

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 Tanner & Associates Inc.



Elayne M. Tanner

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

Q: As a result of a past illness, I suffer from chronic pain. The doctors say that I just have to live with it but I hate to accept that. Can you offer any help?

A: Whether as a result of an injury that appears to have healed, a past illness or trauma or even when totally unexplainable, chronic pain takes a physical and emotional toll. The resultant stress and anxiety often cause sleep problems and make you feel weak and helpless. Your social life may be ruined, as you never know when you will have a good day. But chronic pain does not have to rule your life.

At Elayne Tanner & Associates we offer many ways to take control of the pain. When the pain is psychologically trauma based, understanding it may be sufficient to stop it. An experienced psychotherapist will be able to take you safely through the process. Relaxation techniques, meditation and/or hypnosis are frequently very successful in immediately alleviating pain and in teaching individuals to control future pain. Our CD, 'An Oasis of Serenity' is available so that you can benefit at home.

Our associate who is a specialist in energy therapy skills can also offer you Reiki and a very new and effective technique known as ZPoint. Reiki has been long known for its effectiveness in pain management and pain reduction and the new ZPoint may be even more effective in certain situations.

No matter what technique is chosen, some people find the effects are very gradual with pain issues, while others notice improvement immediately. Do not accept the prognosis that says that you have to live with it. Come to Elayne Tanner & Associates and take control of your life.

"HELPING YOU HELP YOURSELF"



Greg J. Lawrence
B. Sc., D. Ch.

GREG J. LAWRENCE B. Sc., D. Ch.
FOOT SPECIALIST / CHIROPODIST

350 Main St. E.,
Milton, Ontario, L9T 1P6
(905) 878-6479

1A Princess Anne Dr.,
Georgetown, Ontario L7G 4W4
(905) 702-1611

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

Q: Why do my feet ache at work? What can be done?

A: Your ability to use your feet safely, with ease and comfort, is vital if you are to remain a valuable and productive worker. However, a large number of workers are exposed to injuries due to prolonged periods of standing and walking. For example, a person who picks orders in a warehouse may walk up to 13 miles in an 8 hour shift. Another worker in the same warehouse may be required to stand in one position for at least six hours during a shift. You are also susceptible to many of the same types of athletic injuries, caused by overuse. Lower back, hip, knee, and foot pain are frequent complaints, in addition to an increase in callous formations and ingrown toenails. One treatment option for overuse in a factory environment is an anti-fatigue mat, which is designed to reduce the forces encountered by the lower extremity and spine. Although anti-fatigue mats do reduce the incidence of reported injuries, they are not successful for everyone.

Risk Factors for non-traumatic lower extremity or back injury on the job include: Long periods of standing and walking, type of shoes worn, obesity and previous injury. Perhaps the greatest risk is structural abnormality of the foot and lower extremity, such as a flat foot, excessive pronation of supination. In considering risk factors, it is important to remember that a single risk factor usually does not lead to injury. A combination of risk factors is usually involved.

Problems such as heel, knee or back pain often require a thorough evaluation by the Chiropodist to determine the underlying factors causing the pain. These types of problems often require a combination of treatments which may include: a change in footwear, icing the affected area, strapping, orthotics, orthopedic footwear, medication, exercises.



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

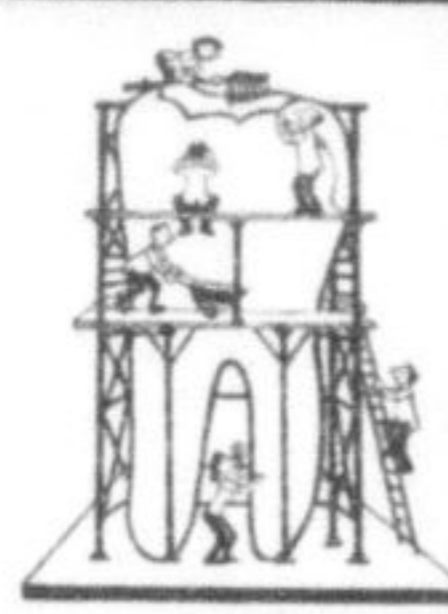
Dr. Mark Cross

Tooth Talk

Towne Dental Group

Milton Mall - 55 Ontario St.

