

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

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

I broke my ankle and am going to have my cast off soon. The surgeon said that I will need physiotherapy. What kinds of things will I be doing?

When you break a bone and are in a cast for a number of weeks, many changes occur. When you injured your ankle, likely the bones and soft tissue, muscles for example, were both injured. Your bones have been healing over the weeks that you have spent in your cast, however, it is common that after your cast comes off, there is still healing and a lot of work to be done. Changes that you might notice after the cast is removed include pain, swelling, bruising, poor ability to move the foot and ankle, weakness and difficulty walking or completing tasks around the house or at work. You may have been using a walker or crutches to get around.

Physiotherapy will include an assessment to determine the specific problems you are having. Your therapist will work with your specialist (surgeon) to provide a therapy program that will help you get back to your usual self gradually. Physiotherapy treatment will include education to help you manage problems such as swelling or pain and advise you how to safely progress your daily activities. Education and training will help you progress from the use of crutches or cane to your usual walk, and gradually help you return to work activities, dance, fitness or other leisure pursuits. Hands on treatment such as joint mobilization or muscle techniques may be used to help improve your ankle or foot movement. A good exercise program, progressed specifically is important to help you improve movement, strength and balance.

While this provides you with a very basic idea of the therapy you'll receive, you may have unique issues to address and should discuss your rehabilitation in detail with your physiotherapist.

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



Elayne M. Tanner

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Q: I am very interested in the seminars you have been offering, but couldn't make it last time. Can you tell me what you have planned now before Christmas?

A: The seminars have been met with such interest that we will be hosting 2 of them again this month. **The Assertiveness for Women** will be on Friday, November 22, 2002, 9 a.m. -- 4 p.m. For \$150.00 +GST you will receive communication skills training that will allow you to present yourself in an assertive, confident manner. You will learn to recognize aggressive, passive and passive-aggressive styles that make communication difficult and non-confrontational ways to deal with people who use these controlling styles. As part of this day, we will be instructed in simple but effective techniques of self defense. Having learned these myself, I can tell you that they are something any woman can do and although you may never need them, you will gain confidence and not look like an easy victim. You will also enjoy a wonderful lunch and breaks, a seminar binder and the company of other great women in a relaxing and beautiful setting. **The Separate and Divorce Smart** workshop will be held in two 3-hour evenings 7-10 p.m. Tuesdays November 26 and December 3, 2002 at the total cost of \$200.00 + GST. This will include snacks, beverages and seminar binder full of valuable legal information. This workshop, presented by lawyer Marilyn Samuels, welcomes both men and women. You will learn your rights and obligations whether you are in the process or even contemplating separation or divorce. While gaining the necessary information you will save yourself hundreds of dollars. You will even learn how to choose the right lawyer for you.

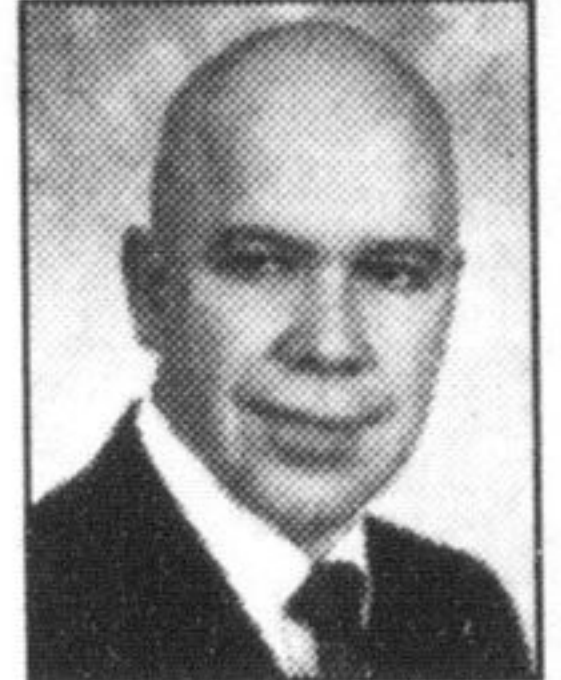
Payment by cash or cheque in advance is required to hold your spot. Please call for further information regarding either of these workshops.

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.
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Lou Mulligan MA, CFP, RHU

Q: What is the \$400 Canadian Education Savings Grant (CESG) and is it too late for this year?

