

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
B.A., B.S.W., M.S.W., R.S.W., DIP. SOC. ADM.
Counselling & Psychotherapy

Milton (905) 854-0801

www.etasolutions.com

Elayne M. Tanner

Q: I am pregnant and am worried that I may suffer postpartum depression after the birth of my baby. What exactly is this and how can I deal with it?

A: The birth of a baby can trigger a jumble of powerful emotions — excitement, joy, even fear. But it can also result in something you might not expect — depression.

Depression after childbirth can vary in duration and severity — ranging from mild to severe forms. Many new moms experience a mild, short-lived depression, sometimes called the baby blues. This may affect 70 percent to 85 percent of women and includes symptoms such as sadness and anxiety, which usually begin in the initial days after childbirth and last for about seven to 10 days.

About 10 percent of new mothers experience the more severe form of depression that you referred to, called postpartum depression. The associated feelings, such as sadness, anxiety and restlessness, can be so strong that they interfere with daily tasks. Postpartum depression can occur at any time within about the first six months after giving birth. If left untreated, it can last up to a year or longer.

In rare cases, an even more severe form of depression, postpartum psychosis, can develop. Some of the symptoms are similar to those of postpartum depression, but they are more extreme.

Experiencing depression after childbirth isn't a character flaw or a weakness. For many, it's a normal part of giving birth. The good news is that in most cases, a combination of self-care, medical treatment and counselling can relieve your symptoms and allow you to feel the joys of parenthood. If the fear of experiencing postpartum depression is affecting your pregnancy, you may want to begin counselling now and have the support available during the pregnancy as well as after.

"HELPING YOU HELP YOURSELF"

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

I have a desk job and suffer from chronic neck and shoulder pain. What could be causing this?

Most people with desk jobs will inevitably suffer from neck and shoulder pain in their careers. The human spine is simply not designed to sit in a chair for 8 hours a day. Most commonly, the pain comes from improper posture that leads to spinal curvature problems. In this case, a head-down or head-forward posture for long periods of time leads to a decrease in the concave curvature in the back of the neck. This is called **loss of cervical lordosis**. The hallmarks of this condition are chronic neck and shoulder pain, headaches, and limited range of motion in the neck. The muscles in the back and sides of the neck, especially underneath the skull, are very tight and sore, with spasming. Serious problems such as arthritis and degenerative disc disease can arise down the line when spinal vertebrae adapt to the straightened curvature, change shape and degenerate at an accelerated pace.

The condition is not irreversible. However, it does take time to improve. Naturally, the faster you catch this problem, the easier it will be to treat. It involves deep tissue work and manipulations to stretch certain muscles and ligaments, with daily exercises to reestablish proper curvature. The client will also be educated to correct contributing postural issues and given instruction to ergonomically set up their workstation.

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

Milton
NATUROPATHIC CLINIC

K.C. Bateman, B.Sc., N.D. & Kate Rhéaume B.Sc., N.D.

Naturopathic Doctors
335 Main St. E, Milton, ON
905-693-1993



K.C. Bateman & Kate Rhéaume

Can Naturopathic Medicine help prevent or treat ADHD (Attention Deficit Hyperactive Disorder)?

Yes, absolutely!

There are a number of contributing factors that lead to ADHD. Contributing factors include (but are not limited to) the following:

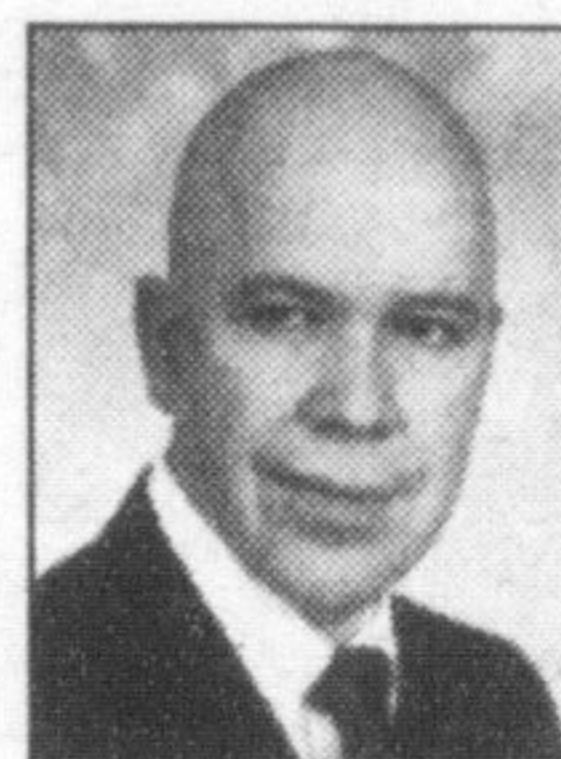
- Food Sensitivities
 - an estimated 40 – 50 % of hyperactive children are sensitive to artificial food colors, flavors and preservatives as well as naturally occurring salicylates and phenolic compounds
- Nutrient Deficiencies such as:
 - Iron
 - B Vitamins
 - Calcium
 - Magnesium
 - Essential Fatty Acids (particularly Omega-3)
 - Lead poisoning
- Abnormal lights such as TV and fluorescent lighting

