

ASK THE PROFESSIONALS



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Dr. Mark Cross, Dr. Tony Wan,
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MON - THU
9AM - 8PM
FRI - SAT
9AM - 3PM



Dr. Tony Wan
B.Sc., D.D.S.

25 Years!

It's hard to believe that we've been in Milton for 25 years. I (Dr. Cross) started my career here in Milton Mall in 1985 when we were a Tridont Dental Centre. I was an associate at the time and eager to put my skills to work.

I am honoured to still see so many of those patients that I first saw in the 1980's today. And now I'm starting to see the children of patients I first saw when they were a child!

Many of you feel more like my friends than patients. Thank you for the privilege of being your dentist. Thanks as well to those on my team who I've enjoyed working with for all these years. I'm glad to say that I'm still enjoying dentistry, so here's to the next 25 years!



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Speech Centre**

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Q: My toddler is very hard to understand. When should we expect him to speak clearly?

A: Talking doesn't just happen. Children have to learn speech gradually; and learning all the speech sounds takes time. Children master speech sounds in a specific sequence, according to maturation of their oral structures and visibility of the sounds. Some sounds like p, b, m, t, d, and n are usually mastered by age three while others like r, th, and s may not be correct until the early school-age years.

While learning to speak, all children make mistakes and pronounce some sounds incorrectly. You may hear your child substitute one sound for another. (ex., 'wabbit' for 'rabbit'), omit a sound (e.g. 'han' for 'hand') or distort a sound (e.g. 'schlip' for 'ship').

Although these are common errors and will probably disappear as a child gets older, they might also be signs of articulation disorders. Simply stated, an articulation disorder exists when a child consistently makes speech sound errors that are not usually made by children of the same age.

Distinguishing between simple mispronunciation and articulation disorders can be difficult. If you feel that your child might have an articulation problem, you should make an appointment for an evaluation by a Speech-Language Pathologist. For further information, or to inquire about our programs, please call our Centre.



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LIKE A GOOD NEIGHBOUR STATE FARM IS THERE.™

Keep Your Cool on the Road

By Heather Solie
State Farm® agent

Does it seem to you that the highway is a much more hostile place than it used to be? Do you notice a lot of rude drivers tailgating you, cutting you off, blocking you when you want to pass, weaving from lane to lane to beat the flow of traffic, maybe even making unfriendly gestures?

If so, you're not alone. Aggressive driving has become one of the most talked-about traffic safety issues. On occasion it may lead to "road rage" - use of violence to settle a dispute related to driving.

A major reason for today's aggressive driving is traffic congestion. Construction of new roads and widening of existing ones has lagged far behind the ever-increasing number of cars on the road. In some metropolitan areas, the concept of "rush hour" is virtually outdated because the roads seem to be packed at all times.

Another factor is that many of us lead fast-paced lives and are always in a hurry to get somewhere. This may lead to speeding and aggressive behavior toward motorists we believe are impeding our progress.

In some areas, special law enforcement and public awareness programs have targeted aggressive driving. Counseling has been tried with some angry drivers, but many people seem to regard rude driving as "the other guy's" problem.

According to the National Highway Traffic Safety Administration (NHTSA) here are a few things you can do to avoid becoming an aggressive-driving victim or offender:

- Don't tailgate.
- Avoid eye contact with an aggressive driver.
- Don't make obscene gestures or return those of others.
- Use your horn sparingly.
- Don't block a passing lane. Avoid blocking a right-turn lane.
- Signal before switching lanes.
- Don't weave in and out of traffic.
- Allow adequate rest for your trip. Realize that you can't control traffic - only your reaction to it.
- If you think someone is driving dangerously and may be breaking the law, consider reporting that driver to the authorities. If you have a cellular phone and can do so safely, call the police.
- When parking, don't take up more than one space. Don't allow your door to hit the car parked next to yours.

If someone provokes you, take a deep breath and resist the urge to retaliate. The important thing is that you reach your destination safely.



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Dr. Ron Strohan
Optometrist

WHAT ARE YOU LOOKING FOR? MOST PEOPLE HAVE NO IDEA WHAT THEY REQUIRE AND PURCHASE

Spectacles or eyewear are classified as 'medical devices' and require a prescription from a qualified optometrist or medical doctor to determine the appropriate power of lenses for the requirements of individual needs.

This is where it gets complicated. Seems there are a lot of people attempting to make a profit on the sale of glasses (among other optical devices) and there are attempts at getting around the need for a prescription to do so.

