

# 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



Dr. Mark Cross

## Tooth Talk

Towne Dental Group  
Milton Mall – 55 Ontario St.  
(905) 876-1188



Mark Cross  
B.Sc., D.D.S.

### Ask The Dentist

I was at an interesting seminar last month on aesthetic dentistry presented by a prominent dentist from a California dental school. You can't go to a seminar on aesthetic dentistry without spending quite a lot of time on tooth bleaching. He said the research shows that "at home" bleaching systems using custom trays fabricated by a dentist are generally very effective. Crest White Strips also work very well, especially the professional strength ones sold in dental offices. He said that the "paint on" bleaching systems do not work as well. However, if you have your teeth bleached, you must remember that tooth-coloured fillings and porcelain (veneers or crowns) will not change colour.

I also appreciated his emphasis on the conservation of tooth structure when restoring teeth for cosmetic dentistry. He kept repeating the phrase "everything eventually breaks down." This should come as no surprise to us as it happens to our houses, our cars and even our health. The mouth is quite a harsh environment with incredibly high forces generated from chewing and grinding. We would like our dental work to last forever, but the reality is that given enough time it will eventually need to be replaced. So as dentists we are constantly trying to strike a balance between making your teeth look as good as possible, while preserving tooth structure to keep future restorative options open. A dental "extreme makeover" can look amazing, but make sure you know what will be necessary to maintain it long-term.

## HALTON HILLS SPEECH CENTRE



Northview Centre  
211 Guelph St., Suite 5  
Georgetown  
(905) 873-8400  
www.haltonspeech.com

**Q:** My child is having speech and language difficulties and it was suggested to me that I contact a Speech-Language Pathologist. What services does a Speech-Language Pathologist provide?

**A:** A Speech-Language Pathologist is a professional who is trained to assess and provide intervention to children and adults with speech and language difficulties. A Speech-Language Pathologist provides a wide range of services to assist people in the development of effective communication skills. These services include:

- ◆ helping people with speech sounds (articulation) difficulties;
- ◆ assisting children develop language skills;
- ◆ helping people to improve foreign accent, utilizing the Compton Pronouncing English as a Second Language Program;
- ◆ helping people who stutter (dysfluency) to speak more fluently;
- ◆ helping people with voice disorders to improve their voice;
- ◆ assisting people who have difficulties swallowing as a result of illness or stroke;
- ◆ helping people with aphasia (language impairment as a result of head trauma or stroke);
- ◆ developing augmentative and alternative communication systems for people with severe speech difficulties;
- ◆ consulting with individuals and community groups in ways to prevent speech and language disorders and to enhance communication effectiveness in everyday use.

Speech-Language Pathologists practicing in Ontario are registered with the College of Speech-Language Pathologists and Audiologists of Ontario. Speech-Language Pathologists provide services in many different settings including client homes, schools, hospitals, clinics, nursing homes, preschool programs and private practice.

If you would like further information about a Speech-Language Pathologist or the services that they provide please contact the Halton Hills Speech Centre.

## Milton Therapeutic Massage Clinic

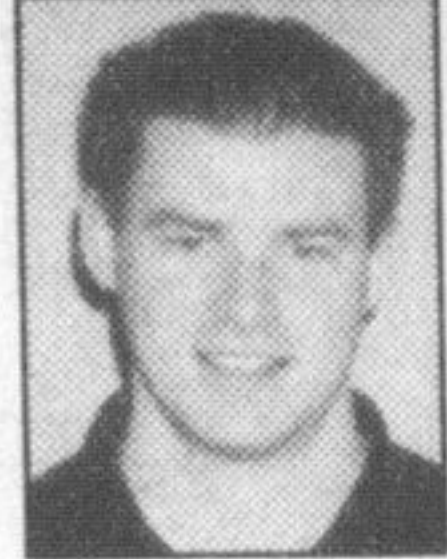


Jillian Guard  
(Hons.) B. Sc., RMT

75 Main St., Ste. 10  
Milton Medical Buildings  
905-878-0800

Wendy Cook  
RMT

Cathleen McTavish  
RMT



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 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.