(905) 876-1188



Treatment of Halitosis (Bad Breath)

Last month we looked at the most common causes of halitosis. This month we'll look at how to avoid it and treat it.

As I mentioned previously, volatile sulfur compounds (VSCs) are produced when bacteria cause cell breakdown. This is especially prevalent in gum disease. Therefore elimination of halitosis involves bacterial reduction or removal, and destruction of these VSCs.

Bacterial removal is best accomplished by excellent oral hygiene. This means brushing at least twice a day and flossing once a day. This also means cleaning your tongue with a brush or a special tongue cleaner since the grooves at the back of the tongue tend to easily harbour bacteria.

Destruction of the VSCs can be accomplished by a mouthrinse containing chlorine dioxide. Chlorine dioxide is often used in water purification. It produces oxygen which chemically degrades the VSCs and eliminates the odour. This is in contrast to typical mouthrinses which simply mask the odour. Your dentist can provide more information about chlorine dioxide rinses.

Since dry mouth is commonly a cause of halitosis it makes sense that we would want to increase the level of moisture in the mouth for these cases. This may be accomplished by chewing sugarless gum and increasing fluid intake, especially water. In some instances it may be necessary to use an artificial saliva substitute. Again, ask your dentist or hygienist for more information on this. We'd be glad to help you in any way possible.



Marilyn J. Samuels

Marilyn J. Samuels, LL.B.

Lawyer

11084 Fifth Line, Milton

Ph. 905-854-4942

Fax: 905-854-5211

Q: My Husband and I are separating and we would like to settle our issues without having to go to court. Is there a way we can do that without the expense of getting a lawyer?

A: Yes, if you and your husband really want to work out your marital issues amicably I would suggest you try mediation. With the help of a trained mediator, who may or may not be a lawyer, you and your husband can sit down together and explore your issues and come up with your own ideas to resolve them. You get to decide your own solutions in a way that is not only less expensive for you but leaves you and your husband still able to talk to each other. This is especially important if you have children as you must be able to still communicate when it comes to raising the children.

Any issue can be mediated if the parties are willing to work at it. You can deal with one issue or many issues. It is particularly effective in dealing with child concerns, such as where they are going to live. These can be filled with emotion and high tension for the parties and not being able to work out a resolution can lead to very expensive legal bills and court ordered assessments.

The Fieldstone Centre for Family Law, Counselling and Mediation is a unique service available in Halton. The Fieldstone partners, myself, a lawyer and trained mediator and Elayne Tanner, a registered social worker and family therapist can help separating or divorcing couples lessen both the emotional and financial burden of a marital breakdown. If you would like to know more about mediation call me I would be happy to answer your questions.



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Q: I immigrated to Canada about 2 years ago and have not been able to get a job in my chosen profession because people find it difficult to understand what I am saying. English is my second language and I find it difficult to say some of the sounds. Is there anything I can do to improve my accent?

A: When English has been learned as a second language, particularly as an adult, accurate pronunciation of all the sounds can be difficult. There are a number of sounds that most other languages do not have or may not distinguish between. For example, many languages do not use a "th" sound. If you find yourself saying sank you or tank you for thank you, or have difficulty with other sounds, then accent improvement may be something you should consider.

If you find that friends and colleagues are saying "pardon?" or "Could you say that again?", especially on the telephone, pronunciation may be a problem. This in turn can make it difficult for promotion at work or perhaps hold you back from applying for that "perfect" job. Accent improvement programs are available. One such program is the Compton P-ESL Program which is designed to improve your pronunciation of English as a second language. This program is now available at the Halton Hills Speech Centre. If you have any questions, please contact the Centre at 905-873-8400.