Which makes more sense? Taking out the time to determine what is specific to you or assuming the product is adequate and fits the need. Human behaviour can depend on mistakes and learn from them, or being accountable to yourself and achieving the bits of information to prevent harm to yourself.

In the age of the internet there are people searching for information to find out what is wrong with them, where they can acquire products at a perceived cheaper cost or save time by doing it themselves. Do you ever wonder why we have health issues, increased financial issues, and crime?

In the optical industry, in general, what you see and what you are buying is not necessarily equaled by value or the needed device to resolve your issue.

Examples

- 1 Laser surgery for the correction of eye sight is not necessarily going to relieve you from the use of glasses. However the ads glorify that aspect.
- 2 A designer frame may not be the quality of other products and yes you are paying for the name.
- 3 Not all lenses are the same. Various technical designs enhance the product to improve optics. So not knowing what you are buying doesn't necessarily match what you are looking for or need to resolve your issue with vision.



E.C.C.
Laser & Cosmetic Centre

Judith E. Finn - Director



25 Years
Experience

What is ProFractional?

The ProFractional laser can reduce fine lines, wrinkles and Acne scarring which creates better skin tone and texture.

This laser creates thousand of microscopic channels in the skin which are surrounded by areas of healthy, untreated skin. The zones of healthy, untreated skin invigorate the body's natural healing process and the treated areas stimulate production of new collagen, plumping up the skin and smoothing our wrinkles, lines, scars and other irregularities.

The ProFractional treatment is often combined with other anti-aging treatments for a more effective overall improvement of the skin. ProFractional corrects textural issues such as wrinkles, acne scarring and sun Keratosis, while BBL (Broadband Light) evens out skin tone (reds & browns) and Thermage NXT tightens and contours the skin.

To achieve optimal results we recommend a package of three treatments. The treatment will have 3 - 5 days of minimal down time and will keep working for a full six months building collagen & working through the layers of skin for improved tone and texture.

What conditions can be treated with ProFractional?

- Wrinkles and fine lines
- Post-traumatic scars
- Acne scars
- Sun spots
- Freckles
- Aging and sun-damaged skin

What areas can be treated?

Most skin areas can be treated. Popular areas are the face, neck, chest and hands.

Call today to for more information on the ProFractional with one of our trained professionals.

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HEARTWORM DISEASE (AGAIN)

I apologize for duplicating the article that I wrote in May, but it bears repeating, because I still encounter many people who do not have their dogs on prevention. Last month, in our hospital, a patient tested positive for heartworm disease and is currently undergoing treatment. This treatment has proven to be very costly for the dog's owner and quite an ordeal for the dog.

The month of May marks the commencement of mosquito and flea season. Mosquitoes can harbour a larval parasite called *Dirofilaria immitis*, more commonly known as heartworm.

When an infected mosquito bites a dog, it injects larvae into that individual's bloodstream. These larvae then mature into large worms, which invade the hosts heart and lungs.

Heartworm disease is fatal if not treated, however the treatment is very costly and can be harmful to the individual being treated.

On the other hand, heartworm disease is a very preventable and the prevention is inexpensive.

Dogs should have a blood test to ensure that they are not harbouring any heartworm larvae in their blood stream and then started on a monthly preventative program. There are many products available, ranging from topical to oral preparations. Some products just prevent heartworm disease, while others prevent other parasites such as fleas, mange and ear mites and intestinal parasites.

Since Hurricane Katrina, many homeless dogs have been rescued and brought to this province (mainly Hamilton) to be adopted. Most of these dogs arrived here with heartworm disease. This has caused a significant increase in the incidence, over the past few years, of heartworm disease in dogs native to this area. Also, there is a reservoir of "unprotected dogs", namely coyotes.

My advice is that all dogs be on prevention from the month of May to November, in this climate. If you plan to travel south with your dog, in the winter, then he or she should be on prevention year round, as southern warmer climates have mosquitoes year round.

In recent years, in Ontario, heartworm disease has also been documented in cats. The reliability of the feline heartworm test remains questionable, but is available. Regardless, I feel that all cats that go outdoors should be on prevention as well.

For more info, the American Heartworm Society has an excellent website.

REMEMBER, HEARTWORM DISEASE PREVENTION IS A SIMPLE, SAFE AND INEXPENSIVE ALTERNATIVE TO TREATING THE DISEASE ITSELF.