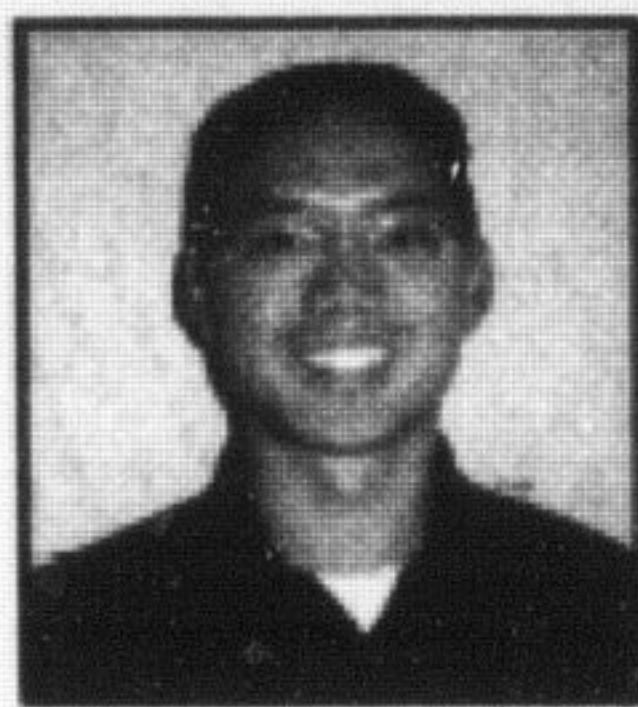


# ASK THE PROFESSIONALS

## KimFamily CHIROPRACTIC

905-878-2333  
180 Ontario St. S.



Dr. John Kim, D.C.

### Colds & Flu

#### The Common Cold

The common cold (acute coryza) is associated with viruses that affect the nose, throat, larynx (voice box) and sinuses. That means stuffed and runny nose, scratchy throat, watery eyes, stuffed sinuses and congestion but no fever. Breathing cold viruses does not in itself cause a cold. "Experimenters have incubated cold viruses, placed them directly on the mucous lining of the nose, and found that their subjects came down with colds only 12 percent of the time". (1) For germs to grow in you, you must first be fertile soil (i.e. have a weakened immune system)

#### The Chiropractic Approach

Go to a chiropractor for the common cold? But chiropractic is just for backs! Not so. In fact, many people seeing chiropractors for back pain find a general improvement in their health that includes fewer and less severe colds, flu and other respiratory problems.

Chiropractic care can help raise your natural resistance to disease by removing a serious interference to your proper body function: vertebral subluxations (misalignment of the spine affecting your nerves). Natural resistance is the only reason why your cold "goes away" rather than lasting for weeks, months, or your entire lifetime!

#### Case Studies

There are numerous case histories of chronic cold and flu sufferers having less or no colds after chiropractic care. For example, when spinal motion was restricted, people tended to have more ear infections, bronchitis, and/or pneumonia. However, if motion could be maintained or re-established, patients recovered without complications.

In another study, 92% of patients with chronic obstructive pulmonary disease had improvement of their respiratory symptoms after spinal care.

#### In Conclusion

Keeping your spinal column free from vertebral subluxations helps your inner healer control your body and helps keep your resistance high. Spinal care could make the difference between a quick recovery and a lingering illness.

If you have any questions, feel free to contact us at 905-878-2333 or [info@KimFamilyChiropractic.com](mailto:info@KimFamilyChiropractic.com)

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Dawn Ross  
Pharmacist

### IMPETIGO: What is impetigo?

Impetigo is a common skin infection caused by bacteria called group A Streptococcal (strep) or Staphylococcus aureus (staph). Infection happens when the strep or staph germs get into scrapes and insect bites. It is most common in the summer and can also happen after someone has had chickenpox.

Impetigo does not mean someone is not clean. But it often affects school-aged children who live in crowded conditions, play contact sports, or have other skin problems such as eczema.

#### What does impetigo look like and how do you get it?

Impetigo usually appears around the mouth, nose or on skin that is not covered by clothes. It looks like a cluster of red bumps or blisters. The blisters may ooze or be covered with a honey-coloured crust. Many germs live under this crust. Sometimes the infection can become very bad and your child will have fever, pain, swelling and will feel weak.

Impetigo spreads by direct and indirect contact. It can be spread when someone touched an impetigo rash and then touches another person. Also the germs can get on bed sheets, towels or clothing that has been in contact with someone's skin. Another person can pick up the germs from these objects.

#### How is it treated?

Your doctor will prescribe either an antibiotic cream or medication to be taken orally and treatment usually last 7 to 10 days.

#### What can parents do?

If you think your child has impetigo, contact a doctor.

Keep sores covered with a dressing. Wash your hands thoroughly with soap and water after touching infected skin. Family members should not share face clothes or towels. Keep your child home from day care or school for at least one full day after starting the antibiotic. Make sure the prescribed medication is used for the full length of time even if there are no signs of infection anymore.

