

# 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



Debbie Hawkins  
B. Sc., DVM

**Hawkins Animal Hospital**  
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## PET BEHAVIOUR AND ILLNESS

You would not be alone, if at sometime you thought that the change in your pet's behaviour was due to the pet being "naughty", when in fact the behaviour change was a symptom of illness or injury.

Most commonly, we hear from clients that their cat is urinating or having poops around the house, or the dog is making puddles in the kitchen, or elsewhere. These elimination problems could be an indicator of any number of medical problems, including a simple urinary tract infection, kidney disease or diabetes. Speaking of elimination problems, other misdeed symptoms I often hear of are "my dog's got bad gas" or "my cats/dogs breath really stinks". Simply put, these problems (gas) could relate to intestinal parasites, allergy to foods or some other problem in the gastrointestinal tract, and bad breath can be caused by gum disease, a rotten tooth or a tummy upset.

A normally friendly dog, or cat, may behave quite the opposite, even to the point of being aloof, unfriendly or even aggressive, if they are ill or injured. A painful toothache or an infected ear can be excruciatingly painful and can cause humans to be less than pleasant. Our pets react in the same way. Their body language will say to you, "leave me alone". The pet might flinch when stroked, or go to snap at the hand that strokes. If one is unaware of a medical problem, going on, then one might easily think that the pet is simply behaving badly, and reprimand the pet.

Another complaint I hear is that the pet is being finicky about food - will only eat soft food. In the first instance I would check the mouth for injury, and may find a broken or infected tooth as the culprit.

Sometimes a client will tell me that their normally active pet is "just being lazy" but often this laziness or lethargy can be a symptom of illness. Similarly, a normally peaceful, laid back kitty that suddenly becomes restless and overly energetic would make me suspicious of a condition called hyperthyroidism. (Over active thyroid gland.)

Unaccountable weight loss is a great indicator of illness. If you notice that your pet is losing weight, get your veterinarian to examine your pet, before your pet becomes really sick. Many illnesses can be successfully remedied with early diagnosis and treatment.

You, as the owner, know your pet better than anyone else does, and any subtle or sudden changes in behaviour should be investigated. If you have any concerns about your pet's health, contact your veterinarian immediately.

Finally, to prevent personal injury, you must exercise caution when examining a sick or injured pet.



Betty McGee  
Travel Advisor



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Dina Albazi  
Travel Advisor

## BOOK EARLY & SAVE FOR THIS WINTER

In the midst of summer, you may not be thinking of a winter holiday, but you should! With prices already released for this fall/winter season, some resorts are already sold out for Christmas and March Break.

Plus, by planning your winter getaway now, you'll not only get the resort you want but you'll save hundreds of dollars. Many tour companies, like Signature Vacations, offer early booking bonuses that provide savings of up to \$1080 per room, per week. Many of these savings have booking deadlines so don't miss out on them.

If you're planning to take a fall or winter vacation, we'd love to help you find the destination and resort that's just right for you. Call or visit us soon - our experienced travel advisors will be more than happy to assist you with all your travel needs.



Phil Lawton

## Taylor Nursery

7429 Fifth Line, Milton  
(right at the east end of Main St.)  
905-876-4100

I've had great colour from my summer flowers but I'd like to plan now to get some colour into my garden for autumn.

Now is a good time to plant late blooming perennials and shrubs as well as vines, shrubs and trees with colourful fall leaves or berries. You'll get to enjoy them for years to come! Here are some suggestions from Landscape Ontario.

Autumn Flowering Perennials—Chrysanthemums, Asters, Daisies, Flowering Kale and Sedum are always fall favourites for colour but there are literally dozens of other choices in perennials. You can even colour coordinate your fall garden in shades of yellows, orange and bronze or pinks and reds, mauves, lilacs and blues... Many perennials, like Coreopsis, Gallardia and Phlox, will flower from summer right through to first frost.

Vines—Boston Ivy and Virginia Creeper (which also bears a heavy crop of black berries) are highly coloured in fall. Bittersweet Vine has an orange husk that opens to reveal bright orange and red fruit.

Shrubs—There are several shrubs that flower in the fall months, including Bluebeard, Butterfly Bush, PeeGee Hydrangea and Witch Hazel. Many more put on an autumn show with an abundance of colourful berries. You can choose from Coralberry, Snowberry, Cotoneaster, Firethorn, Holly, Winterberry, Cranberry and Redleaf Rose. Still others have leaves and/or fruit that change colour, like Burning Bush, Dogwood, Sumac, Smoketree, Serviceberry and more. Trees—What would Canadian autumn be like without our maples, oaks and ash trees? We have those and many others that make excellent, and colourful, foundation plantings for your yard. Plant now so your trees have a chance to get established before winter.

At Taylor Nursery, we can advise you which new plants will work best in your garden setting, taking into account the soil, the sun exposure and the surrounding plants.



Linda Henderson  
Doctor of Natural Medicine  
D.N.M., B.Sc., D.Ac., C.B.T.



**Naturally Be Wellness Centre**  
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Heat Exhaustion warnings have been frequent this summer and in many places around the world, it may lead to Heat Stroke and even death. What are the signs and symptoms of heat exhaustion and what can I do about it?