It is possible to manage ADHD without medication. In order to prevent or treat this condition most effectively it is important to determine which of the contributing factors are present in your child. For an individually tailored plan to naturally prevent or treat ADHD please contact a licensed Naturopathic Doctor.

www.miltonclinic.ca

PARTNERS IN PLANNING FINANCIAL SERVICES LTD.

- Financial Planning
- Retirement Planning
- Mutual Funds
- R.R.S.P.'s
- G.I.C.'s
- R.R.I.F.'s



Lou Mulligan
MA, CFP, RHU, CLU, EPC

Tel: (905) 876-0120 Fax: (905) 876-2934
420 Main Street East, Suite 203,
Milton, Ontario L9T 1P9

Q: What is mortgage insurance?

A: When you take a mortgage, the lender wants assurance that they will get paid. Having life insurance equal to the value of the mortgage assures them that if you die, the bank will get paid. Mortgage insurance declines in value with the decrease in your mortgage. Since you, the insured, are getting older the monthly insurance premium will stay roughly the same.

In most instances, you are offered the mortgage insurance as a convenience, not as a condition of borrowing. Usually, you are free to decline the insurance or to provide your own life insurance. Providing your insurance can be in your best interest for several reasons.

1. It is properly underwritten at the time of issue. You know that should you die, your claim will be paid.
2. You choose the beneficiary. You can name your spouse as beneficiary of the tax free insurance benefit.
3. Your personal insurance coverage will remain at the same level of coverage for the term of the insurance.
4. Each spouse can have their own separate policy.
5. The premium is competitively priced.

In most instances, you could get twice as much coverage, no declining value and the ability to choose your beneficiary for approximately the same monthly cost.

Got questions about your mortgage insurance? Yes you can probably get it cheaper. Yes you can replace your mortgage coverage with personal coverage without penalty. Call us for a complimentary review of your insurance coverage and your insurance alternative. 905-876-0120

Affiliated with Partners in Planning Insurance Services Inc.



Our Ask the Professionals
advertorial section is growing.

We have openings for:

- Accountant
- Automotive Technician
- Banker
- Carpet Cleaning
- Chef/Caterer
- Computer Specialist
- Dog Trainer
- Electrolysis
- Equipment Rental
- Funeral Director
- Lawyer
- Renovations/Handyman

plus many more

This is an exclusive feature
(Only one advertiser per category)

To advertise, call your
Canadian Champion Sales representative
at 905-878-2341



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 Chiropractors
and The Ontario College of Chiropractors

Q. What is Athlete's Foot and how is it treated?

A. Also known as Tinea Pedis, Athlete's Foot is a fungal infection that affects about 12% of the population. Contrary to its name, Athlete's Foot can strike anyone. It is common in both adults and children.

Symptoms:

- Athlete's Foot may appear on any part of the foot but is most common between the toes (especially between the 4th and 5th toes) and on the bottom of the foot
- The infection may appear wet or dry
- Redness, scaling, blisters, itching and burning are common findings
- One or both feet can be affected
- Sufferers often have recurrent episodes

What you can do:

- Over-the-counter antifungal products are often effective for skin infections when used according to the manufacturer's instructions. These products must be used for the full treatment period, which means that they are used even after the symptoms disappear.
- Wash and dry feet thoroughly on a daily basis and sprinkle foot powder to absorb perspiration.
- Wear shoes made of natural materials, like leather or canvas that allow moisture to escape from the shoe
- Select socks made from natural fibers, preferably cotton
- Change shoes and socks regularly to decrease moisture
- Foot soaks can help to dry excessive perspiration
- Avoid walking barefoot in public places