#### Ask your pharmacist for further assistance.

Dawn Ross  
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Lou Mulligan  
MA, CFP, RRRI, CLU, CPC

**Question: Part 3 – Henson Trusts. My niece receives Ontario Disability Support Program (ODSP) payments. I want to help save for her future, but her father says she will lose her ODSP eligibility if I do. How can I help?**

**Answer:** When a disabled person is eligible to receive the Ontario Disability Support Program payments most of their total monthly income is monitored and restricted.

In Ontario, investments within a Henson Trust are exempt from ODSP income restriction. Henson Trusts offer an excellent way to build a financial cushion on behalf of disabled family members without jeopardizing their ODSP eligibility.

A Henson Trust is an "absolute discretionary trust." Your choice of trustee is critical. The trustee controls both the amounts and timing of funds being distributed to the beneficiary. If the trust is not set up in this manner, the ODSP recipient can lose their ODSP eligibility. The Henson Trust can be set up as a testamentary trust through your Last Will or while living - as an inter vivos trust. Funding for a Henson Trust can be from life insurance where the Estate is the beneficiary or from investment assets.

Constructing Henson Trusts is best done by a lawyer familiar with this type of trust. Once in place, assets can be added and invested for growth. Henson Trusts involve many decisions regarding not only the investment, but also the long term continuation of the support team. Your team's members must have your beneficiary's best interest in mind.

For further information please call Mulligan & Associates Financial Solutions at 905-876-0102.

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

### NEW EVENING HOURS AVAILABLE!

#### Q. What causes an ingrown toenail, and how can it be treated?

A. Ingrown toenails are caused by impingement of the skin along the margins of the nail by the nail plate. Some ingrown toenails are chronic, with repeated episodes of pain and infection. Pain can be present without infection, and occasionally infection is present without pain. The usual signs of infection include: redness (erythema), swelling (edema), increased warmth (color) and pain (dolor).

#### Causes:

- Improper trimming of toenails.
- Tight fitting shoes which compress the toes together.
- Abnormally shaped nail plate.
- Other toenail deformities (e.g. excessively thick nail plate)
- Trauma to the nail plate or toe.

#### What the Chiropractor May Do:

Ingrown toenail treatment may need to be done on a routine basis. Your chiropractor may perform any one or combination of the following procedures:

- Elevate the end of the nail plate to prevent impingement on the soft tissues.
- Prescribe antibiotics or special foot soaks.
- Surgically correct a chronic ingrown toenail.

#### What You Can Do:

- Cut the toenail straight across, and leave slightly longer than the end of the toe.
- Avoid tight fitting footwear.
- If discomfort develops, try soaking the foot in a basin of warm water 2-3 times a day.
- If you are diabetic or have poor circulation, the water should never be more than 95 degrees Fahrenheit.
- An infected ingrown nail requires prompt professional attention. Contact your chiropractor of physician immediately.

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### So what exactly is a root canal?

It's not unusual for me to have to tell someone that they need a root canal. The first thing I have to do is reassure them that it will be OK. Done properly, having a root canal is not a big deal at all.

But what exactly is involved? It's a procedure whereby the hollow chamber in the centre of a tooth, that in a healthy tooth is occupied by the nerve and blood vessels, is cleaned out and sealed. So if you were to remove the tooth afterwards and look at it (obviously you wouldn't want to do this), it would look exactly the same. Only the inner "core" of the tooth has been changed. The trick, when performing the procedure, is to make sure that everything is cleaned out and then sealed meticulously so that bacteria cannot re-enter this space.

If you need a root canal, it's usually because of some type of trauma to the nerve, be it physical trauma, bacterial infection such as a large cavity, or irritation from the need for repeated work on the tooth. A painful tooth may indicate the need for a root canal, but not always. Sometimes a nerve may die without you feeling any pain at all. In this case, an x-ray and other tests may be required for a proper diagnosis.

But don't let the term "root canal" scare you. If performed well, the procedure can mean the difference between losing a tooth and keeping it.



Marilyn J. Samuels

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**Q. My Husband and I are separating and we would like to settle our issues without having to go to court. Is there a way we can do that without the expense of getting a lawyer?**

**A.** Yes, if you and your husband really want to work out your marital issues amicably I would suggest you try mediation. With the help of a trained mediator, who may or may not be a lawyer, you and your husband can sit down together and explore your issues and come up with your own ideas to resolve them. You get to decide your own solutions in a way that is not only less expensive for you but leaves you and your husband still able to talk to each other. This is especially important if you have children as you must be able to still communicate when it comes to raising the children.

Any issue can be mediated if the parties are willing to work at it. You can deal with one issue or many issues. It is particularly effective in dealing with child concerns, such as where they are going to live. These can be filled with emotion and high tension for the parties and not being able to work out a resolution can lead to very expensive legal bills and court ordered assessments.

The **Fieldstone Centre for Family Law, Counselling and Mediation** is a unique service available in Halton. The Fieldstone partners, myself, a lawyer and trained mediator and Elayne Tanner, a registered social worker and family therapist can help separating or divorcing couples lessen both the emotional and financial burden of a marital breakdown. If you would like to know more about mediation call me I would be happy to answer your questions.