### Heat exhaustion symptoms may include:

Cool, clammy, pale skin, sweating (absent or present), dry mouth, fatigue, weakness, fainting, dizziness, tachycardia, headache, myalgia, nausea and sometimes vomiting, muscles cramps, weak and rapid pulse, irritability and blood pressure changes.

Heat Stroke, unlike Heat Exhaustion strikes suddenly with little warning. When the body's cooling system fails, the body's temperature rises fast often 104 degrees or higher creating an emergency condition.

### First Aid for Heat Exhaustion:

Rest in a cool shaded area; loosen or remove clothing. Give cool fluids, avoiding caffeine or alcohol. Include salty snacks and/or add celtic salt to water where appropriate and as tolerated. Do not use an alcohol rub.

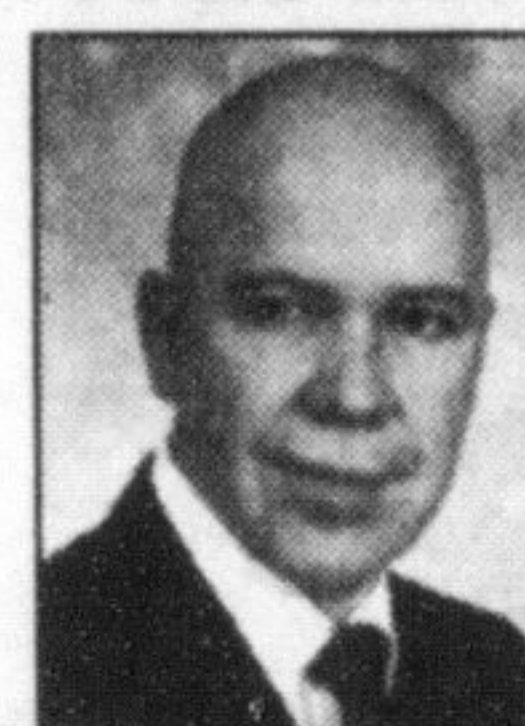
Organic Peppermint (mentha piperita) is one of the oldest and most highly regarded herbs for soothing digestion and is know to reduce fevers and heat in the body amongst many other uses.

Rub 1-2 drops of peppermint oil on the back of the neck, on the spine, forehead, armpits, inside elbows, and behind the knees. For even greater relief, add 1-2 drops of lavender oil. Best results are obtained with organic, therapeutic grade A oils.

To arrange a personal consultation, book an appointment  
or obtain more information contact  
Naturally Be Wellness Centre @ 905.864.8696.

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Q: Now that I'm retired, how do I get money out of my RRSP? Part 2 - RRIFs and Annuities

A: At age 69 either you or Revenue Canada makes a decision. If you do nothing, Revenue Canada decides that your RRSP is closed and you must pay tax on the total value. By making either the RRIF or Annuity decision, you have more control over how much tax you will pay. The RRIF choice permits you to switch to an Annuity at a future time when annuity payouts may be higher.

RRIF's are "withdrawal programmes" designed to give you a regular income out of your RRSP savings. Life insurance provided Annuities guarantee you an income stream, based upon your life expectancy and current interest rates. Bank provided annuities are based upon a period of time. With either a RRIF or an Annuity, you only pay tax on the income received. So what's the big difference?

The RRIF allows your asset base (and your future income stream) to continue to grow while it remains invested. Upon your death, your RRIF can be transferred to your spouse tax free or to a different beneficiary on a taxable basis. A RRIF can be used to buy an annuity at a future date without immediate tax consequences. With a RRIF, you can increase the amount that you take as income.

The annuity is a contract which guarantees a total payout over a period of time, or for life at a pre-established monthly amount. Once you buy an Annuity, you cannot reverse that decision. Upon the deaths of you and your spouse, or the end of the contract period, there is no remaining value to transfer to your heirs.

Talk with us about the pros and cons of your RRSP-RRIF-Annuity decision. Call 905-876-0120.

AFFILIATED WITH PARTNERS IN PLANNING INSURANCE SERVICES INC.



Christine Johnson  
Center Director

## HERBAL ONE

Weight Management Nutrition Centres  
905 878-1123

385 Main St. next to Bell World  
www.herbal-1.com

### 5 Ways To Stop Yo-Yo Dieting

If you're the average person, struggling with their weight, chances are you have experienced yo-yo dieting on some level. And if you have, chances are you're sick of it! Yo-yo dieting refers to a person who goes on a diet, loses weight, and then puts it on again. Then they go on another diet, lose weight and put it on again. This endless up and down cycle is called yo-yo dieting. And while it's not dangerous to ones health, it is frustrating as heck!

So how do you stop yo-yo dieting and finally get to and stay at the weight you desire?

1. **Don't let your past determine your future.** If you're serious about losing weight, don't let your failures in the past affect what you want to do now. Start fresh.

2. **If you bite it, write it!** Make sure you keep a food journal of everything you eat. That way, if your progress starts to slow down, you can analyze your food intake and determine why.

3. **Track your weight.** Try to remember what major events occurred in your life that made you gain weight. Are you a stress eater? This will help you come up with a plan to avoid eating the next time you get stressed out.

4. **Weigh yourself regularly so that you know when you gain.** That way you'll be able to put a stop to it before 5 pounds turns into 10.

5. **Get the word 'diet' out of your head and vocabulary.** In order to maintain a healthy weight for the rest of your life, you need to make sensible food choices a part of your life. That way you're eating won't change every couple of weeks.