

# 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



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## Hawkins Animal Hospital

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### HEARTWORM DISEASE AND FLEAS

Spring is hopefully just around the corner and with the spring comes the usual parasites that we humans have to deal with each and every year. The list of parasites includes such things as "Mosquitoes and Fleas" which also affect our pets.

Some mosquitoes carry a parasite, which causes **Heartworm Disease** in dogs, and recently in cats, although the instances are still quite rare in cats. Heartworms are long worms that accumulate in the heart and lungs, and as they grow to maturity cause obstruction of the heart chambers.

The initial symptoms of heartworm disease are usually that the dog will develop a small cough that worsens on exercise. As the disease develops, the dog may suffer weakness and lameness, difficulty breathing, loss of weight and congestive heart failure. Unfortunately, death can often occur. If you suspect that your pet is infected with heartworm disease, you must contact your veterinarian immediately.

Thankfully, heartworm disease is very easy to prevent, by the administration of a monthly tablet given with food (oral) or by drops applied monthly to the skin at the back of the neck (topical).

**Fleas** are parasites that use our pets as a food source. They enter our homes in our pet's fur, and, once in the house leave our pets body, and then busy themselves by laying thousands of tiny flea eggs. Many veterinary hospitals carry posters in the waiting room of magnified pictures of the flea, busy in the tufts of carpets surrounded by flea eggs - quite makes your skin crawl! Eventually, these flea eggs will hatch and result in a major infestation of the home. Ask anyone who has suffered this problem, and they will tell you that a flea infestation is very difficult to remedy.

Contrary to popular belief, our pets do not need to be in contact with other pets to pick up fleas. In fact, the most common source is the ground, whether it is grass on the lawn or sand. Therefore, any dog or cat that sets foot outdoors is susceptible.

There are many products on the market to prevent fleas and heartworm, either singularly or in a combination product. Please talk to your veterinarian soon, to find out which product is best suited for your pet.



Tina Doney  
Connie Francoz  
PHYSIOTHERAPISTS



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

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 to notice some 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 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. Training to progress from the use of crutches or cane to walking alone, 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.



Dr. Ron Strohan  
Optometrist

**Dr. Ron Strohan**  
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Vision is a sense which is powerful enough to affect your ability to think clearly.

Perception is a process which involves all your senses, body functions, and reactions.

Research is finding that the visual process involves not only the physical components of the eye, brain, other senses, and the body; it includes the aspect of thinking, and feeling. How you think about things, psychologically think about things affect how you see, and interpret the world. How you feel about things also affect the ability of establishing who you are in relation to the environment. Anything seen is interpreted, and eventually forms a reaction energized with emotional energy. The energy of perceived emotional thoughts, counteracts with the energy of the heart in elements of stress.

Emotions, which are energy aspects affect all areas of perception. Even the movement of the eyes, the body and physical responses in the eyes and the body.

The development of vision difficulties resulting in the need of glasses and contacts or turned eyes can be affected by the emotional responses to the environment. Memories are stored in the muscles responses of the body. Any memory of a perceived event as frightening affects the persons ability to think and react clearly. Thus the aspect of seeing is a visual response as well as the components of the body and the eye react in patterns of function based on past experience and reaction to perceived present experiences.

In perceptive studies it is found that the center of Being is in the heart. The essence of thinking affects how you see the world, how the senses receive and respond to the environment and your experience. Over a period of years, excessive perceived stress is able to be monitored through the eyes, the changes within body functions are also interrelated, and the expressions of how you move includes the movements and functions of the eyes. Over a period of years, the structures of the eyes and body form in response to the reactions and perception, and in turn this affects the function of the body. Energetically cell components of the eye tissues and the body change, and either die off as in glaucoma or change form as in the case of cataracts.



Greg J. Lawrence  
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## GREG J. LAWRENCE B. Sc., D. Ch.

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**Q: What is the most common mistake patients make while obtaining shoes?**

**A: People believe a lightweight shoe equals a comfortable shoe, when what they really need is more support.**

- Fashion is the primary consideration in most shoe purchases.
- Many people make the mistake of buying shoes that are too stiff across the forefoot. The foot is flexible at the toe joints for a reason. When shoes use stiff insole boards, out-soles or platform type they do not have sufficient rocker to them and symptoms often result.
- The most common mistake everyone makes in purchasing shoes is compromising length for width. The blunder occurs when we ask for a half-size larger shoe just to get a little extra width. This moves the flex line of the shoe away from the flex line of the foot.
- To keep the cost of inventory in check, retailers have responded by providing a greater selection of styles but a restricted size inventory. As a result, most retailers stock a "B" width for women's shoes and a "D" width for men's.
- Proper shoe fit is a 'feel', not a size. Size varies among lasts, models, styles and manufacturers. Even with the increasing rate assistance of unknowledgeable fitters, consumers will continue to assess proper fit based upon how they're used to 'fit' feeling.
- A tip for proper shoe fit is to remove insoles from shoes and simply stand on them. This simple maneuver can save consumers both time and money in the selection and purchase process. It is advised that consumers fit the bigger foot.

