

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



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Hawkins Animal Hospital

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HOW TO RECOGNIZE PAIN IN OUR PETS.

One of the most frequently asked questions, that I address is "How do I know if my pet is in pain?" A very important question.

Because our pets cannot speak it is important that we know how to recognize the signs that a painful animal will display. I am often surprised at how many people who bring a limping dog to see me, don't think that it is in pain, simply because the dog is not crying or whimpering.

Limping is probably the most common sign of pain in dog and cats, however, intermittent lameness, stiffness, difficulty rising and reluctance to jump are also key pointers in identifying pain.

One may find that the pet will have difficulty climbing or jumping onto chairs, tables, or into a vehicle. Another clue is noticing at nighttime, that your pet who always makes a bee-line for the end of the bed, and who normally beats you to the top of the stairs, simply stays downstairs.

Other, more subtle signs include lethargy, reduced appetite, irritability, changes in behaviour, and accidents in the house in an otherwise house trained dog.

With felines, who are normally known to be very fastidious in their use of the cat litter tray, if they suddenly start urinating or having bowel movements outside of the litterbox I would consider that behaviour a possible indicator of pain.

Similarly, excessive panting when it is inappropriate, and restlessness at night, when the pet would normally be sleeping, are also subtle signs.

Because it is hard to determine the source of the pain, once signs are detected it is important that you make an appointment with your veterinarian for a check up and if applicable diagnostics tests.

If you think your pet is in pain, for whatever reason, please contact your veterinarian. There is so much we can do to treat and manage pain, thus providing a much improved quality of life for your pet.

Milton Therapeutic Massage Clinic

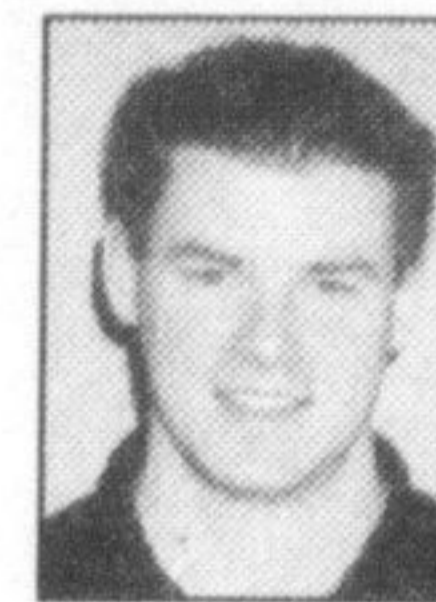


Jillian Guard
(Hons.) B. Sc., RMT

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 splenii 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



Tina Doney
Connie Francoz
PHYSIOTHERAPISTS



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

I have been involved in a motor vehicle accident five years ago, and I am still having trouble with everyday activities. My tolerance to exercise and physiotherapy is very low. I heard that you have a pool rehabilitation program. Would this help me?

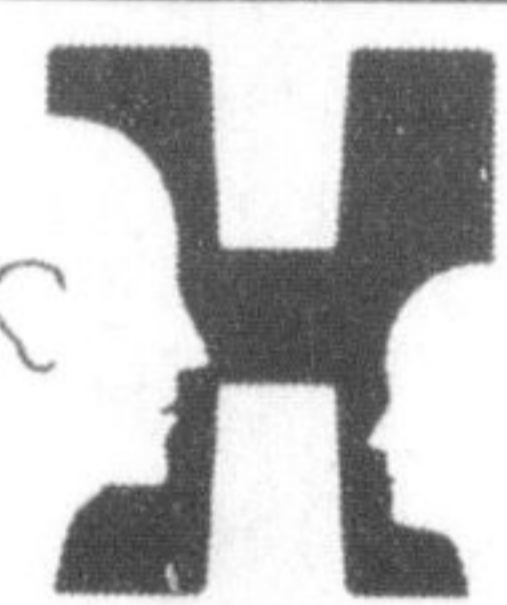
Pool rehabilitation is a great way to do gentle range of motion and strengthening when you have a sore knee, hip, shoulder, low back, or neck and do not tolerate exercises or physiotherapy on land. Because you are more buoyant in the water, it is much easier to perform gentle exercise in the water. Our skilled therapists will guide you through a program made specifically for your problem, and together, change and add new exercises as you improve. After three to four weeks, you should start to see small improvements in either pain reduction, endurance, or strength during everyday function and as long as you are willing, we will work towards getting you as strong as possible.

If you have an old nagging injury due to an accident or an injury that has not improved with traditional exercise or physiotherapy, give pool rehabilitation a try.

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 Kinesiologist. You can access your physiotherapy extended health benefits, motor vehicle insurance, or workers compensation 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.



