

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



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

Q: I am training for a marathon, and have noticed that the outside of my knees are very sore with running, and sometimes they even click. What is the cause of this?

A: Many people who are distance running suffer from what is called iliotibial band friction syndrome. The iliotibial band (ITB) is a fibrous band of tissue that runs down the side of your leg and attached to the outside of your knee and knee cap. At the top, there are a number of hip and upper leg muscles that attach to the iliotibial band. If the muscles that attach to the iliotibial band are tight or shortened, or if the iliotibial band itself becomes tight or stuck to the fascia (covering around muscles) on the side of the leg, you may feel pain around the knee or up the leg.

Pain may occur because the ITB becomes tight and pulls the kneecap to the outside of the knee, causing the knee cap to press against the round condyle of the leg bone, or femur. Pain also occurs when the ITB crosses back and forth over the prominence of the round condyle as you bend and straighten your knee with running and may cause irritation of the fat pad which sits in between the base of the leg bone and the ITB.

To prevent or resolve these symptoms, try to give yourself a good warm-up before running and stretch your leg muscles including the ITB itself, the quadriceps, hamstrings and gluteal muscles. The quadriceps and gluteal muscles are important, as the outside portion of these muscles attach to the ITB. You should hold your stretches for one to two minutes. Icing the knee or the ITB can help to decrease inflammation and pain. When training for a big event don't increase your mileage too quickly and avoid running on hills for a few weeks as this increases the stress on the injured structures.

If your symptoms do not change, physiotherapy is very successful in treating iliotibial band friction syndrome, so consult a therapist in your area.

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



Fern Evans
Kitchen and
Bath Design



Milton Home Hardware & Building Centre
385 Steeles Ave East, Milton
Cell 905-299-3376 fevans@cogeco.ca

Q: Kitchen renovation, should we go there? The second question should follow. What room do you spend the most time in?

A: In most busy households the kitchen has become "the family room" of the millennium. We gather there, we prepare, we eat and we linger. This room should be the most comfortable, inviting working space possible. A place for everything necessary and convenient. Pleasant to walk into, anytime of day. This atmosphere can be created in any size. Your style can be adapted to good use of space and practicality.

Trends in cabinetry, vary today; from popular Shaker style with clean lines, in light woods and colours, solid or opaque to a more Old World style with wonderful accents, rich cabinetry colours with glazes and special finishes. Blended cabinetry is very effective, especially when bringing other design elements into the kitchen from other areas of the house.

Never before has there been such a variety of cabinet styles available. Cabinets to inspire your creative flair in the kitchen. Let's not forget, drawers to store your pots & pans!

Do some research. Read the consumer publications. Make your wish list, and contact a design specialist. What may seem like an intimidating venture can be very rewarding, and will increase the value of your house. Should we go there? Absolutely!



15 Martin St. 905-693-9594

"Providing a Natural Way to Better Health and Wellness"

Q: I recently purchased a herbal product that supposedly aided in weight loss. It contained a substance called ephedrine. I stopped taking it after a few days because I got shaky and my heart raced. What exactly is ephedrine and why is it being used for weight loss?

A: Ephedrine is a chemical compound that is found in the dried stems of the "Ephedra sinica" plant (better known as "Ephedra" or "Ma Huang"). Ephedra has a stimulant effect on the central nervous system, making the heart beat faster, increasing blood pressure and raising metabolic rate.

Its main use for the last 3,000 years has been as a bronchodilator, effectively opening small airways in the lungs and alleviating nasal congestion. It is excellent in small doses to safely treat asthma, allergies, colds and sinus infections.

The problem occurs when individuals start using products that contain ephedrine and caffeine for weight loss. Unfortunately, daily usage of these products over an extended period of time is instructed for weight loss.

The higher dose and the longer you take ephedra, the greater the incidence of side effects, such as racing heartbeat, nervousness, insomnia and heart palpitations. Long-term use can have more serious side effects that include high blood pressure, stroke and seizures.

Herbal Magic carries its own line of standardized/research-grade quality herbs that are specifically designed to aid weight loss, and are completely ephedrine and caffeine free. Both safe and effective, they provide good appetite control without the side effects of ephedrine. The herbs are combined with a proper eating plan to provide maximum results, helping you to achieve your weight loss goals.

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.



John Cavan, AMP
Mortgage Consultant



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Interested in a recreation property?

Flexible and affordable mortgage financing is available

Canadians seek out recreational properties for different reasons. For some, it's a beach setting and romantic sunsets. Others want time in the backwoods and complete solitude. Then there are those who want to be close to skiing and snowboarding venues, possibly having a place that offers the best of both the winter and summer seasons. Whatever the reason, the perfect recreational property is any place that renews your spirit and lets you family spend time together doing the things you enjoy.

