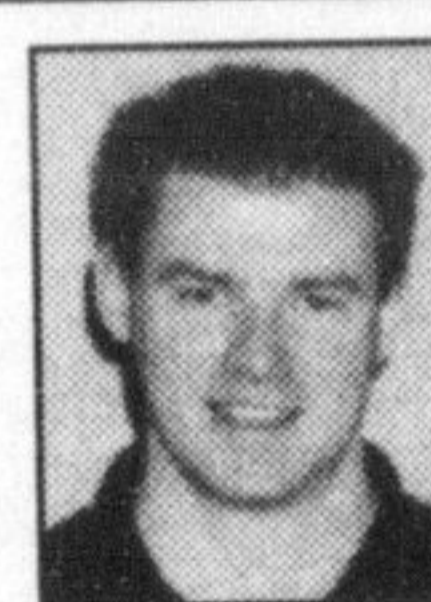
The good news is all studies indicate that physicians should be able to identify a specific cause of cough in 88% to 100% of cases and to provide successful treatment in 84% to 98% of those with an identifiable cause. Response to treatment may offer diagnostic confirmation but can be slow in coming. In other words, patients just have to be patient.



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

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

**Registered
Massage Therapy**



Ryan Weaver
B.Sc., RMT

Q: Last summer I developed golfer's or tennis elbow due to athletic activity and yard work. What is golfer's and tennis elbow and how do I prevent it from coming back this summer?

A: Tennis elbow or lateral epicondylitis occurs when there is tendonitis of the **extensor** muscles of the wrist. It is caused or aggravated by repetitive wrist extension movements such as raising a hammer, using a ratchet or wrench, scrubbing floors, typing or racquet sports. Golfer's elbow or medial epicondylitis is tendonitis of the wrist **flexor** muscles. It is caused or aggravated by repetitive wrist flexion such as striking a hammer, scrubbing pots, typing or golf. Tendonitis develops when the tendon (attachment of the muscle to the bone) becomes inflamed due to repeated microtrauma. It is characterized by painful scarring within the tendon and pain with the use of the affected muscle. Your massage therapist can help to prevent the reoccurrence of golfer's/tennis elbow this summer through massage and specific stretching and strengthening exercises. It is important to keep the involved muscles strong and stretch before and after the aggravating activity. Unfortunately, once tendonitis sets in, it is a stubborn condition to get rid of. Often it is necessary to completely rest from the aggravating activity in order to give the muscle and tendon time to heal. A massage therapist can help to speed up the healing process by relaxing the involved muscles and loosening and stretching any scar tissue that has developed within the tendon. This is achieved through deep massage techniques, stretching and the use of heat and cold. Your therapist will also prescribe important homecare exercises to help relieve pain and inflammation and speed your recovery and return to activity.

For any questions concerning massage therapy, or to book an appointment, please call Ryan Weaver or Jillian Guard at Milton Therapeutic Massage Clinic, 878-0800.

**Briarwood Cosmetic
Surgical Centre**

Dr. S. C. Brown M.D., FRCSC
408 North Service Rd. E. Oakville
905-849-4282

Q: I've heard a lot about Botox recently, how does it work?

A: The physical effect of injecting Botox is to temporarily and safely immobilize muscles.

You can see how this might be helpful to anyone who has frown lines.

Botox has been used for more than ten years for the treatment of facial muscle spasms and strabismus (eye squint). There are no known permanent side-effects.

Approval has been given by Health Canada for use as a cosmetic treatment.

At Briarwood Cosmetic Surgical Centre we have successfully used Botox to treat frown & forehead lines as well as creases or "laugh lines" around the eyes.

These muscles when injected with a tiny amount of Botox stay immobilized anywhere from 3-6 months.

We will be happy to answer any of your questions or to book a free consultation. Call Michelle or Sharon at 905-849-4282.