

Ask The Professionals

If you have any questions these professionals can answer, please write to:

"Ask The Professionals"
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Is vision and health of value?

This is a psychological and yet universal principle. Everyone lives their lives based on values. One's hierarchy of values is subject to change. What was once of high value usually reaches a point where another void becomes a higher value, and therefore replaces a person's desires or priorities of action. For instance: People tend not to regularly schedule or put off their health care and examinations because of what they perceive as more valuable, such as life's pleasures. Many appointments are put on the shelf or cancelled because the person is too busy working, or has others to be with. They also may wish to endeavor in social activities which involve the consumption of toxicants or what they feel is of greater value. Seeking a pleasurable item, or action which brings perceived pleasure, usually ends up in a person changing their value towards a higher value. Later in years, when the person's health is failing, suddenly work and social activities become of less value, and Health issues become more important. Peoples smoking, lack of exercise and poor nutrition take their toll. Eventually the person's health fails, and then they spend all their time looking for solutions to fix the problems which are not repairable. So this is very true about Eye Care. Your eyes are basically a window to you. The physical, psychological, and optical aspects of your vision and body function can be monitored through regular health evaluations. Taking time for your self, at regular intervals can help prevent and detect health and personal care issues. Test it. Find something that was valued once. You may find out later it wasn't that great of an idea to have or do after all. You spend much of your time and thinking around what ever that was. Later, you may have found you didn't really need that item, or do that thing because what was attached to your value had some draw back to go along with it. They go hand in hand. Items you purchase for consumption at a low cost usually costing you somewhere either in stress of repair or poor in function. Every pleasure has an associated 'pain'. How much value is placed on your health and eyesight is up to you. Without health and clear vision life would not be the same now would it. So how important is your vision? How important is your health, and who is accountable for it?



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Q. My child has painful red swollen spots on his feet that were recently diagnosed as Chilblains. What is chilblains?

A. Chilblains commonly occur in young adults, especially with a history of cold limbs. The symptoms are only seen in cold damp climates and the incidence has fallen with the advent of central heating.

Chilblains represent an abnormal vascular reaction to cold. They may be produced on rewarming by the more rapid dilatation of the constricted arteriols than the draining venules. This is thought to lead to the exudation of fluid in the tissues.

Chilblains occur at any age but are most common in children. They start in early winter, but outdoor workers may develop them in the spring. Itching and red lesions are followed by swelling of the subcutaneous tissues on the top of the toes, on the heels and fingers, especially when cold extremities are warmed. Chilblains may be single or multiple and usually subside in two to three weeks. Sometimes the reaction is more intense with ulceration.

The best treatment for chilblains is applying a weak solution of iodine to the skin. This will aide in the breakdown of metabolites in the tissue. Prevention is best, and can be achieved by wearing warm clothes and avoiding cold, damp areas.



Geraldine Hesketh

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So What Is The Forecast For 2006?

Rumour has it that carpet is back again, and in a big way! Certainly bedrooms and more so basements, as comfort and warmth is a priority. The heavy textured twists to name one, also light and bright is the vogue.

Still wood primarily in main areas, with the introduction of exotics. But beware, just because it sounds exotic, is it in nature. Another dilemma is availability on the world market. There are other woods which have character and colour such as hickory, beech, walnut, etc. Plus distressed is definitely in for 2006!

What is really interesting is the demand for decorative items such as area rugs which you can throw one down anywhere. A great solution for that final touch. Mission, retro, asian and european, are selling well.

As wallpaper loses ground, it is another way of adding pattern and texture or just lift up and swap around into different areas too.

We are expecting a new shipment of rugs soon, with colours to enhance your room. Then maybe take a tone and add it to your walls, all down at Comfi.



Tina Doney
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PHYSIOTHERAPISTS

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Q. I am new to the community, and I am looking for a registered physiotherapist. What qualities should I look for in a physiotherapy clinic, or registered physiotherapist?

