

Ask The Professionals

If you have any questions these professionals can answer, please write to:

"Ask The Professionals"
c/o The Canadian Champion
191 Main Street E.
Milton, Ontario L9T 4N9
or Fax to: 878-4943



Elayne M. Tanner
B.A., B.S.W., M.S.W., C.S.W., DIP. SOC. ADM.
Counselling & Psychotherapy
Individuals, Couples, Children & Families
11084, 5th Line
Milton, Ontario (R.R. 2, Rockwood)
(905) 854-0801

Q: My 15 year old daughter seems to be very preoccupied with her weight. Although she is quite thin, she says she is fat and is always dieting. Sometimes though, she must get so hungry that she has to eat and I find empty food containers in the garbage. Other than this, she is a healthy girl who is very actively involved in academics and sports. Should I be concerned?

A: Yes, I think you should be concerned. It is very possible that your daughter already has an eating disorder. Anorexia Nervosa is when the person refuses to maintain even a low-normal body weight. Bulimia Nervosa is characterized by repeated episodes of binge eating followed by self-induced vomiting, misuse of laxatives or other medications, fasting or excessive exercise. In both of these disorders, the person has a very distorted view of their body shape and size. It sounds possible that your daughter is binge-eating and purging - in other words, eating excessive amounts of food and then forcing herself to get rid of it through vomiting, laxatives, enemas or diuretics. Although involvement in sports is generally a good thing, people with eating disorders frequently are excessive in their exercise, seeing it as yet another way to rid themselves of body fat. People suffering from eating disorders are frequently found to be depressed and/or perfectionists who can never recognize and appreciate their achievements. Both of these disorders usually begin in the teenage years and are more common in girls but there are no hard fast rules. There seems to be an increased likelihood of eating disorders in families where parents or siblings also suffer from eating, or mood disorders.

It is important that you deal with this problem immediately. If the child is at risk physically, you may have to hospitalize her in order to stabilize the condition. Some of the dangers of eating disorders are starvation, electrolyte disturbances, body fluid imbalances, damage to dental enamel, to salivary glands, and to menstrual cycles. Excessive use of laxatives, enemas and other purging agents, cause disturbances to the digestive and elimination processes. In most cases, when it is not too severe, counselling is able to control the symptoms. The counselling would focus on the depression, the obsessive nature of the disorder and improving self-esteem. This combined with emotional support and education is usually enough to bring the problem under control. Whether medical intervention is necessary or not, counselling is always an important part of the treatment.

Elayne Tanner is a Certified member of the College of Professional Social Workers, with many years of professional experience in individual, marital and family counselling. Her office is located in Milton in a private rural setting minutes from the downtown area.

If you have any further questions, please contact Elayne Tanner at (905) 854-0801. Confidentiality guaranteed.



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Judith E. Finn, C.C.E.
DIRECTOR
MEMBER OF C.O.P.E. & S.C.M.E.



Professional Electrolysis with Verifiable Sterilization
550 Ontario St. S., Suite 203,
Milton, Ontario L9T 5E4 (905) 878-9113

Q: Am I receiving Safe and Effective treatment for temporary, permanent, and therapeutic health and beauty practices?

A: **Health and Safety Alert:** Due to the recent news release of twenty-five or more cases of Hepatitis B infection being transmitted through a seemingly harmless procedure, the public must be aware of how to protect themselves. What was once deemed safe in the past is no longer acceptable!

Simple cosmetic and natural therapeutic practices have the potential to spread infectious and deadly disease (simple parasitic and fungal infections to HIV and Hepatitis) which are not seen to the naked eye by just as dangerous. Until standards in Practice and Regulation are established here in Ontario, we are responsible for our own knowledgeable decisions on health and safety. Alternative health and beauty treatments have just come under regulation in Alberta with the inspection for Verifiable Sterilization in practices performing body piercing, tattooing, electrolysis, acupuncture etc. This is what we need here in Ontario as a start to regulating such potential infection and disease transmission. Verifiable Sterilization is documented lab results or proof of sterile utensil use (sterile disposable needle use and proper discarding hazardous waste, utensils sealed and sterile, anyone touching the skin should be wearing latex gloves). Isopropyl Alcohol is not a sterilant and chemicals do not provide individual unopened packaging.

