

ASK THE PROFESSIONALS



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Vision Care and the Marketplace

Optometrists are of profession which must which must follow standards of practice. The provision of eye care and products such as glasses or contact lenses are supplied to our patients based on a Professional Model.

Professional model stipulates the products must be delivered to the patient at professional cost and the services for the provision or the work to design, order, adapt the product are considered the dispensing Fee. The dispensing fee and the product are identified as two separate entities and the cost of the materials is always displayed. You will never see a motivation for selling materials such as two for one, 50% off the frame or free lenses. The true costs are typically your best product and the actual cost of materials.

A retail model does not stipulate the actual cost of the materials vs the work to develop the vision appliance. Therefore the true cost of a lens and frame are not known to you. Incentives to provide a "bargain" can be hidden by extremely inflated costs of materials. A lens which can be purchased for a few dollars can be priced in the store as retail priced at X dollars which could be 10-20 x the actual cost. Similarly for the frame.

How professionals dispense eye wear and provide eye care are directly designed with function and treatment of your condition in mind. A Service.

Be careful when you see advertisements for product. What are you really getting. Most people seem to have no idea.



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Gardening Tips

Prevention is the best medicine. Patients often complain about not knowing what created their problem. It's not always what we did, but what we didn't do over time that results in pain.

To help ensure a healthy and pain free gardening season, especially in the early spring, here are some simple tips:

- 1. Walk and warm up before you start gardening** – Maybe take 10 or 15 minutes to stroll around your yard to survey what needs to be done. While doing so, take long strides to loosen up your pelvis along with making circles with your arms outstretched.
- 2. Stretch before and after** gardening activities starting with your larger muscle groups then gradually progressing to the smaller ones. Start with your legs (gluteals, hamstrings, quadriceps), then your back (extension, and lateral bends), arms and shoulders, wrists. Be careful not to bounce, jerk or strain. Hold for 15 seconds and stretch both sides three times each.
- 3. Posture, posture, posture** – Posture is a window to your spine. Pause from your activity and realign your posture every 15 minutes, or as soon as you feel discomfort.
- 4. Use the right moves** – Alternate tasks, switch hands, use scissors stance when raking, kneel to plant and weed, do not bend at the waist, bend at the knees, change positions every 15 minutes, pace yourself.
- 5. Use the right tools** – Lighten your load with the proper equipment, use a garden hose instead of watering can, carry loads close to body, use ergonomically designed long-handled tools to give you leverage and prevent stooping and twisting. Your tools should fit your body; your body should not have to fit to the tools!
- 6. Stay hydrated** – Drink lots of water to keep muscles loose and prevent cramping.
- 7. Pay attention** to any numbness, tingling, weakness, poor posture or pain. Any of these may indicate it's time for a spinal check up. It may just be muscle pain but it may also be a warning sign of an underlying issue. Don't wait and hope that it will go away, get it checked.

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THE IMPORTANCE OF SUNSCREEN: HOW TO SELECT, APPLY AND USE CORRECTLY

It's important to remember that while we may love the outdoors there are serious consequences when we get too much sun exposure. **Overexposure to the sun causes sunburn, premature aging of the skin, wrinkling, and skin cancer, including melanoma.**

Unprotected sun exposure is dangerous. Sunlight consists of ultraviolet (UV) rays, as well as related rays such as UVA and UVB. UVA rays are present throughout the day and are the most important cause of premature aging of the skin. UVB rays are most intense from 10:00 am to 4:00 pm and are most responsible for sunburn and skin cancer. Reflection from the snow, sand, and water increases exposure to UV rays.

When to apply sunscreen - Apply sunscreen approximately 30 minutes before being in the sun (for best results) so that it can be absorbed by the skin. Apply sunscreen **often** throughout the day using a handful to cover your entire body if you are outdoors and wear hats and protective clothing.

What to look for when you buy sunscreen - Pick a broad-spectrum sunscreen that protects against UV-A and UV-B rays and has a sun protection factor (SPF) of at least 15.

Check out our new line of **Miracle 10 SPF 30** with the "dry touch formulation" that allows the sunscreen to penetrate the skin leaving your skin moisturized and protected.

Visit us at our new location in the Quality Greens Building (238 Main St. E. Milton) for your complimentary assessment and discover how to feel good in your own skin!

