

ASK THE PROFESSIONALS



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OCTOBER IS VISION AWARENESS MONTH -ENJOY THE COLORS OF OCTOBER

For many people, our eyesight is only something we start to pay attention to when it starts to falter.

In my years of practicing optometry and vision sciences, I have developed an avid interest in perception, conditions involving development of vision problems and diseases of the eye and human body.

A holistic approach to eye care is something many may not have considered before but the case for its benefits is certainly a strong one. A holistic matter that is influenced by the body's overall well being.

Having patients who basically grew up in my life of practice, I have observed amazing correlations of the effects of emotional status and the possible effects they may have on a person's vision, health and quality of life. Depression, disease, physical illness, and emotional stress affect how our bodies function, including our eyes. Many diseases are autoimmune or self induced and based on how we perceive life or think. One thing we are never thought is that what we see is a thinking process. Addictive behaviors become body behaviors. Our reflections of our 'seeing' evokes an emotional interpretation and response which inevitably affects our health and this in turn affects our eyes. How we behave in relation to the environment affects our well being.

What you eat is a basis for your body to function. The Canada food guide is a good place to start for a balanced diet. Follow it.

Drink plenty of water.

Exercise and movement are essential to maintain body functions. However how many have entertained exercises above the neck. Eye exercises are also an important body health issue.

Patient education is key. Understanding why conditions occur and how to prevent them is what I strive to do. The prevention of disease, which requires education and participation in the understanding of a person's entire human experience. Vision is the most prized of senses, allowing you freedom to express and experience your life."

One essential aspect of your well being is to become informed about your health. Your eyes just happen to be a window to your body. Having regular appointments for eye care is your opportunity to live a great life. Your eyes are for life. Look after them.

Helping you see clearly. Dr Ron Strohan
www.MiltonEyeandVisionCare.com



Yvonne & Rui Olivetra

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Q. My child has normal hearing yet still has difficulty listening in the classroom. I have heard the term 'Central Auditory Processing Disorder/CAPD.' What is it and what are some of the signs and symptoms?

A. Central Auditory Processing Disorder, now more commonly referred to as 'Auditory Processing Disorder' or APD is the process in which the ears detect sound and the sound travels through the auditory pathway through the structures of the ear, however, the difficulty lies in what the brain does with the sound and words that were spoken so that they are comprehended. It is the actual 'processing' of information that allows a child to understand the meaning of words and to determine the direction of sound, the type of sound, and to separate sound from background noise in order to interpret it.

Symptoms of APD can range from mild to severe and can take many different forms. If you think there may be a problem with how your child processes what he or she hears, ask yourself these questions:

- Is your child easily distracted or unusually bothered by loud or sudden noises?
- Are noisy environments upsetting to your child?
- Does your child's behavior and performance improve in quieter settings?
- Does your child have difficulty following directions, whether simple or complicated ones?
- Does your child have reading, spelling, writing, or other speech-language difficulties?
- Is abstract information difficult for your child to comprehend?
- Are verbal (word) math problems difficult for your child?
- Is your child disorganized and forgetful?
- Are conversations hard for your child to follow?

These, as well as other behaviors, may be signs of an auditory processing disorder (APD) and are confirmed through formal testing by an Audiologist.

If you have further questions or concerns regarding APD call the HearSay Speech & Hearing Centre to speak to one of the Audiologists (905)875-3345.

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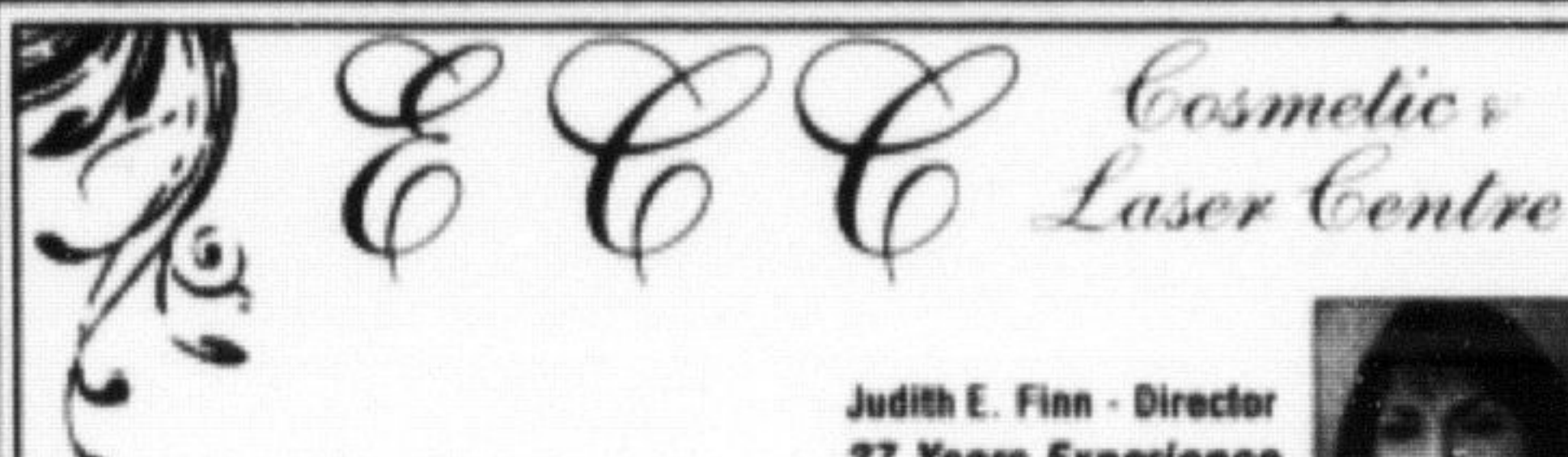
www.etasolutions.com

It is Thanksgiving—a time to take stock. We have had a number of significant deaths in the last months that have impacted our country, our community and our continent. It was the 10 year anniversary of 9/11. It is mental health awareness week and the statistic that suicide the 2nd leading cause of death for people aged 10 to 25 years of age and now it is a growing concern for seniors. Things can seem pretty grim.