Think of your skin as a balloon, your greatest immunal barrier against infection and disease it's what we don't see (bacteria and blood-borne pathogens) that can become harmful. Teenagers should be made aware of what to look for and the long term effect, before acquiring ear and body piercing (cartilage shrinkage) and tattooing (disposable needles and dyes) as well as other simple cosmetic trends.

Do not be fooled by unethical practices or schools, offering minimal training courses, offering a variety of services with untrained personnel, affordable pricing of service, ineffective cosmetic devices (do it yourself kits) and the list goes on.

What to look for: Ask questions, seek proper Consultation and Assessment of treatment, Honesty and Responsibility for the service rendered and above all, Public health and Safety as an educated consumer.

Professional Electrolysis Programs available at Electrolysis College of Canada.



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

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

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

Q: Why is it important to get your feet treated by a Foot Specialist?

A: Our feet are essential for any activity, and are often the most neglected part of our body. Many people have problems with callous, corns and their nails. Quite often these problems are self-treated and complications arise. The next step is looking for someone to manage these problems for you. There are many individuals performing footcare treatments. You can find their advertisements throughout the community. It is essential for the public to know that the education differs immensely between Foot Specialists and the other providers.

A Foot Specialist is a Chiropractor/Podiatrist, who has had a minimum of 3 years of specialty training for the treatment of disease, dysfunction, or disorders of the foot and lower limb. Most Foot Specialists, like myself, have an undergraduate degree before entering this training. Keep in mind, there are individuals providing footcare with as little as five weeks of training.

When you are treated by a Foot Specialist a patient history is always taken to enable us to review your medical history. There are many medical conditions which can directly effect our legs and feet. Therefore, a treatment is not just a trimming of your nails or what ever it may be, it is the medical history, biomechanical exam, circulatory and neurological testing, the treatment, footwear advice, prevention advice, etc. Some people, such as diabetics, are at more risk than others and should have their feet checked regularly. There is nothing more important in life, than your health. Make sure you are receiving the best treatment for your feet, from a professional.

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Lou Mulligan, CFP

Q: There is a great deal of advertising about Labour Sponsored Venture Funds. What's so special about them?

A: Venture Funds have been available in Ontario for over 6 years. They are intended to provide financing to small companies to help stimulate economic growth. In exchange, the investor receives a total of 30% tax credits from the Federal and Provincial Governments. A \$3,500 RRSP investment can yield combined tax deductions and credits valued at up to \$2,902. The investment must be left for 8 years; otherwise, the tax credits will be reversed and you must pay more tax.

Tax breaks are important, but so is the growth capability of your investment. Ask yourself: Can I afford to let the investment sit for 8 years? Do I worry about the future value of the investment? Some Venture Funds will start off well, others may take over 10 years to show adequate growth. Can I afford to wait? Choose carefully!

What portion of your RRSP's are you willing to risk in Venture Funds? GIC's and Venture Funds reflect two extremes. Venture Fund Investments are potentially volatile (risky). High quality mutual funds can provide a balance for more consistent asset growth and reduced volatility.

GET PROFESSIONAL ADVICE: Money Concepts is holding Venture Fund information sessions, 7:30 PM, Wednesday, Feb. 12 and 19th at our office, (420 Main St. - Harvey's). Call today for details at 876-0940.

Miltown Computer Services

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Milton ON L9T 3Z3
(905)878-4651
1-800-268-0034



"Today's pieces of wizardry compared to yester-years"

Q: Why should I keep up with technology?

A: Software is ever changing to better serve you and your business. If you don't keep up with new and improved technology you may miss the boat on your competition. Also remember that brand name manufacturers are well recognized for quality because of the warranty, repair service and backup.

Q: How much memory do computers need to run efficiently?

A: 16 Megabyte of RAM is becoming the minimum to run effectively. Some machines requires 24 to 32 meg to run the software well. Always check with your authorized dealer for the best memory configuration based on your needs.

Q: How do I keep up with access communication speed technology, like the internet?

A: In order to keep up with the vast web sites, use a high speed modem. A sufficient speed for today's technology is between 28.8 and 33.6.

Q: What do I do to protect my investment?

A: There are three ways to protect your computer: First you should purchase a surge protector in case of a brown out or any other hydro problem. Secondly, make sure you have an uninterruptible power supply (UPS). The final thing to protect your investment is a good antivirus program that can be updated monthly. Ask your dealer for details.