

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



Greg J. Lawrence
B. Sc., D. Ch.

GREG J. LAWRENCE B. Sc., D. Ch.
FOOT SPECIALIST / CHIROPODIST

LISA MERRILL D. Ch.

550 Ontario St. S., Unit 205, Milton, Ontario, L9T 5E4
(905) 878-6479

1A Princess Anne Dr., Georgetown, Ontario
(905) 702-1611

Member of the Ontario Society of Chiropractors
and The Ontario College of Chiropractors

Announcement

To all our new and existing customers I would like to inform you of a couple of changes to the clinic. First of all I would like to welcome an associate to my practice:

Lisa Merrill D.Ch.

Lisa has joined both my Georgetown and Milton Clinics.

We have moved to a new location:

Unit #205, 550 Ontario St. South
(plaza with Pizza Hut)
(905)878-6479

Please note our telephone number has not changed. We will be offering more hours at this location and more services in the near future. Please drop by for any inquiries you may have.

Greg Lawrence



311 Commercial St. Suite 109, Milton
905-875-3345 www.hearsay.ca

Are there any funding sources available for assisting with the cost of hearing aids?

The Ontario Ministry of Health and Long Term Care, Assistive Devices Program (ADP) will pay up to a maximum of \$500 towards the cost of one hearing aid or up to a maximum of \$1000 for the cost of two hearing aids. Provided you have coverage (i.e., a valid health card) you qualify for ADP funding for hearing aids once every three years. The Assistive Devices Program will also pay up to a maximum of \$1350 of the cost of an FM system.

You may also have third party insurance coverage from a current or previous employer. Some insurance plans do cover the cost of hearing instruments, while others may cover only a partial cost or reimburse the patient for a set amount. You should always check with your particular insurance plan to see if you have coverage for hearing aids.

There are also benefits available to qualified Veterans who have served in the Canadian Forces. Veterans Affairs Canada is a national program accessible to veterans in each province and territory. You may know it more commonly as "DVA" which is the Department of Veterans Affairs.

The Workplace Safety and Insurance Board (WSIB), previously known as the Workers Compensation Board, is a provincially governed agency that provides coverage to individuals whose hearing loss has been at least partly caused by workplace noise.

Your hearing aids could be the best investment you make for yourself. Good communication is fundamental to all our personal relationships. The variety of hearing instruments available makes it very likely that you will be able to find good hearing aids in a comfortable price range. It is also a good idea to investigate whether you are eligible for various funding sources to help finance the cost of your hearing aids.

If you have further questions regarding funding sources or your hearing status speak to one of our Audiologists at the HearSay Speech & Hearing Centre (905)875-3345.



Yvonne Oliveira

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.haltontspeech.com

Q: Over the past winter and spring my pre-school age son has had numerous ear infections. A friend told me that my child is at risk for hearing and speech and language difficulties. Can you explain how this might happen and what can I do?

A: Middle ear infections (otitis media) are a common ailment of early childhood. Otitis media is the inflammation of the middle ear, usually in association with fluid build up. Symptoms, frequency and severity of otitis media can vary from child to child. However, one common factor for all children who experience otitis media is a fluctuating hearing loss. The middle ear houses 3 small bones that vibrate and send signals to the inner ear when sound waves strike the ear drum (a thin membrane separating the outer ear from the inner ear) and set these bones in motion. However, when a child has otitis media the fluid build up in the middle ear will often prevent the eardrum from vibrating normally. This will prevent good sound signals from reaching the inner ear and subsequently the brain. Thus, the child will experience a hearing loss that is most often temporary. However, if a child experiences recurring bouts of otitis media, permanent damage may be done to the small bones, eardrum or hearing nerve, which may result in or cause permanent hearing loss. It is therefore important to be aware of the signs and symptoms of otitis media. A good source for this information is your family physician.

Hearing loss due to otitis media may cause speech and/or language problems. A child learns speech and language development from hearing and listening to other people talk in his environment. However, if a child is having difficulty hearing during the stages of development then we may see a delay in the development of his speech or language because he is not gaining the full advantages of the language-rich experiences around him. If a child does not develop critical precursor speech and language skills, then we may see a domino effect in the delay of his communication skills.

If you are concerned that your child may have otitis media it is important to contact your family health care professional immediately. If your child has had numerous middle ear infections it may be necessary to consult with an audiologist to evaluate your child's hearing and a speech-language pathologist to assess your child's speech and language development and provide suggestions/recommendations as necessary.

