

ASK THE PROFESSIONALS



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VISION IS AN EXPERIENCE OF LIFE

Vision is an expression of experiencing consciousness and affects your body and heart. It is a perceptual expression of life through electrical electromagnetic experience of light.

The heart is the seat of consciousness whose energy radiates through the body and its nervous system. It is the center of your being, and radiates unconditionally with a rhythm affected by your emotions which is energy in motion. The perception of how we view with our senses is energized with the 'value' of our thoughts directed by our emotions 'charging' the body structures around the heart. In other words STRESS which is our positive or negative 'view' of any person, place, or thing 'emotes' electricity with our emotions causing it to move and vibrate within the body conflicting with the waves generated by the heart (This includes what you see, hear, think, touch etc)

Unfortunately the memories and beliefs we have are conditioned either by past beliefs and memories or future imaginations and are unconscious responses with emotional displaced energy states creating a 'free radical state'. Neither of which are actual, but are perceived realities based on our values in time and space. It is the energy in emotion which the human balanced condition is marred with causing conflict in energies in the HEART AND BODY (incoherence).

On the other hand emotions, or thoughts and assessments (both conscious and subconscious) directed in appreciation coordinates the responses into coherence and provide balance in human physiology and reduced diseased states.

Changing or challenging ones perceptions is an expanding area of study in neuropsychology, and is in the fore front of the study of why diseases occur.

Self induced disease based on psychophysics is the area of the study of mind-body wellness. Vision is one of the receptive aspects of perception in this area of study and research.

Diseases such as glaucoma, cataracts, diabetic retinopathy, macular diseases and oculomotor (binocular vision) disorders all have some relevance to the 'state of perception' as emotions are the directed energies to cause functional and therefore physical changes in the body.

The gift of vision is an ability to 'view' our environment to assess and appreciate. The very act of seeing through the Heart is an 'art' in Appreciation and Well being. The eyes are your gift to appreciate your life. How your learn to Appreciate people, places, events and things in your life, and your life changes.

Merry Christmas and a Joyful New Year!!

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NEW EVENING HOURS AVAILABLE!

Q. What causes a plantar wart and how can it be treated?

A: A plantar wart, also known as verruca pedis, is caused by the human papillomavirus (HPV) that occurs on the sole of the foot or the toes. The virus enters the skin through tiny cuts, breaks or other sensitive sites on the skin of your feet. The spread of warts most likely occurs in areas that are contaminated by others with plantar warts. This can include communal showers, pool areas, activities that include being barefoot such as gymnastics, martial arts, etc. The destruction of HPV once it enters the skin depends on the development of immune lymphocytes (small white blood cells) that destroy the virus-infected cells.

Plantar warts generally develop underneath pressure points in your feet such as the heel or the balls of your feet. They can also occur on the toes. Since the warts develop under pressure points, they may develop a callus (thickened skin) over top. Plantar warts look like small, fleshy lesions or growths on the bottom of your feet. Many warts have small black pinpoints, which are small clotted blood vessels. If the wart is scratched, pinpoint bleeding can occur. A cluster of warts in one area of the skin is called a mosaic wart. Plantar warts can become very painful if not treated. They are most painful when squeezed as opposed to direct pressure because the skin striations go around the plantar warts. Plantar warts mostly affect children and teenagers and those with weakened immune systems.

There are various treatment options for plantar warts. Treatment options depend on the individual and how long they have had the warts. Since plantar warts can be resistant to treatment, it requires multiple visits and patience to ensure that the wart has been successfully treated. Treatment options include freezing (cryotherapy), various topical medication that includes salicylic acid, cantharidin, Imiquimod, silver nitrate, etc. If none of these treatment options work, there is laser treatment available as well as minor surgery, which involves cutting away the wart.

For more information on each type of treatment, contact your local chiropodist and ensure that you treat your plantar wart(s) as soon as possible to avoid pain and longer treatment times.



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No X-rays, Thanks

It seems that more and more, patients at their checkup and cleaning appointments are asking not to have the X-rays taken that are used to check for cavities in between the teeth. This is often a result of not having insurance benefits and wanting to save some money. First of all, these X-rays are not that expensive. They can, however, provide a lot of information including the presence of decay in between teeth that could not otherwise be detected, as well as possible bone loss. When we mention this, the reply is often that "nothing hurts". Cavities typically don't hurt until they are really large and, by then, you may be into a root canal.

Sometimes the concern is the amount of radiation. This is understandable. Fortunately, we use digital X-rays which dramatically lowers the amount of radiation necessary. We also base the frequency of X-rays needed on the individual. In other words, someone with a lot of plaque and lots of fillings will need them taken more frequently than someone with good oral hygiene and very few fillings that are in between the teeth.

So think twice before you say "No X-rays, thanks". They provide a lot of valuable information and may save you a lot of money if they help catch a problem at an early stage before it becomes something bigger.



