

# ASK THE PROFESSIONALS



Yvonne & Rui Oliveira

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**Q: Are there any treatments for tinnitus?**

- A: General tips that can help lessen the severity of tinnitus:
- Avoid exposure to loud sounds and noises.
  - Check your blood pressure. If it is high, get your doctor's help to control it.
  - Decrease your intake of salt. Salt impairs blood circulation.
  - Avoid stimulants such as coffee, tea, cola, and tobacco.
  - Exercise daily to improve your circulation.
  - Get adequate rest and avoid fatigue.
  - Stop worrying about the noise. Recognize your head noise as an annoyance and learn to ignore it as much as possible.

**Ask an Audiologist about the following options:**

**Biofeedback** involves concentration and relaxation exercises which can help to control muscle groups and circulation throughout the body. The increased relaxation and circulation achieved by these exercises can reduce the intensity of tinnitus in some patients.

**Hearing Aids** - If you have a hearing loss, a hearing aid(s) may reduce tinnitus/head noise while you are wearing it and sometimes cause it to go away temporarily.

**Tinnitus maskers** - A small, electronic instrument, built into or combined with a hearing aid. They emit a competitive but pleasant sound that can distract you from head noise. Some people find that a tinnitus masker may even suppress the head noise for several hours after it is used, but this is not true for all users.

**Tinnitus Retraining Therapy** is aimed at facilitating the habituation of tinnitus sounds and decreasing sensitivity to normal everyday sounds through extensive on-going educational counseling and sound enrichment. The therapy process can take between 1-2 years in order to be successful.

As a first step to addressing tinnitus, it is recommended that you have your hearing tested. Tinnitus is often associated with hearing loss. If you have any questions or concerns about your hearing or are suffering from tinnitus call the HearSay Speech and Hearing Centre and speak to one of the Audiologists.



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## Ontario Foot & Orthotics

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### NEW EVENING HOURS AVAILABLE!

**Q. Are flip flops bad for you?**

A. Flip flops are a widely worn shoe type for many people including teenagers during the summer months. They are open toed, easy to get into and low in cost, but they lack support and may create foot problems in the future.

Recently, orthotic flip flops have come onto the market. They have orthotics built right into them! Orthoheel sandals have been designed in order to optimize foot function. After being in regular flip flops for awhile we tend to notice sore feet due to the lack of support. Orthoheel sandals allow you to walk properly by positioning your foot correctly, therefore minimizing tired and achy feet. This is done by controlling the amount of pronation in your foot. Walking barefoot, on pavement, tiles, concrete or hardwood can cause your foot to overpronate leading to heel pain, knee pain or even shin pain. Orthoheel sandals can be used all summer for open toed season, whether it be for long walks, on the beach or even indoors. They offer comfort and style while keeping for feet cool. We are offering a wide selection of Orthoheel sandals for your comfort and pleasure!



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**Q. I am in the process of separating from my wife and I have heard a lot of crazy stories about divorces and don't know what to expect.**

A. Thanks to television and "it happened to me" stories, there's more MIS-information about divorce going around than you might realize. Many people think they know the law because they "heard it" from a friend or read it on the Internet. Here are some of the more common misconceptions people have.

- 1. Having an affair impacts how you are treated by the law.**  
No fault divorce exists in Canada so unless a spouse's behaviour impacts their ability to parent, the reason for the marriage ending is irrelevant.
- 2. The court favours the spouse initiating divorce proceedings.**  
The spouse initiating divorce proceedings has no special rights above the other spouse, other than to determine the location of the court case. If you have children the court case must be started where they live.
- 3. A legal separation precedes a divorce.**  
In Ontario, there is no such thing as a "legal" separation. People who no longer want to be married separate. What's "legal" is the agreement entered into with your spouse after the fact.
- 4. If I leave the house or my children I will lose my rights to them.**  
Neither is true. The matrimonial home is protected and your are entitled to half the equity regardless of where you reside. Moving out does not impact your rights to parent your children.
- 5. Someone 'wins' a divorce.**  
Divorce is not about winning, it's about severing ties, distributing property and protecting the best interests of your children. If there are any real winners in divorce, it's the people who are able to maintain positive relationships with an ex-spouse/co-parent. Enjoying future life events (such as weddings and college graduations), without the bitter taste of animosity, is the victory for those with the foresight to control negative feelings in order to minimize disruption to the children.

**KimFamily**  
CHIROPRACTIC

905-878-2333  
180 Ontario St. S.,

### Staying in Shape for Gardening

Warmer weather is upon us and with it comes the desire to get outside and start working on the lawn and in the garden. After a sedentary winter, it is imperative for all of us to warm up before we dig, plant, rake or prune. A good stretch helps condition the muscles and energize your body.

The constant bending and twisting of gardening and yard work places high demands on our bodies. We must condition our body before heading outside. Sore muscles and spasms can be eliminated by doing the following:

- 1) Stretching the upper and lower back, hamstrings and shoulders. Without complete range of motion or flexibility, the gardener will put abdominal stress on various body structures.
- 2) Condition the body through cardiovascular exercise. Start walking, riding a bike, using a stair master and/or jogging to get into cardiovascular shape. You'll be amazed to see how much better your body will respond after a day in the garden.
- 3) Drink lots of water while working - our bodies are made up of mostly water. We need to replenish it well before we "get thirsty".
- 4) Watch your posture and get adjusted - be very aware of how you are working. Support your low back with your legs, rake leading with the right hand and then switch to the left.

See a chiropractor to make sure there is no interference to your nervous system so your body can function at its most optimal level.

[www.KimFamilyChiropractic.com](http://www.KimFamilyChiropractic.com)

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Is NOW a good time to talk pre-planning?

### ABSOLUTELY!



Pre-planning your funeral is one of the kindest, most caring things you can do for your family. Pre-arrangement plans reflect your expressed wishes regarding funeral arrangements. Upon death there are seemingly endless numbers of details that need attention by your family. You can provide for them by making your selections in advance and save your loved ones from having to make difficult decisions at a stressful and emotional time. Simplify your life by taking care of everything in advance.

You can be assured that you and your loved ones will experience "peace of mind" knowing that your wishes have been recorded.

Please call us at 905-878-4452 to set up an appointment at the funeral home or in the comfort of your own home to discuss your wishes with one of our funeral director professionals. Get answers to all of your questions, learn about various options available and create a detailed record of your wishes.

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**Question: My life insurance premium just about doubled in cost. Is there anything I can do to get it lowered?**

**Answer:** When you take out a life insurance policy, the insurer guarantees that the premium will not increase for a stated period - usually 10 years or longer. They also guarantee what the new monthly cost will be ten years from now. Your insurance cost has increased because the 10 year term has renewed.

Most individual life insurance contracts are one-sided. Once the insurance company issues it, they cannot change it. Regardless of your health, as long as you continue to pay the premium, they are contractually bound to insure you until the contract ends - usually at age 70 or older.

One way to get a lower premium is to prove that you deserve one. While the insurer cannot force you to prove your healthfulness, you can do this voluntarily. When you submit new health underwriting information the insurance company will assess it and may offer you coverage at a substantially lower monthly cost. Even if your health has deteriorated, your insurance provider can not change your current contract of insurance or the monthly premium in it - as long as you continue to pay the premium.

Partners in Planning represents the major Canadian life insurance providers. We pick and choose which supplier to recommend based upon their quality and the coverage needs of our clients. We often find that there is a significant difference in premium costs for similar coverage. It is definitely in your best interest to make sure you are not over paying for the coverage you have.

Need more information about your life insurance options and costs? Contact Partners in Planning for straight answers.

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