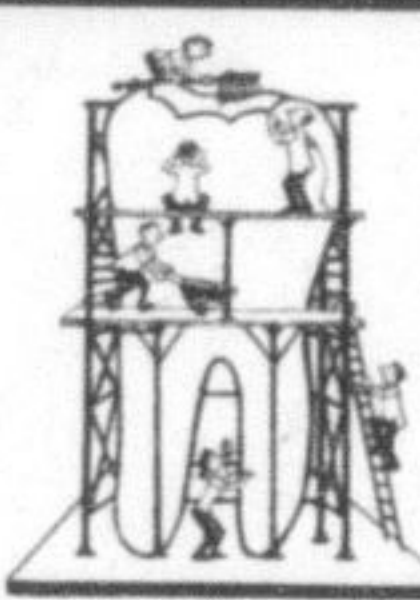


Mark Cross  
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## Dr. Mark Cross

# Tooth Talk

Towne Dental Group  
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**Q: What can I do to make my teeth whiter?**

**A:** There are now many ways available to give you the smile you have always wanted. Before we look at ways to make your teeth whiter, we must first determine what has caused the discoloration. Some common causes for tooth discoloration include aging, poor dental hygiene, tooth decay, trauma, tooth nerve degeneration, excessive fluoride, consumption of staining substances (coffee, tea, cola, tobacco), tetracycline (antibiotic) staining, and old dental restorations. As you can see, it is not as simple as going to a drug store and purchasing products that say will "brighten and whiten your smile". If you choose to go that route, beware of products that may actually harm your teeth and gum tissues. Some toothpastes aimed at smokers contain ingredients that are too harsh on your teeth, and over time can wear thin the protective enamel coating. Another product the public should be cautious about using is the over-the-counter at home whitening products. Bleaching products in some instances may cause damage to the tooth pulp, enamel and gums, especially when performed without supervision. Many of these products contain chemicals that are too concentrated and are often administered using poorly fitted mouth trays that allow more exposure of the mouth tissues.

Only a dentist can determine what is causing your teeth to be discolored. Your solution may be as simple as regular dental check-ups together with proper home dental care. Some people may need tooth colored fillings if it is decay that is making their teeth discolored. Old discolored fillings will need to be replaced as it is not possible to whiten them with chemicals. Teeth that have discolored as a result of staining substances and aging may be whitened with professional bleaching systems. Tetracycline stained teeth, resulting from early childhood exposure to the antibiotic, can sometimes be treated by bleaching, depending on the severity. In several cases, it may be necessary to complement it with cosmetic dental procedures such as porcelain veneers. Teeth that have suffered past trauma or nerve degeneration will need to be diagnosed by your dentist first before attempting to whiten them.

So, if it's whiter teeth you are after, the best advice is to see your dentist and ask what treatment is best for you.



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## BARROW FAMILY CHIROPRACTIC

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### THE "NINE TO FIVE LABOUR" PAINS

Any woman who has carried a pregnancy to term can attest to the very real labour pains of childbirth. But the "labour pains" associated with working at a nine-to-five job are nearly as well accepted or understood.

Sometimes the only difference between the woman about to give births and the receptionist with recurring neck, arm, wrist or shoulder pain is the way each condition is perceived. Being pregnant is quiet noticeable. It is also common knowledge that pregnancy and childbirth involve pain and discomfort, and will require some time off work. By contrast, anyone suffering from "unseen" conditions such as repetitive motion injuries (RMI's) and cumulative trauma disorders (CTD's) usually have trouble being taken seriously. Few people really notice, understand, or consider the conditions serious enough to impede work or warrant some time off.

To make matters worse, some doctors actually suggest that people with such injuries find "easier" employment, such as secretarial or office work. Unfortunately, even the seemingly simple tasks, such as bending over a desk, typing, stuffing envelopes, answering the phone, or simply sitting for an extended period of time in a poorly positioned chair can be difficult or painful for someone suffering from injuries associated with the neck and upper extremities. The "difficulty" in completing a task is not always related to the pain alone, but often involves associated symptoms such as nausea, headaches, blurred vision, weakness or numbness of limbs or fingers, a sense of being utterly drained, and even total body pain.

Different people will experience varying degrees of discomfort. For some, it will merely be uncomfortable, for others it will result in stiffness, soreness and irritability. For still others with more serious conditions, it will become almost unbearable even to the point of feeling unable to sit, stand, or cope with simple work demands.

So, what do you do if you're a victim of such nine-to-five blues? The first thing you need to do is to see your chiropractor. Chiropractors can pinpoint the specific problem area and bring welcome relief, hence, making both your job and your life more enjoyable. Those suffering from work-related injuries or disorders who are considering consulting a specialist in these areas, should insist on making chiropractic an integral part of their treatment plan, since most of these symptoms are aggravated, if not induced by interference in the neck area. Clinical studies have demonstrated a direct connection between arm, wrist, and shoulder pain, and the nerves that emit from the neck. A spine free from nerve stress will be better equipped to heal the body from these painful and often crippling conditions. In most cases, the drug-free, non-surgical approach of chiropractic will be far more effective than the more traditional medical options.

Most importantly, learn to take the "unseen" pain seriously. Just because you can't see the problem doesn't mean it "won't get on your nerves!" Just as you wouldn't expect a woman to wait until she's about to give birth to see a midwife or doctor, don't wait until your pain is unbearable before you take action. Talk to your chiropractor today.