The relatively wealthy boomer demographic has clearly demonstrated its desire for that second recreational property. With the largest wave of boomers moving through the second home ownership cycle, demand is expected to rise in years to come.

Low interest rates have also created greater affordability levels and, as rates start to rise, many prospective purchasers may want to get off the fence and into the recreational property market before mortgage rates climb higher.

Financing a recreational property may prove to be more challenging than funding a principal residence. Some prospective purchasers find that secondary properties are generally considered less desirable for traditional lending institutions. Purchasers are often advised to take out an equity loan or place a second mortgage on their principal residence to finance the recreation property.

However, the lending landscape is slowly changing. Certain lenders are targeting the recreational property market segment and have launched products specifically designed to meet your needs. You may be able to bypass conventional lending criteria and open the door to ownership. Recreational property mortgages are available for owner-occupied second properties, including winterized and non-winterized, with as little as 15 per cent down for those who have good credit. Typically, the vacation property needs to be located in a known vacation area, have approved plumbing, and year round access.

It's also a good idea to get some answers regarding market conditions before you start shopping for a recreational property. In today's heated recreational property market, some purchasers have an edge in the marketplace because they are cash buyers. To level the playing field, buyers who are financing their purchase may want to consider talking to a professional to determine approximately how much they qualify for before launching their search.

So if you spot that perfect cottage, ski chalet, or resort condominium, keep in mind that flexible and affordable mortgage financing is now available.

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

Call today for great rates & fast friendly service

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

The Muscle Spasm

The physiological response of muscle to trauma of any type (overuse, overload, hypertension, impact) is tightening. This tightening is facilitated by the nervous system and results in a spasm at the exact spot where the trauma occurred. A spasm is a group of muscle fibers held in continuous (tetanic) contraction, unable to secure its own release – a rigid knot. Because spasms are an extension of the normal contraction process, nothing will show up on x-rays or diagnostic imaging. It is, however, a malfunction, and any portion of a muscle that is not working for you is working against you – ACTIVELY! A spasm in a muscle can severely impact its ability to contract and relax (release). The portion of the muscle involved in the spasm is unable to work, forcing the remainder to work excessively. A compromised muscle is a weak one, which fatigues quickly. With continued use the spasm becomes aggravated and enlarges, causing pain and discomfort. Worse yet, the shortened fibres in the spasm restrict the ability of the muscle to be stretched to full length.

A muscle that cannot accommodate the movement placed on it will pull or even tear. Thus, a movement normally within the safe context becomes unsafe when shortening and spasm are present. The stage is now set for one final overstretch overload which will produce the massive spasm of a charley horse or straining of the tissue.

Massage Therapy is effective treatment for muscle spasms and contractures. The therapist will use techniques to reduce pain and increase the local circulation to help reduce the spasm. More importantly, the therapist will help prevent recurrence of the spasm by considering the causes or contributing factors and reducing their effect.

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



Dr. Ron Strohan
Optometrist

Dr. Ron Strohan Optometrist

Wakefield Professional Centre
106 Wakefield Rd., Milton

905-878-5882

Mon-Thurs 9-6, Wed-Fri 9-5, Tues 9-8
Saturday AM by appointment

Celebrating 25 years of practice in Optometry and what I have learned in EYE CARE.

Educating my patients and the public is probably the most difficult, and yet most rewarding aspect of my profession. Taking a preventative approach to health and wellbeing seems to be what most people acknowledge is important in life.

More and more people are being more accountable for and to themselves. Transforming a 'fix after its broken attitude' into a 'preventative attitude' by:

1. Having their family members examined at an early age, recognizing their children are examined as early as the age of 6 months of age, and examined yearly thereafter.
2. Being accountable to finding more information about their health, and inquiring of information on eye diseases prevention, and having regular, yearly eye examinations to prevent their own loss of vision.
3. Becoming more aware of the relationship of eye sight, vision, and overall quality of life. Seeing clearer, allows for more mind, and body coordination. Eye exercises are more accepted, and more widely used, to improve performance in sports and physical eye body relationships.
4. Accepting new technologies in eye wear. Better quality lens materials, such as high index (thinner) lenses with better antireflective coatings help people see clearer and more comfortably. Polarized sun lenses which reduce glare. Using occupational lenses making their work, and play easier and task specific.
5. Finding contact lenses are not commodities. Each person requires unique care, and products, as the cornea requires the contact lens to breathe oxygen, and maintain wetness. As new lenses develop, examinations and care are being more routine where people understand contact lens care is safer than just putting a plastic lens on the eye. There are special lenses for special people, and uses.

The next 50 years in Optometry: I would like to take this opportunity to thank all the patients I have seen who have helped me help them maintain their health and vision. I continue to research technologies and information in the areas of vision and health, advancing optometric care to the welfare of the individuals I meet. Your vision and health is up to you. I am here to help you see for life. ICARE