**Clinic Hours: Mon.-Fri. 8-8 • Sat. 10-2 • Closed Sunday**



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### The Fall Closing.

It's time to shut off the pump and put in the bubbler or heater. As the days get colder, ice starts to form on the pond. As it does, it is better to shut off the pump because the surface of the pond will freeze completely forcing the water out of the pond and in turn will drain it. The fish have gone to the bottom and will stay there until the water warms up in the spring. If you leave the pump running you will bring the frigid water to the bottom which is not good for the fish. Make sure most of the leaves and debris are removed as the rotting of the leaves will form a gas that is harmful to the fish. It is important to stop feeding the fish when the water reaches 10 degrees Celsius as they cannot digest the food. When removing the pump make sure it is stored in a bucket of water to prevent drying out the seals. This will prolong the life of the pump. Store the bucket somewhere where it will not freeze. If you have put a net over the pond to catch the leaves, once they have stopped falling and before the pond freezes, you should remove the net. There may be times throughout the winter when you have to adjust the bubbler or heater so it is important to check on it periodically.

Next month we will start planning for next season.



Tina Doney  
Connie Franco  
PHYSIOTHERAPISTS



17 Wilson Avenue  
(corner of Wilson & Main)  
876-1515

**My grandmother was over for dinner this weekend, and was complaining a great deal about pain in her toes, and when I looked at them, the big toe and second toe is completely crossed. Is there anything we can do?**

Although toe joints are small, they can be very painful, especially if we have abused them over the years, usually by wearing shoes with pointed toes. When your grandmother was younger, she may have worn shoes with very pointed toes, and crammed her foot into them, all in the name of fashion. Many fashionable shoes today include pointed, narrow fronts, and we as well may pay for this in the years to come, like your grandmother. Toes will start to change form, to accommodate to their environment, by crossing and as well, bony changes will occur where there is more pressure, mainly on the inside of the foot over the first toe joint. These are often called bunions.

What can you do about it? Good footwear is the key, with nice round toes and lots of space in the toe area. Trying to wiggle the toes up and down to encourage movement in the sore joint may help if there is stiffness. An ice pack over the bunion to help reduce the inflammation may be helpful as well. Sometimes seeing a physiotherapist for some ultrasound and joint mobilization of the painful joint will help. Orthotics inside your shoes may help take the pressure off of the bunion area as they correct how you walk on your foot.

If you have bunion or toe joint pain, and would like to try orthotics or physiotherapy to reduce the pain, contact the Halton Community Rehabilitation Centre.



Debbie Hawkins  
B. Sc., DVM

## Hawkins Animal Hospital

Debbie Hawkins B.Sc., DVM  
Doctor of Veterinary Medicine

550 Ontario Street South, Milton  
(Pizza Hut Plaza)

Phone (905) 875-6888  
Fax (905) 875-6853



### The hazards of Swimming pools and pool covers

Summer is over and swimming pools have been or are in the process of being closed. One of the biggest hazards of swimming pools, other than the obvious potential of a pet drowning in them, is the winter cover.

Each year in the late fall and spring we unfortunately see pets that die after they have walked on the cover. Basically, the weight of the pet added to the weight of the standing water on top of the cover causes the cover to collapse inwards. The cover then envelopes the pet, and the pet drowns.

In the springtime, the incidence of this tragic event is much higher, particularly if the pet has developed a false sense of security from walking on the frozen pool all winter.

For those of you that do not have an enclosure around the pool, an "invisible fence" is a great idea. The fence consists of an underground wire and a special collar worn by the pet (more applicable for dogs.) Your veterinarian can give you advice on this particular subject.

Another alternative, is a safety winter cover. This is a cover that looks like a trampoline and is fixed in the surrounding deck with concealed studs. I am sure that you can get good advice on this product, from a reputable pool construction company.

I know that this topic is very depressing to read, but I cannot stress enough just how devastating this tragedy can be.