

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

Halton Hills Speech Centre

Division of M. Karen MacKenzie Stepler Speech Language Pathology Professional Corporation

"Your Caring Partners..."

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

Question: As a parent, how can I tell if I should be concerned about my child's stuttering?

Answer: Stuttering begins gradually in the young child. Most children between the ages of 2-5 may become dysfluent as they begin to put sounds, words and sentences together. It is important for parents to recognize the difference between stuttering and the normal hesitations which all children will occasionally show.

Stuttering is an involuntary repetition, prolongation or blockage of a word or part of a word that a person is trying to say. Children who stutter know what they want to say, yet in spite of all their efforts, they are unable to say the words smoothly and effortlessly.

Normal childhood dysfluency is seen as a child is learning to master certain sounds, vocabulary and sentence structures while exposed to social pressures of talking. As your child tries to explain something to you, he/she may come to a point where they are unable to find the words they want to say and may end up groping, repeating helplessly and in many cases may give up entirely. This often happens when children are trying to use a new word or talking about something which they are not familiar with. If your child tries to do this when he is confused, hurried or excited; if he is afraid that you or someone will interrupt him; if he is aware that you are not listening or is not pleasing you with his talk, one can understand why your child's speech may not be smooth.

Concern with stuttering becomes evident when the child is overly troubled about their speech and expresses anxiety about the way they talk. If signs of tension when speaking are observed, this may also identify a child who is at risk for developing stuttering behaviors. Most importantly, if the child begins to shy away or avoid talking situations because of fear of stuttering, parents should be concerned. Feel free to contact our Centre for information and/or availability of videotapes on dysfluency from our lending library or visit our website at www.haltonspeech.com.



Tina Doney
Connie Francoz
PHYSIOTHERAPISTS



17 Wilson Dr. #12
(corner of Wilson & Main)
876-1515

Q: I'm not going for a gold medal, but I still want to try to achieve my personal best in summer sports. Can you offer some tips?

A: Summer is a terrific time to enjoy outdoor sports and fitness activities. Doing well in your choice of sport and having fun are important, however, equally important is preventing an injury.

Firstly, examine the sports you like most. What type of exercise do they provide? Does the sport help build body strength or muscle endurance, improve flexibility, promote co-ordination and balance, or provide a cardiovascular workout for your heart and lungs? Think about all of the components of fitness – aerobic fitness, flexibility and strength, and participate in a variety of activities that together will offer benefits in all or most of the areas of fitness.

If you are thinking about cardiovascular exercise or muscle endurance try swimming, walking, roller-blading or cycling. Combine this with an exercise for flexibility, balance, co-ordination or relaxation like tennis, badminton or yoga.

Remember that old saying "no pain...no gain" is just that, an old saying, a myth. Today make your motto "train...don't strain". Try to stay in shape through the winter to ensure that your body is at a fitness level that will allow you to play sports without injury all summer. Commit to doing a warm up and cool down each time you exercise or play a sport. Remember that if you are new to a sport, you should progress yourself gradually in terms of the time, intensity and frequency that you participate to reduce your chances of injury.

Think about whether your sport has any repetitive movements, bending, twisting or other motion that can contribute to muscle strains or ligament sprains. A physiotherapist can offer information to reduce potential problems by assessing the biomechanics of your sport. That means, how your body is moving when you hit with your racket or swing your club.

Lastly, remember that the most important aspect of outdoor sport is the fun you'll have while staying fit! See your doctor or registered physiotherapist for the treatment of an injury or guidance for injury prevention.

Please contact Tina or Connie at the Halton Community Rehabilitation Centre, 17 Wilson Ave., Milton, 905-876-1515 for questions about physiotherapy.



Herbal Magic™
Weight Management and Nutrition Centres

15 Martin St. 905-693-9594

"Providing a Natural Way to Better Health and Wellness"



Maxine Stanley

Q: I recently tried a diet that involved protein shakes, and I was restricted from consuming bananas, grapes, carrots and alcohol. Needless to say, it didn't last very long! Is it really necessary to go to these extremes to lose weight?

A: The answer to your question is most definitely "NO!" To avoid such natural fruits and vegetables for the rest of your life is absurd, and avoiding alcohol for some people means an end to their social lives.

Such extremes are NOT necessary! What you've just described is a temporary change to your eating habits: a DIET. To have true weight loss results, and most importantly, LASTING RESULTS, you need to make some lifestyle changes, not just temporary ones! That's why diets don't work! They are a quick fix for a long term problem, and inevitably, the weight comes back on when you go back to your "normal" eating habits. This leads to the "yo-yo" syndrome, where your weight constantly swings from high to low to high again, wrecking havoc on your metabolism (not to mention the rest of your body!)