A: One of the best ways to save for your child's or grandchild's future education needs is through an RESP (Registered Educational Savings Plan). One of the main attractions of the RESP is the matching federal grant of 20% to a maximum of \$400 on your annual contribution.

Although you may contribute up to \$4000 annually the CESG is capped at \$400 on \$2000 of new RESP investment contributions. If you cannot use the CESG room in any given year you can carry forward the grant room and claim it against future contributions. For an example if you only contributed \$1000 in 2002, you would receive a grant of \$200. If you then contribute \$3000 in 2003, you are eligible for \$600 in grants - \$200 from 2002 and \$400 from 2003.

New contributions to an RESP can automatically trigger the CESG and you can contribute at any time during the year. Whether you make monthly contributions or a lump sum contribution once a year, it is important to remember that Dec. 31st is a critical date in terms of the annual eligible amount and the CESG dollars available in this year and next.

To qualify for the CESG, the child must have a Social Insurance Number (SIN) and meet age requirements. A child can have more than one RESP, but the total from all RESPs for the child cannot exceed the annual maximum. (\$4000)

Planning for a child's future educational needs is very important. The CESG can be a major boost to your educational savings strategy. We can help you develop an educational strategy to meet your needs. Please call Money Concepts at (905) 876-0940 for more information.

MONEY CONCEPTS

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Tony H. Wan
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Dr. Tony Wan's
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(905) 876-1188



When should I take my child to the dentist for the first time?

It is important to get an early start on dental care, so that your child will learn that visiting the dentist is a regular part of health care. The first step is to choose a dentist for your child. It may be your own dentist or one who specializes in treating children (called a pediatric dentist). Once you have selected a dentist, call the office to find out at what age he or she prefers to see child patients for the first time. Some dentists suggest a visit by age one, while others like to see children once all of their baby teeth (or primary teeth) have come in (or erupted). This is generally between ages two and three.

It's important to make the first visit a positive experience for your child. That is one reason why it's best to visit before a problem develops. If you think there is a problem, however, take your child to the dentist right away, no matter what age. If you are a nervous dental patient, ask your spouse or another family member to take the child for the appointment. If your child senses that you are nervous, he or she may feel nervous too. When you talk to your child about going to the dentist, explain what will happen without adding words like "it won't hurt" or "don't be scared". Be sure to get an early start on regular dental care at home. Start cleaning your child's mouth with a soft damp cloth before teeth come in and continue with a soft toothbrush once he or she has a first tooth. Limit the number of sugary treats you give your child, and focus on healthy food choices from the very beginning.



Geraldine Hesketh

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Attention all businesses large & small. Have you looked at your surroundings lately? Well you should!

Have you ever noticed when going into some commercial environments how blah they are? Why is that?

Hospitals, schools, offices-We work 8 to 10 hours a day and wonder why we can't wait to leave.

I love decorating home offices as they are more conscious of their surroundings choosing a comfortable look and thereby increasing business.

Once visiting a medical building with lots of various offices, the dental office was gorgeous down to a fireplace and wingback chairs and was very busy. I wonder why?

No, we can't expect all business to be quite that suave, but at least when refurbishing go with brighter tones, a mixture of colour in the carpet will hide stains better and increase wearability with a good commercial grade.

No more grey level loop carpet which will show soiling faster anyway. Work should be enjoyable too. Want to increase productivity & sales? Decorate!

Come & see our extensive library of commercial carpets & co-ordinate colours or we'll come to your business and make working a pleasure!



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

Q. How do you treat leg length differences?

A. Treatment of leg length differences (LLD) must be done on an individual patient basis. Every case is different and must be assessed based on the individual's age, fitness, and ability to adapt to treatment. For example, LLD in a shorter person has a more adverse impact on the body than a taller person. And while a younger, flexible spine will accept more correction than a highly degenerative one, this doesn't mean that an elderly person with LLD will not benefit from treatment.

When it comes to treating children with LLD and flat feet many people believe that we should not interfere with a child's development. But what better time to do it than when the body is most able to respond to change and adapt accordingly? Not treating LLD or flat feet in a young person is more likely to adversely affect their growth and proper development over the long term.

X-rays are the most accurate method for measuring LLD. This technique is not as popular as manual measurement because LLD is still seen by many as a minor orthopedic finding.

A popular method of LLD treatment is to lift 50% of the measured difference. Some patients have severe symptoms with only minimal leg length differences, and even a 3 mm lift can make an improvement.