

Ask The Professionals

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

"Ask The Professionals"
c/o The Canadian Champion
875 Main Street E.
Milton, Ontario L9T 3Z3
or Fax to: 878-4943

Halton Hills Speech Centre

Division of M. Karen MacKenzie Stepler Speech Language Pathology Professional Corporation

"Your Caring Partners..."

Northview Centre, 211 Guelph St., Suite 5, Georgetown
(905) 873-8400 • www.haltonspeech.com

Q: I am an elementary school teacher. Over the past year I have had increased hoarseness and soreness when talking. I was found to have a vocal nodule. The doctor recommended voice therapy. Is that done with a Speech Pathologist and how can it help?

A: Speech-Language Pathologists are the trained professionals that offer voice therapy.

Voice therapy is aimed at identifying and eliminating abusive vocal behavior, creating a personal vocal hygiene program, teaching easy voice production, possibly defining strategies to manipulate the work environment to support better voice use and establishing improved vocal habits.

For example, a Speech-Language Pathologist can work with you to help identify things in your work environment that cause competition for voice production (e.g. overhead fan noise or the arrangement of the students' desks in the classroom creating greater distance for voice projection, to name a few examples). The Speech-Language Pathologist can assist and instruct you in modifying your work environment and your own voice use behaviors to optimize good vocal production. Strategies can also be identified immediately to assist with effective communication to compensate for your hoarse voice.

The ultimate goal is to reduce the nodule and restore full vocal function.

If you have any further questions, please feel free to call our Centre for more information.



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

BARROW FAMILY CHIROPRACTIC

180 Ontario St. S. Milton

(905) 878-4994

Fax: (905) 875-4485

Email: drabarrow@sympatico.ca

SURVIVING THE COLD & FLU SEASON

Did you know?

That antibiotics are used frequently and unnecessarily to treat viral illnesses? This is creating an emergence of antibiotic resistant germs. The Halton Region Health Department has sent information out to the community reminding us that **antibiotics may not be appropriate for every infection.**

They state that, "Bacteria and viruses are tiny organisms that can cause infections. The major difference between the two germs is how they are treated. Antibiotics may cure infections caused by bacteria, but are not effective against viruses." Your body's natural defenses will cure most viral illnesses over time. Often rest and drinking lots of fluids will help. "When antibiotics are used and not needed, bacteria that are normally present in the body can learn to become resistant to the antibiotic. Sometimes the most resistant organisms will remain and continue to grow. These resistant bacteria can cause serious disease that may be difficult or impossible to treat."

Stress plays a major role in infectious diseases. Researchers have shown how stress on the body's immune system can lessen a person's immune response, which in turn makes him or her more susceptible to infectious diseases. In fact, current research indicates that 80% off all diseases are somehow related to stress.

In a study conducted to look at the relationship between stress and the immune system, it was found that 50% of the stressed volunteers caught colds, compared to only 27% of those with less stress in their lives.

Stress comes in many forms: **physical stress**, resulting from car accidents, birth trauma, repeated lifting or improper seating posture; **chemical stress** from cigarettes, poor nutrition and prescription drugs; and **emotional stress** due to a job, finances and relationships can all take their toll on your body causing interference in your nervous system.

Certain changes in lifestyle can improve your ability to deal effectively with stress and can increase your resistance to infectious diseases. These changes include developing a **positive mental outlook, maintaining a healthy diet, regular exercise, getting enough sleep and maintaining a healthy spine and nervous system.**

The nervous system is the master control of all systems, tissues and cells. Interference with the nervous system (called subluxations) results in compromised nerve flow and function, which in turn leads to a lowering of the body's natural healing ability.

Chiropractors work on the spine to find areas where there is disturbed nerve flow (subluxations). By releasing the interference and allowing the nervous system to function properly, we move towards greater wellness. **Chiropractic care is the natural choice for optimizing your body's ability to deal with stress and fight infections.**



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. 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 Chiropractor 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.



Geraldine Hesketh

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What, Why and When...

These are the 3 questions asked when purchasing a new floor. Be prepared to ask lots of questions and listen to lots of advice. Stay off the internet as it will confuse the best of us, as clients end up knowing more than we do and that's not good.

Ok, so off we go... flask, sandwiches, kids, dog, grandma, you'll be gone for about 2 days, so feed the cat!

Seriously though, visit the store first. Most people are surprised at the choices and varying price points. It will help immensely to have an idea when we come & measure what you wish are. Measuring with no choice means visits galore and everything measured differently. It can be quite daunting for you & us. *Well what about this, oh maybe that or you know what could I... AHHHH!*

So... see firstly what's out there. Arm yourself with samples to take home with prices in mind and life for all will be good.