Yvonne & Rui
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Q: Are there any funding sources available for assisting with the cost of hearing aids?

A: The Ontario Ministry of Health and Long Term Care, Assistive Devices Program (ADP) will pay up to a maximum of \$500 towards the cost of one hearing aid or up to a maximum of \$1000 for the cost of two hearing aids. Provided you have coverage (i.e., a valid health card) you qualify for ADP funding for hearing aids once every three years. The Assistive Devices Program will also pay up to a maximum of \$1350 of the cost of an FM system.

You may also have third party insurance coverage from a current or previous employer. Some insurance plans do cover the cost of hearing instruments, while others may cover only a partial cost or reimburse the patient for a set amount. You should always check with your particular insurance plan to see if you have coverage for hearing aids.

There are also benefits available to qualified Veterans who have served in the Canadian Forces. Veterans Affairs Canada is a national program accessible to veterans in each province and territory. You may know it more commonly as "DVA" which is the Department of Veterans Affairs.

The Workplace Safety and Insurance Board (WSIB), previously known as the Workers Compensation Board, is a provincially governed agency that provides coverage to individuals whose hearing loss has been at least partly caused by workplace noise.

Your hearing aids could be the best investment you make for yourself. Good communication is fundamental to all our personal relationships. The variety of hearing instruments available makes it very likely that you will be able to find good hearing aids in a comfortable price range. It is also a good idea to investigate whether you are eligible for various funding sources to help finance the cost of your hearing aids.

If you have further questions regarding funding sources or your hearing status speak to one of our Audiologists at the HearSay Speech & Hearing Centre (905)875-3345.



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No legal questions this month just some observations from my heart. At this time of year, for those who celebrate Christmas, we become focused on giving presents to our friends and families. This is a good time to remind everyone of another type of giving, the giving of yourself to others.

I am a part of the Fieldstone Centre here in Milton, and as my colleague Elayne Tanner has so eloquently written in her column which I wish to repeat here:

"We have chosen Canadian charity World Vision as our receiving organization this year. In our front office we have put out a donation jar with a brochure describing World Vision's work and our personal commitment. We agreed to match the contributions of those who fill our jar. To date this year we have collected enough to provide one of the following for a needy family:

- 2 pigs: Each sow has a litter per year to sell at market
- 4 hens and 2 roosters: Produce 300 eggs and new flock of chicks per year
- Goat: Produces 250 litres milk per year
- Or we can: Supply two classrooms
- Or: Stock a medical clinic

Any one of these gifts, while not costly for any of us when we all contribute, will have a significant impact on the lives of those who receive them. What a difference it would make to the world if every one of us gave just a bit to someone less fortunate. In the spirit of giving, peace, and generosity, please consider paying it forward and do something similar. Even a small donation can have a life altering positive impact for the recipients."

One person can make a difference. My wish for 2014 is that we all commit ourselves to making a difference in someone's life. I wish everyone joy and peace this holiday season and remember it was a lawyer who proved to the world that there was a Santa Claus in Miracle on 34th Street!



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CHRISTMAS HAZARDS

Christmas is nearly upon us, and as in each year previous, I would like to remind you about the hidden seasonal hazards.

Firstly, try to avoid using *Tinsel, ribbon, string* and in fact anything linear. These are immediate attractions for cats and kittens, who see these sparkly, dangly things as prey which just have to be 'dealt with'. In real life, these materials if swallowed, can catch in the gastro-intestinal tract. This could then cause the intestines to spasm and bunch, as the body tries in vain to move the foreign body. This is definitely a situation to avoid. It could prove life threatening and would require surgery for correction.

I would also draw your attention here, to the hazards of *electric light cords*. Particularly at risk would be the teething puppy or kitten. Biting through the cords could cause tongue and mouth burns, which could in turn lead to respiratory distress. This accident would require immediate medical attention.

Secondly, *avoid table scraps* for pets. In the first instance our pets are not generally used to such rich foods, and the last thing you want to be dealing with at Christmas is your pets upset stomach! Christmas leftovers are usually particularly fatty, and this could cause the pancreas to become inflamed and overloaded. This condition is serious and may require hospitalization.

Equally dangerous, are the *turkey bones* that are given, or even *stolen* by the pet. I have performed more surgery to remove bones and other foreign objects from pet's stomach at Christmas time. This is so distressing for patients and clients alike.

Thirdly... *chocolate*. Again I have treated more dogs for chocolate poisoning and have hospitalized more dogs for the treatment of potentially fatal pancreas inflammation at this time of year. Clinical signs of chocolate poisoning include hyper-excitement, nervousness, vomiting, diarrhea and death.

Lastly, just as we become stimulated by the aromas of the roasting turkey, keep your pet out of the kitchen, and away from the *basting and roasting* for obvious reasons. They too become very thrilled by the cooking smells, and may get very close to the stove.

On a lighter note, I would like to wish all readers and their pets, a very happy and safe Christmas.