The true formula for weight loss is everything in moderation on a daily basis. The changes that you make to your eating should BECOME your new habits, rather than a temporary distraction from your old eating habits. At Herbal Magic, we understand this, and have designed a sensible eating plan that incorporates your own grocery store bought foods. Alcohol, along with the aforementioned fruits and vegetables, are most definitely a part of your program! Safe, all natural herbs are used to raise metabolic rates and to ease cravings, helping you to develop new and lasting eating habits. Trained nutritional counsellors are on hand to provide one-on-one guidance and full support. If weight loss is something you've been considering, give us a call or stop by. All consultations are free with no obligation.

Maxine Stanley has a B.A. in Sociology and an S.S.W. in Social Work. She has worked with the Herbal Magic program for over eight years, and is a trained nutritional counsellor.

Milton Therapeutic Massage Clinic



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Registered Massage Therapy

Q: What is pseudo-sciatica?

A: Pseudo-Sciatica or Piriformis Syndrome is a compression syndrome of the sciatic nerve, producing symptoms commonly referred to as sciatica. The sciatic nerve is the largest nerve in the body and is the main branch of the sciatic plexus. It descends from the lumbar spine anterior to the pelvis and exits, passing between the piriformis muscle and the lower pelvis. The nerve then travels to the posterior surface of the thigh and down the leg. In some people, the sciatic nerve actually penetrates and passes through the piriformis muscle belly. This is an unusual variant typically requiring corrective surgery.

If tight, the piriformis can squeeze the sciatic nerve against the pelvis causing parathesia and pain in the buttocks and radiating pain down the leg into the thigh and calf. The pain is usually intermittent with varying intensities. Presentation is usually in one leg only and neurological deficits are uncommon. Only if the syndrome is of long duration will the sciatic nerve irritation develop into the true inflammation of sciatica.

Common causes of piriformis syndrome are occupational and postural factors (prolonged sitting) which can shorten and increase tone in the muscle. Injuries to the sacroiliac joint, gluteals, or lateral rotator muscles with subsequent inflammation, haematoma, and scarring can irritate the muscle.

Treatment of piriformis syndrome involves deep tissue work to the lateral rotators of the hip, trigger point therapy, and passive stretching. Education with respect to postural corrections and a reduction in causative factors will follow.

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



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Variable rate mortgages... move over.
The long-term mortgage is back

For the past few years, Canadian homeowners shrugged off their traditional preference for security and embraced the cost-saving potential of a variable rate mortgage, which has its rate pegged to the bank's prime rate that now stands at historic lows. But how low can it go? Many Canadians have concluded that the rate is unlikely to drop much further - making long-term mortgages look very attractive again. And for some, the longer the better.

The right mortgage, of course, always depends on your personal financial situation and your risk tolerance. Your mortgage broker's job is to help you find the best value while managing risk. While homeowners with variable rate mortgages have done particularly well in the past few years, it's easy to forget some of the historical trends. Between 1976 and 1981, rates went from a "low" in the 11% range to highs in the 21% range. That was a doubling of rates in a period of only five years. Those who locked in at 11% were actually the lucky ones.

Homeowners who witnessed the mortgage market in those years became a generation of risk-averse buyers, and the preference for fixed term mortgages dominated borrowing habits for almost twenty years. Then as rates kept up a steady pace downwards, the preference for longer-term mortgages faded. So why are they coming back in fashion?

While no one we know is predicting any 1981 scenario in mortgage rates in the next few years, you're unlikely to find many experts who are predicting that rates will continue the long downward trend. There is some sense that we are close to the bottom. And with little downward room for rates, the so-called "risk" of the long-term mortgage is effectively eliminated. After all, you are unlikely to sign a 5-year mortgage today and then watch the rates drop 4% over that time.

Canadian homeowners have an historic opportunity to lock in the lowest rates in history. Some homeowners who locked in a very good rate a few years ago are even willing to pay an interest penalty to lock in a new longer-term mortgage at today's rates.

There's little guesswork today about how much lower rates can go; we're talking now about only fractions. So for very little risk (of lower rates), you can benefit from the traditional rewards of a longer-term mortgage: the security of knowing that - whatever happens to the rate environment - you can plan your payments until the end of your term.

John Cavan is a Consultant with Mortgage Intelligence, www.stressfreemortgages.ca.

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Sales Representative

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