A. There are pros and cons to having a newer graduate as a physiotherapist. On one hand they are aware of the newest research with respect to physiotherapy, but a physiotherapist who has been working for a while has more clinical knowledge. Once you graduate from physiotherapy, you can choose to take post graduate course work to increase your knowledge and skills in a particular area. For instance, in the area of orthopedics, which is an area commonly treated in private clinics, the therapist can take a series of courses and then write three exams to achieve your "Part A" designation, and then take another series of courses and write another exam to achieve your "Part B" designation. There are many other types of courses that are relevant to the field of physiotherapy, so the more courses that are taken, the more skills the therapist has to offer you. It is important to inquire whether or not the therapist you are asking about takes ongoing course work. In the medical profession, things change so much, the therapists need to keep up on new research and techniques.

If you are inquiring about the clinic, you want to know how many clients the therapist sees per hour. Some clinics see two clients per hour, others three, and others four or more, which means less time with your attending physiotherapist. As well, your initial assessment should be forty minutes to an hour with your therapist. This allows the therapist to give you a full assessment, and together make a plan for your care.

At the Halton Community Rehabilitation Centre, we are pleased to say that we have three "Part B" therapists, one "Part A" therapist, and other therapists being mentored through the system, so you are guaranteed to receive top quality care at our clinic. As well, our new assessments are all one hour long, a time which allows you to get to know your new therapist. Come and see how we can get rid of all your aches and pains!!! Give us a try.

Elayne Tanner & Associates Inc.



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Q: My relationships start out well but they never seem to get close enough to be anything more than superficial. Why can I not get really close to anyone?

A: The closeness that you are seeking is referred to as intimacy. Intimacy involves giving and receiving, trusting and being trustworthy. Since both individuals in an intimate relationship have to be able to be open and honest, you are either not able to provide these qualities or the people that you develop relationships with are not able to provide them. In either case, the relationships never get past the casual stage.

Intimacy means that we can be ourselves in a relationship and allow the other person to do the same. We can have interests, wants and fears that are different from the other person and be open about them. The other person in the relationship can also have different views and not fear rejection. In order to develop intimacy both people need to be able to be themselves rather than who the other person wants them to be. One of the first steps in developing more intimate relationships is gaining a clearer understanding of who you really are. It is hard to be yourself when you don't know what or who that is. Without a clear sense of who we are, we become overly reactive to what the other person is doing to us or not doing for us and we feel helpless and powerless in the relationship. We then tend to react and see only one side of the issue. The first step then, to developing intimate relationships is to begin to know yourself. Once you know who you are, you can treat yourself respectfully and not lose yourself in the next relationship. All of us develop through emotional connectedness to others and we continue to need close relationships throughout our lives. This is the only way we can really know and enhance our "self".

"HELPING YOU HELP YOURSELF"



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CAN EXERCISE FIGHT DEPRESSION?

Entering into the New Year has brought along with it many New Year's resolutions.....the most popular being "start exercising". What many of us do not know is that aerobic exercise may be doing more than just helping us trim away those extra pounds from Christmas.

A recent study indicates that "aerobic exercise may be just as effective as medication at relieving depression..." This study "adds to growing evidence that exercise can significantly improve mental health at modest or no cost". The study compared 3 groups: antidepressants only; antidepressants plus group aerobics; exercise only. "After 16 weeks, patients in all three groups were equally likely to have recovered." But what was surprising were the findings in a 6-month follow up study that "exercisers held a surprising edge. Of those who had recovered after 16 weeks, only 8% relapsed to depression, compared with 38% who took pills only and 31% in the combination group".

Health is defined by the World Health Organization as "optimal, physical, mental and spiritual well-being, not merely the absence of disease or infirmity." This definition recognizes the intrinsic link between physical, emotional and spiritual health. Exercise produces brain chemicals, such as serotonin and endorphins that can contribute to the feeling of well being. In this study it was found that only 50 minutes of exercise a week halved a person's chances of being depressed. Physical activity is key to all aspects of our well being. Addressing symptoms with only medication is of limited value and certainly comes with the risk of side-effects present in all medications.

Lifestyle factors are paramount to good physical, emotional and spiritual well being. As a family chiropractor, one of my goals is to help people make healthier lifestyle choices. Regular chiropractic adjustments are important to help your body adapt to life stresses as effectively as possible. Subluxation patterns develop over the years as we place chemical, physical and emotional demands upon our systems. Interference in nerve flow and control result in compromises in overall health. Minimizing unnecessary medications and exercising regularly is of great benefit to your systems, especially your nervous system. Lifestyle changes take time but the benefits are well worth the results. Your health is your greatest asset so invest in yourself and make a commitment to better health.