I have spoken in the past about the processes of grieving and of anxiety and depression. All of these topics are related. We ask, "What is the meaning of life?" and in times of despair there appears to be no answer. But there is an answer. The meaning of life is being connected to others and to your environment. We have to be able to project ourselves into the future so that we have something to look forward to, something to care about, a person, a passion or pet that we care for and that needs us in their life. We need to recognize the gifts that we have around us at all times. If you can see to read this, then you have the gift of sight. If you can understand it, you have the gift of a good mind. If you can hear sounds around you, you are blessed with the ability to hear laughter and sounds of joy.

This Thanksgiving take a moment to recognize your gifts. The children are back to school because we live in a country that values education for both girls and boys. We recently went to the polls because we live in a free and democratic country where both, men and women have the privilege of being able to take the right to vote for granted. As the weather cools and the leaves change colours see the beauty and give thanks that we do not live in fear of drought nor famine nor torrential storms. In your times of sadness, anxiety and grief stop for a moment and recognize and acknowledge the gifts you have been given and take a moment to give thanks. I wish you all a Thanksgiving of peace and happiness.

"HELPING YOU HELP YOURSELF"



Judith E. Finn - Director
27 Years Experience



Ask the Professionals Looking and Feeling Your Best!

ECC Cosmetic and Laser Centre host the latest in state-of-the-Art technology in health and beauty treatments. With 27 years of experience in the field, Judith Finn, Director of the Clinic and her knowledgeable staff help people to feel better about themselves. It is this knowledge and experience that has earned the ECC Cosmetic and Laser Centre a reputation of excellence in the field. Clients come from across Canada, U.S.A. and Singapore to receive treatments from the clinic.

With a full Spectrum of lasers and high frequency equipment they are able to achieve remarkable result in permanent hair removal; correct hyperpigmentation; sun damage; as well as treat acne and Rosacea. Powerful single and multi-wavelength medical lasers are the most effective when treating these conditions. Aesthetic level lasers may require many more treatments with minimal results.

Our consultations are complimentary and through microscopic skin analysis, we are able to determine whether Photorejuvenation skin resurfacing or Thermage Skin Tightening will improve the tone and texture of your skin. Most clients want to look refreshed or the best they can be for their age.

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ALLERGIES IN DOGS AND CATS

Through out the year I deal with itchy dogs and cats that have allergies to various things, either, in the indoor or outdoor environment or to certain food items. However, August though till the first hard frost in October is, by far, the busiest time, in my practice, for this problem.

Ragweed produces a pollen that, when inhaled, can cause a very dramatic allergic response. With people, this is referred to as hay fever. Generally, the symptoms being itchy, runny eyes, cough, sneeze and nasal congestion.

When dogs and cats inhale this pollen, some can have an allergic response which manifests itself through the skin. They also can suffer from respiratory symptoms, but more often an intense itch predominates.

The itch is sometimes so intense that animals actually self mutilate their skin with incessant scratching, licking and-chewing. Often, as a result, they end up with a secondary bacterial skin infection called pyoderma.

Because most "over the counter" remedies such as Benadryl, rarely work to relieve the intense itch, it is advisable to seek medical intervention. Often, systemic cortisone and antibiotics are needed to help the pet through this troubling time.

As a rule, if your pet shows such symptoms one year, then it will continue to do so, year after year.

In my practice, I advise all clients that own allergy suffering pets to seek medical intervention the minute the itch begins, hence eliminating the possibility of pyoderma and simplifying treatment.



Larry Stolberg, CA, CPA, CFP
Tax Specialist

Practice restricted to Canadian & U.S. taxation
Unaudited financial statements available

Larry Stolberg

Q: As a Canadian, what is my exposure to U.S. estate tax?
A: Estate tax is based on a graduated rate system from 18% to 35% with a unified credit of \$13,000 equivalent to a value of \$60,000.

For non-U.S. citizens, only U.S. situs assets such as real estate, tangible property situated in the U.S., stock certificates of U.S. corporations are included in the gross estate.

The Canada/U.S. tax treaty allows for a \$1,730,800 credit afforded to U.S. citizens, prorated, based on gross U.S. assets to your total world-wide assets.

The treaty allows for a marital credit where property transfers to your spouse. Other treaty provisions may apply.

For deaths occurring in 2010, the "no estate tax rule" will only apply if the executor makes a special election and files an information return IRS Form 8939.

The top graduated rate may revert to 55% (2012) with a prorated unified credit of only \$345,800. If legislation is not enacted, planning should be considered even though the prorated unified and marital credits may currently be sufficient.

Where one spouse is a U.S. citizen, planning and the incidence of the tax is more complex.

Your period of ownership and anticipated value at the time of death will help in determining the best ownership vehicle.

You may consider modifying your present ownership, keeping in mind both Canadian and U.S. income tax legislation, U.S. gift and land transfer taxes.

Note: Reference to dollars is in U.S. currency.
You should consult with your professional advisor on all related matters

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