The Visit: OOhh... he is here! List of questions, floor samples at hand and then let the expert do his thing. A good salesperson and installer will advise you why it would be good to consider ceramics over vinyl, is new plywood required, old baseboards should be replaced, your floor is not level so click flooring may not be a good choice. Yes, vinyl would really suit your needs and budget of course, having as I say, your choices and requirements helps so much and then if you need to revisit the store, you know what to channel into and that's when we can choose the look and colour.

Installation: Generally, we try to have as little upset as possible. But any renovation can be messy depending on type.

If ripping out is to be done, wood installed, ceramics involving cement, meshing, cutting, laying, grouting. So he'll be there for breakfast and lunch! Oh.. Dave, Mike and Trevor love soup. Carpet is a smoother ride but stairs with rails is an art so appreciate the time and effort a qualified installer takes with all the extras and touches of matching patterns, cutting difficult areas, etc.

When: Plan your renovation ahead of time for choosing. Lots of flooring now comes from the U.S., so time for delivery and allow for backorders, also there are lots of other people too! So 24 hours is a bit much. You are spending a lot of money so choose slowly, carefully and we'll make the job easier.



Debbie Hawkins
B. Sc., DVM

Hawkins Animal Hospital

Debbie Hawkins B.Sc., DVM

Doctor of Veterinary Medicine

550 Ontario Street South, Milton

(Pizza Hut Plaza)

Phone (905) 875-6888

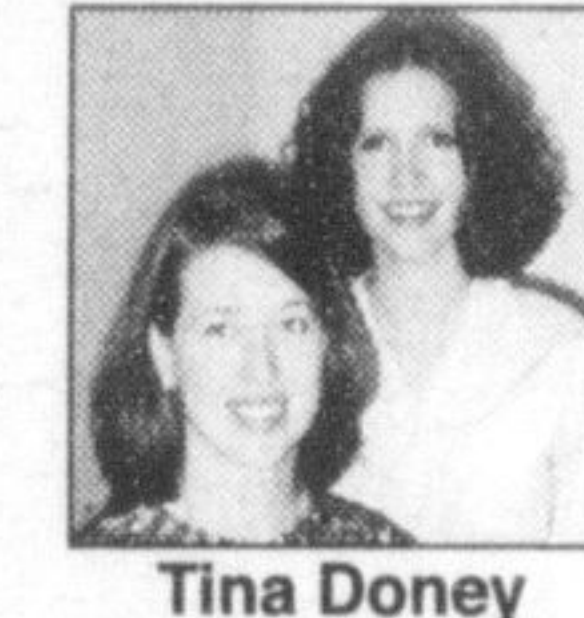
Fax (905) 875-6853

INAPPROPRIATE URINATION

Question: Why is my cat peeing where he shouldn't?

Answer: FLUTD (feline lower urinary tract disease) is a condition that veterinarians spend a large amount of time dealing with, in practice. It is a disease that involves inflammation of the urinary bladder and urethra. It is seen equally in male and female cats. It is beyond the scope of this article to discuss all of the underlying causes of FLUTD, but suffice to say that one symptom is universal- that is painful urination. When cats suffer from urinary tract pain they often will choose to urinate in places other than their litter box, either all of the time or just some of the time, strain and assume a prolonged stance or cry or vocalize when urinating. In the early stages can often, in male cats, lead to complete obstruction (inability to urinate) followed quickly by death.

I often encounter cat owners who mention to me that their cat is "peeing all over the house". Most owners assume that this is just spiteful behavior. In my practice, 80% of cats that are in this category actually have a treatable disease. I always encourage owners to bring their cat in for an examination and urinalysis. Once FLUTD is diagnosed, appropriate treatment and diet change result in a very good prognosis, in the majority of cases.



Tina Doney
Connie Francoz
PHYSIOTHERAPISTS



17 Wilson Avenue
(corner of Wilson & Main)
876-1515

Q. I am waiting for knee surgery, but it is not for a few months. Is there anything I can do now that will help my recovery time after surgery? I heard that you have a pool rehabilitation program. Can you tell me about it?

A. Pool rehabilitation is a great way to do gentle range of motion and strengthening when you have a sore knee, hip, shoulder, or low back, and do not tolerate exercises on land. Doing strengthening and light stretches before surgery can shorten your recovery period after surgery. The pool program is also beneficial after surgery during the initial recovery stages, when you still are sore from the surgery itself.

Our pool program is run at Carol Murray's Swim Academy, on Bronte Street, where the pool is 92 degrees. The classes are Wednesday and Fridays, from 12:30 to 1:00 for the low back, hip, knee and ankle class, and 1:00 to 1:30 for the neck, shoulder, elbow and hand class.

The classes are taught by a registered physiotherapist, and a certified Kinesiotherapist. You can access your physiotherapy extended health benefits for the classes.

If you would like more information, please call the Halton Community Rehabilitation Centre at 905-876-1515, and we would be happy to answer any questions you may have, and get you started into the program.