

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

SHOPPERS DRUG MART

Open to midnight, 7 days a week
Carriage Square, 265 Main St. E.
905-878-4492



DAWN ROSS

Question: How do I know if my Dad has Alzheimer's Disease?

Alzheimer disease is a progressive, degenerative disease of the brain that destroys vital brain cells. It most often occurs in people over 65, but can occur earlier. One in 13 Canadians over 65 years of age has Alzheimer's or a related dementia.

The following are warning signs of Alzheimer's

- 1. Memory loss that affects day-to-day function.** Forgetfulness that is out of the ordinary.
- 2. Difficulty performing familiar tasks.** They may have trouble with tasks that have been familiar to them all their lives, such as preparing a meal.
- 3. Problems with language.** Having difficulty finding words, finishing sentences or remembering people's names.
- 4. Disorientation of time and place.** They may become lost on their own street and not know how to get home.
- 5. Poor or decreased judgement.** They may not recognize a medical problem that needs attention or wear heavy clothing on a hot day.
- 6. Problems with abstract thinking.** They may have trouble balancing a cheque book, and not recognize what the numbers mean.
- 7. Misplacing things.** They may put things in inappropriate place such as an iron in the freezer or a wrist band in the sugar bowl.
- 8. Changes in mood and behavior.** Someone with Alzheimer's can exhibit varied mood swings - from calm to tears to anger - for no apparent reason.
- 9. Changes in personality.** They may become confused, suspicious, withdrawn or fearful.
- 10. Loss of initiative.** They may become more passive, and require cues and prompting to become involved.

If five or more of these statements apply, you probably should be consulting a doctor.

For more information you can visit the Alzheimer's Society website at www.alzheimer.ca or visit your Health Watch Pharmacist.

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

TENSION HEADACHES

Tension headaches are described as pain associated with the base of the skull or any other part of the head and face. They are differentiated from vascular (migraine) headaches and are patients' most frequently made complaints. Due to the many causes of headaches, a case history must be carefully considered to rule out organic disease and to ascertain the cause and type of headache. Common causes of tension headaches include trigger point referral, muscle spasm, cervical subluxation, postural stress, and environmental stress. Symptoms include a stiff and tender neck, and aching or vice-like pain in one or more areas of the head. The patient may also experience ringing of the ears, reduced attention, and photosensitivity.

Referred pain in the head most commonly occurs as a result of trigger points in the neck and shoulder region. For instance, the upper trapezius (shoulder muscle) is the muscle considered most likely to develop trigger points which refers pain behind the ear into the temple. Trigger points in the splenius muscles (base of the skull) refer pain upward to cause a deep-seated headache that concentrates behind the eye and often extends to the top of the head. Additionally, sternocleidomastoid (V-shaped muscles in the front of the neck) trigger points not only refer pain to the ear, temple, and around the eye, but may also cause dizziness, disorientation, and the symptoms of trigeminal neuralgia.

Treatment of tension headaches will include thorough assessment, trigger point therapy, and hydrotherapy to reduce pain and muscle spasm, and increase circulation to compromised tissue. The therapist will stretch shortened muscles and encourage the patient to be aware of and minimize contributing factors.

Please call Ryan or Jillian at the Milton Therapeutic Massage Clinic, if you have any questions concerning massage therapy or would like to book an appointment. 878-0800.

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

Taylor Nursery

7429 Fifth Line, Milton
(right at the east end of Main St.)

905-876-4100



Phil Lawton



Q: I had a lot of winter damage last year. How can I prevent it this winter?

A: Late fall is the time to do most of your winterizing but now is the time to plan what you will need to do. Here are some suggestions from Landscape Ontario.

Lawns—Apply fall fertilizer (or fall fertilizer plus weeder) anytime now to strengthen your lawn and its roots to help it survive the winter ahead. The last mowing should be close cut to the ground and clippings raked to prevent fungal diseases.

Evergreens—Yews and Alberta spruce are most susceptible to winter wind and sun burn. Wrap them in burlap (never in plastic—every plant needs to breathe!) from top to bottom in late fall. Upright evergreens like Skyrockets and Mountbattens can get weighted down with snow. Wrapping them in Vexar netting in late fall and leave on until all spring snowfall is past. All evergreens should be well watered before the severe ground frosts of mid-December to keep them from drying out.