Halton Hills Speech Centre

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

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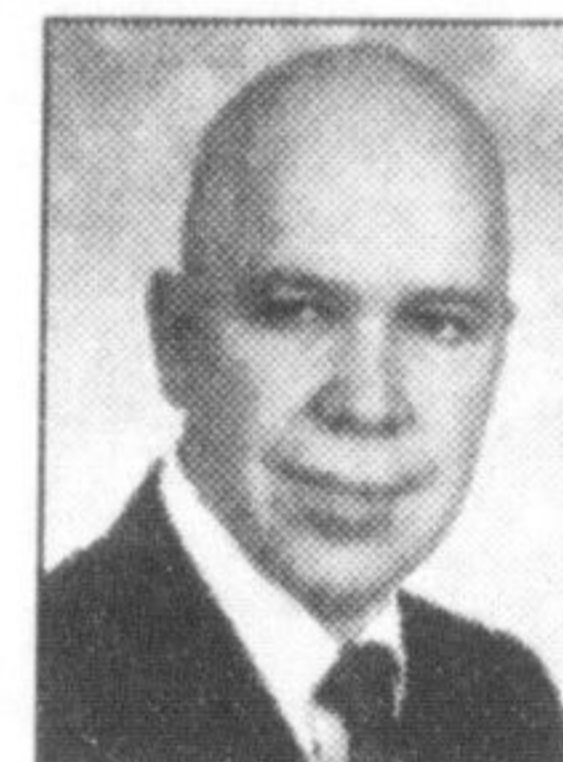
Q: I've been told my child has a lisp. Is this easy to correct with speech therapy.

A: Speech-Language Pathologists see many children who have difficulty with speech sound production, such as a lisp. It is important to note there are two kinds of lisps - frontal and lateral. A frontal lisp is when the tongue sticks out, primarily on the /s/ and /z/ sounds, and it tends to sound like "th" (eg "sun" sounds like "thun"). A lateralized lisp is when the sound is very slushy because the air is going sideways instead of coming out in the centre of the mouth. It often affects numerous sounds such as s, z, sh, ch, j. We often see/hear frontal lisps in preschool children when they are learning to make the /s/ sound since they do not have total control over their tongue placement. This may disappear without any help as the child learns to control their tongue movements better. Lateralized lisps typically need help to correct. It can be difficult to understand the child as the child "lateralizes" the airstream on many sounds.

If you have any concerns about your child's lisp, please contact the Centre for further information or to book an appointment with a Speech-Language Pathologist.

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(For our regular readers, last month's message is repeated because it is SO critical.)

Q: Why is the end of the year so important to 15 year olds and 69 year olds, and what does this have to do with Cinderella?

A: With year end fast approaching, it's a fitting time to write about government deadlines. At the stroke of midnight on Dec 31, 2006, your RRSP or RESP "carriage" can turn into a pumpkin - if you are in one of two age specific situations:

If you turned 69 in 2006, it is important that you protect your retirement savings from unnecessary taxation. All your RRSPs must be converted to RRIFs or Annuities before the end of December of the year you turn 69. If you fail to do this, your RRSPs will be deregistered and you will pay tax on the total value.

If your child turned 15 in 2006, the Registered Educational Savings Plan must have a minimum of \$2000 invested in it, OR, it must have had at least \$100 invested into it in at least 4 different years (total \$400). If this is not the case, the RESP will be closed to new investment and the child will not be able to receive any additional grant money. It is important to meet the minimum criterion in order to continue to be eligible to invest in the RESP and to continue to receive the CESG grant money for contributions made up to and including age 17.

DO NOT WAIT UNTIL THE LAST MINUTE! Unfortunately, there is no Prince Charming who will search for you in 2007 - but the ugly step sisters (from Revenue Canada) will find their way to your door.

Confused? Please call Partners in Planning
at 905-876-0120 for fast, fast relief!

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HOMEWORK TIPS

Homework is an important part of school-life and establishing a daily routine is the key to success and to building healthy work habits.

Here are some tips for parents and students to help achieve daily homework goals:

Ask about homework every day, even if there is none. Asking conveys interest and caring about your child and school work.

Encourage/help your child to work through their agenda and to keep it up-to-date with test dates, project due dates, etc. Prioritizing work is important.

Establish a specific place where homework can be completed, free of distractions. Keep the space well stocked with the necessary tools, i.e. pens, highlighters, a dictionary, etc.

Clearly communicate to your child that you expect him/her to complete homework independently; however, you will be happy to check it or provide help if needed.

If/when homework is forgotten, encourage contacting classmates so that work can be completed.

Work ahead on projects or continue on reading assignments if homework has not been specifically assigned on a particular night.

If the amount of homework assigned is heavy set up a homework chart that also includes breaks.

Currently accepting applications for September 2007 & 2008.

Join us for an OPEN HOUSE ON NOV. 23 from 9 a.m. - 12 noon.
Discover why students from St. John's-Kilmarnock School achieve success at University level study.

Transportation is available from Rockwood, Moffat, Milton, Campbellville area.