Inner Sanctum Yoga Studio
400 Main Street, Suite 208, Milton
905.876.0551
www.innersanctum.ca

Wendy Sammut, FOYT R

What does one need to look for when deciding on where to go for traditional yoga classes?

In the tradition of yoga teaching, yoga is to be regarded as a lifestyle more so than a physical fitness activity. There are many things we can do to tone, strengthen, increase cardiovascular capacity, etc.; there are not a lot of activities that ask that we develop single-minded focus and awareness in every aspect of our lives. Traditional yoga teaching does that.

We are seeing a dramatic increase in the number of "options" available for yoga classes - buzz words such as "power", "hot", "yogalates", "flow", etc. - many of which focus solely on the physical. There is a great deal of mass marketing on the "flash" of yoga - clothing, magazines, merchandise, body beautiful, renowned teachers, upscale studios, etc. so the decision as to where to study and with whom to study becomes muddled, confused.

I recently had the opportunity to study with my teacher, who comes to Toronto from Italy every year and in taking time on the mat and watching her work it reminded me why I practice and why I teach ... simply because I love it. There is an inner strength and personal quiet that comes on the journey to oneself. Yoga is not "flash" and marketing, it is compassion and understanding. Yoga is not competition, with oneself or others, yoga is life. It is vibrant and ever-changing; it feeds your soul and develops awareness of detail and the simplicity of living mindfully. Yoga is a transcendence of ego, sharing all that we know, helping make the world a better place, perhaps a happier place - yoga is ease and grace. Our practice and our teachers need to embrace that.

So, what does one look for when deciding on where to go for a yoga class? Warmth, calmness, welcome space, compassion and understanding from the teacher in order to begin our own personal journey from a place that is exactly where we are meant to be ... find a teacher that is well-trained, experienced, and suited to your personality and your journey will be a fabulous one.

Wishing you a wonderful day and a lifetime filled with love, laughter and happiness.
Om Shanti - Peace to you!.

Wendy Sammut, FOYT R, is the owner and principal teacher of Inner Sanctum; Milton's only full-time yoga studio, specializing in traditional yogic teachings; offering classes, workshops and retreats year-round.



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)

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HAPPY BELATED EASTER!

I know that this letter is not in time for Easter but I wanted to remind everyone of the fact that chocolate is poisonous to our pets.

For the month following Easter we treat many dogs for chocolate toxicity. Kids leave their Easter bunnies on the coffee table or hidden, and invariably the family pet sniffs it out and consumes.

Chocolate contains a compound that for our pets is toxic to the brain and heart. If consumed in sufficient quantities (and that is not often alot) it can cause cardiac arrhythmias, seizures and sometimes death.

If you are aware that your pet has ingested chocolate, call your veterinarian immediately. There are treatments we can initiate to minimize the absorption and, hence, improve the outcome.

I hope that you had a happy and safe Easter!!

P.S. Please remember to call your Veterinarian soon, to prepare your dog for the Heartworm Season. I must say that with snow on the ground as I write this note, (in the far north reaches of Moffat), it is hard to believe that mosquitoes will soon be with us.



17-12 Wilson Drive,
Milton, Ontario
L9T 2J7
905 876 1515

I am a runner, and last summer I noticed that I could not increase my mileage without having a variety of different problems in my knee, hip and low back. Now that the spring has arrived, is there anything that physiotherapy can do for me to help me increase my mileage, or do I just have to live with being a short distance runner?

This is a common complaint with runners that try to increase their mileage. They are fine running 5-8km, but any further distance and they start to get either knee pain, hip and low back pain, or ankle pain. Physiotherapy can help. Analyzing someone's movement pattern and figuring out where things have gone wrong is what we do best.

When you are trying to increase your mileage, there is a great deal of wear and tear on your body, and it is very important for things to be aligned properly, and for your muscles to work in a balanced manner. If one muscle is tight and one weak, it can alter how your knee cap tracks, and cause pain anywhere in the lower extremity. If your feet are flat, you may need custom made orthotics to allow your foot and ankle to be better aligned to ease pressure and strain on any joint going up the leg. A leg length difference may also affect the lower body as you add on more miles. A fall years ago onto your pelvis may have thrown it out slightly, and now you are noticing it when running.

All of these things may be fine during regular daily activities, and even short distance running, but as you increase the miles, your body needs to be working completely in unison and may need some fine tuning in order to tolerate the increased distances. Even something as simple as spending more time on your stretches (which we often ignore) will be of added benefit.

If you are experiencing some of these problems, why not let a physiotherapist at the Halton Community Rehabilitation Centre assess you and help you achieve your goals.