Roses—After the first heavy frost, cut back roses to about 50 cm by removing all frozen buds and leaves. Dust lower branches with fungicide. Using a rose collar, build fresh soil 25 cm high around each bush, then after the soil is frozen, apply a layer of straw. Climbing roses should be pruned slightly and the branches tied together and wrapped in burlap. Build up soil around their roots too.

Rhododendrons & Azaleas—These are very susceptible to winter damage. Cover roots with up to 8 inches of mulch (oak leaves or peat moss). Then build a shelter around each plant, wrapped in burlap.

At Taylor Nursery, we have all your winterizing supplies and we are happy to advise you on any gardening problems.

The Canadian Champion

"Milton's Choice Since 1860"

905-878-2341

875 Main St. E. Unit #2, Milton, Ontario L9T 3Z3
champion@haltonsearch.com

Q: I understand that The Milton Canadian Champion will be publishing "Welcome to Milton" in mid November. As a Milton business why should I participate in this feature?

A: There are a number of excellent reasons for any business to advertise in "Welcome To Milton".

This well received feature is distributed to 7,000 of the newer homes in Milton, including those we cannot assign a carrier to right now because the street or area is still under construction.

Most of the residents in these homes have moved from other towns/cities and are not yet familiar with the great variety of businesses and services offered in Milton.

Printed as a separate section "Welcome To Milton" is filled with pertinent information about Milton history, activities, events and more which will inform and entertain new residents.

Here is your opportunity to show our newer residents that they can shop locally, and how your business or service can fulfill their needs.

Space is limited so call your Canadian Champion Sales Representative today, and let us help you design an ad that will welcome newcomers into your business.



Tony Wan
B.Sc., D.D.S.

Dr. Tony Wan

Tooth Talk

Towne Dental Group
Milton Mall – 55 Ontario St.
(905) 876-1188



When should I take my child to the dentist for the first time?

It is important to get an early start on dental care, so that your child will learn that visiting the dentist is a regular part of health care. The first step is to choose a dentist for your child. It may be your own dentist or one who specializes in treating children. Once you have selected a dentist, call the office to find out at what age he or she prefers to see children for the first time. Some dentists suggest a visit by age one, while others like to see children once all of their baby teeth have come in. This is generally between ages two and three.

It is important to make the first visit a positive experience for your child. That is one reason why it is best to visit before a problem develops. If you think there is a problem, however, take your child to see the dentist right away, regardless of age. If you are a nervous dental patient, ask your spouse or another family member to take the child for the appointment. If your child senses that you are nervous, he or she may feel nervous too. When you talk to your child about going to the dentist, explain what will happen without adding words like "it won't hurt" or "don't be scared".

Be sure to get an early start on regular dental care at home. Start cleaning your child's mouth with a soft damp cloth before their teeth come in and continue with a soft toothbrush once he or she has a first tooth. Limit the number of sugary treats you give your child, and focus on healthy food choices from the very beginning.



Dr. Angela Barrow
B.Sc., D.C.

BARROW FAMILY CHIROPRACTIC

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Email: drabarrow@sympatico.ca

FEVERS: A SOURCE OF STRENGTH

Most childhood illnesses are characterized by fever. It is widely known that fever activates the immune system in a natural way. It is less widely known that fever can strengthen the immune system, help prevent susceptibility to other illnesses in later life and confer developmental benefits as well. Pediatricians have stated reports that after a fever, "the child reveals a spurt of development and maturation."

We have grown up thinking that we must suppress a fever, when truly, we should be monitoring it. A fever is the helpful response of the body to the disease process - the body's way of overcoming disease. Unfortunately, the prevalent opinion is that a fever itself is a disease and needs to be treated as such. When a fever is artificially suppressed by antibiotics, the body's defense system remains inactive. For example, by monitoring a child's fever, this allows the fever to mobilize the body's immune system, which helps fight the disease at hand.

As a family chiropractor my focus is on wellness and health. The nervous system is the master control in the body and interference with its ability to heal and regulate, affects our well being. Chiropractic adjustments remove interference to the nervous system thus allowing our immune system to work at its fullest potential. In doing so, our body has more of a fighting chance against illness and disease.