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Q: My husband had a massive heart attack 4 months ago and died a few days later. It was totally out of the blue and unexpected. We had plans for our future—so many dreams that will now never happen. I can't see anything good to look forward to. I am going through the motions but I am so sad all the time. Will I always feel so horrible?

A: You are going through the grieving process. This is a normal human reaction with no 'right' way to go through it. In most cases, survivors are able to adjust somewhat and resume usual activities, experience joy and remember their loved one with positive emotions, within about six months.

Sometimes, however, the grief lasts much longer and is much more disruptive. This is complicated grief. When normal grief will become complicated grief is unpredictable. Complicated grief is not related to how much you cared for your loved one or to how unexpected the death was. You are not being more loyal to your loved one by not moving on or enjoying life.

People experiencing complicated grief may not make meals for themselves or sleep in their own beds. They often do not go out anywhere because they do not want to go without their loved one. They lose friends and shut out family. They may experience symptoms such as intense yearning, longing, a persistent feeling of disbelief and a general emotional numbness. Complicated grief is like a wound that does not heal.

If you find yourself still feeling this profound sadness after the 6-month mark, I suggest that you seek some professional support. While there are some very helpful grief groups, individual work may be the best way to begin. You are not being unfaithful to your loved one if you allow yourself to feel happiness. Your loving memories will endure forever.

"HELPING YOU HELP YOURSELF"

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MOSQUITOES & FLEAS

Spring is just around the corner (hopefully!), and with the Spring comes the usual parasites that we humans have to deal with. The list of parasites includes such things as "Mosquitoes and Fleas" which also affect our pets.

Some mosquitoes carry a parasite, which causes Heartworm Disease in dogs, and recently in cats, although the instances are still quite rare in cats. Heartworms are long worms that accumulate in the heart and lungs, and as they grow to maturity cause obstruction of the heart chambers. Eventually the dog will suffer heart failure and finally death.

Heartworm disease is very easy to prevent, by monthly administration of a tablet with food or by drops applied to the skin at the back of the neck.

Fleas are parasites that use our pets as a food source. They enter our homes in our pet's fur, and, once in the house leave our pets body, and then busy themselves by laying thousands of tiny flea eggs. Many veterinary hospitals carry posters in the waiting room of magnified pictures of the flea, busy in the tufts of carpets surrounded by flea eggs, quite makes your skin crawl! Eventually, these flea eggs will hatch and result in a major infestation of the home. Ask anyone who has suffered this problem, and they will tell you that the problem is very difficult to remedy.

Contrary to popular belief, our pets do not need to be in contact with other pets to pick up fleas. In fact, the most common source is the ground, whether it is grass on the lawn or sand. Therefore, any dog or cat that sets foot outdoors is susceptible.

There are many products on the market to prevent fleas and heartworm, either singularly or in a combination product. Please talk to your veterinarian soon, to find out the best product suited for your pet.



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Q: My best friend has asked me to be the Executor of his will. Is there any risk to me if I do this?

A: As the executor you gather up the estate assets, pays the deceased's debts, and divides what remains of the deceased's estate among the beneficiaries. The funeral is your responsibility and you are responsible for making sure the funeral account is paid. It is your job to ensure that the estate and its assets are protected. No one should remove any estate property until the will is probated. Probate is the process of getting the court to rule that a will is legally valid. You must get probate of the will to handle the deceased's estate.

You will need to file the terminal tax return. The estate must pay taxes before the estate can be distributed to the beneficiaries. If you do not obtain a tax clearance certificate from Revenue Canada you can be personally liable for any unpaid taxes. As the executor, you could also be personally liable if you do not pay the deceased's debts before you distribute the estate. Advertising for possible creditors may be necessary so you can make sure all legitimate debts are paid.

Lastly before distributing the assets, you would submit a full accounting of the estate's financial activities and obtain a release from each beneficiary. The accounting would include any claim for reimbursement of expenses you personally paid or your fee for acting as the executor.

The Executor is a very important job and depending on the size or complexity of your friend's estate, it can be both time consuming and difficult. You should sit down with your friend and go over his estate to be sure you want to do it. If you begin the process of dealing with the estate assets after his death, you are legally bound to complete the job, and you can only be relieved of your responsibility by a court order.

Committed to Working for You!