

ASK THE PROFESSIONALS



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Q: I want to start an exercise or fitness program, but I don't know where to start? How do I motivate myself to set real goals?

A: When setting goals related to achieving and maintaining health, it's important to choose goals that are obtainable. While it may sound great to say that you will lose weight in record time, you'll need to embrace the challenges and create proper strategies.

The hardest part of all is getting started. Goals related to the achievement and maintenance of health should be approached as a lifestyle change. If you'd like to lose weight or rehab a nagging injury, you'll need to set a goal that can be worked towards every single day.

There will be barriers and overcoming them is easier than you may think. It is important to remember that one day does not make or break your progress. To set a goal, you'll need to decide on a destination, then work backwards to figure out the course to get there. In many instances, it can be very helpful to write the goals down, as well as the steps that you will be taking to achieve them.

Losing weight is about making the right choices on a daily basis, as opposed to an insane workout plan or crash diet. Rehabbing an injury is much the same.

If you need assistance reaching your fitness goals and overcoming the barriers that present themselves along the way, your Physiotherapist can help! For more information on how physiotherapy can help you, email: freeconsult@altimaphysiomilton.ca



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WHAT CAUSES PAIN ALONG THE BALLS OF MY FEET?

One of the most common complaints people have with their feet is metatarsalgia, or "ball of the foot pain".

Metatarsalgia is an umbrella term for a range of conditions that affect the ball of the foot and cause some kind of discomfort and pain. There are many anatomical structures that make up the ball of the foot including: bones, muscles, tendons, fat pad, ligaments, joint capsules, bursa, nerves and blood vessels. As you can see, there's quite a bit going on, and from time to time, these structures can get stressed or injured!

Symptoms that can be experienced include: sharp shooting pain, dull aches, numbness, cramping, and burning sensations.

These symptoms can be linked to a number of factors such as: foot structure and biomechanics (eg: cavus foot, flat foot, or hypermobile joints), systemic disease (eg. Diabetes Mellitus or Rheumatoid Arthritis), or degenerative joint disease (eg. Osteoarthritis).

Other factors that can affect your feet include: lack of cushioning in footwear, wearing high heels, prolonged standing (particularly on hardwood and concrete floors), or sudden increase in activity or exercise.

There are a number of treatment options for metatarsalgia. A full biomechanical assessment will help to establish the cause of the pain, and some treatment options include: Custom Foot Orthotics to help stabilize the foot, correct abnormal joint movements and redistribute excessive pressures; MedX Laser Therapy to reduce inflammation and pain, and promote healing; and footwear advice and recommendations.

If you are experiencing any of these symptoms or would like further professional advice on your feet, contact your local Chiropract.



Drew's Pharmacy

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How to beat the common cold?

There are many medications out there to treat your every day cold...Buckley's, Benlyn, Tylenol Cold, Advil Cold & Sinus; there are so many in the market, yet sometimes, we simply don't have time to recover. We're on the go, we can't take time off work, we got kids, piano lessons, kids' daycare, grocery shopping...we simply wish to avoid the common cold.

I myself use this remedy on the regular basis. I use Redoxon-B. They are effervescent tablets - tablets that disperse and dissolve once put in a glass of water. These tablets contain Vitamin B complex & Vitamin C, in a very effective dose. How effective? Imagine eating 10 oranges...yes, that effective! The key point to remember is to take the Redoxon-B as soon as you feel something as little as a tickle in your throat. Vitamin C is powerful when it's used to prevent the common cold; so remember, with the winter season coming in, be prepared and always have Redoxon-B on hand!



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Computer Vision Syndrome

The introduction of computers and the information technology has introduced a pandemic of eye problems called Computer Vision Syndrome. It has also motivated people to use computers for information gathering vs the printed format. So you may now visit our WEB site at www.MiltonEyeandVisionCare.com

Computer Vision Syndrome is simply eye fatigue with a list of other physical ailments. Constantly focused at an arms length is similar to holding your body in one position for hours at a time causing eye fatigue, headaches, nausea, and muscle stiffness in the face, eyebrows, neck and all other body extremities. Other disorders can be associated with it in the notion of pain and stiffness. Bottom line-Discomfort and stress on the heart

Solutions

1. Looking at other distances, out a window if possible, by glancing away Standing up and viewing tasks from different distances every twenty minutes to vary your focus distances.
2. Frequent water consumption. The eyes blink half of the time they would when not viewing the computer screen. The same applies to Driving, watching television.
3. Dry rooms increase dryness and irritation of the eyes. An open window will help.
4. Proper lighting, daylight is better than fluorescent lighting. Light position should be indirect and not glare producing.
5. Eating regularly with a balanced diet which is another issue. Visit the Canada Food Guide for a description of a nutritional aspects of health requirements. Reduce water dehydration by caffeine or alcohol, as well as tobacco smoke and any mood altering medications or stimulants. This includes soda pops and breath fresheners containing large amounts of sugars and aspartame. Artificial additives.
6. Lid hygiene. Many women tend to place eyeliner makeup on the inside of the lashes which obstructs the meibomian glands from producing oils which prevent the tears from drying. Eye compresses to warm the lids, and shampooing the lids with lid hygiene products may help the glands from becoming degenerative and leading to dry eyes.
7. Seeing clearly for the distance required. Wearing proper eyewear (spectacles) for near work allows for greater clarity and increased productivity (less frustration of errors which is an emotional response increasing stress levels). Not seeing clearly causes emotional stress and judgement error, more stress on the clarity assessment of the brain.
8. Visit your optometrist to discuss matters of eye hygiene and eye health. Irritated eyes lead to increased stress levels and lower quality of life.

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



DR. ELAYNE TANNER
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Q: I am a great communicator and talk all the time but my boyfriend is not good with words. Can counselling help us?

A: Many people think they are good communicators but communication is about more than talking. Below is an excerpt from a typical relationship counselling session.

Mary: Tom and I have been together for a year and were talking about marriage but now I think he is changing his mind and I am losing him.

Dr. E: What makes you think he is changing his mind?

Mary: He seems distant and doesn't trust me.

Dr. E: Let's ask him what he thinks. Tom are you pulling away?

Tom: No! It is her that's pulling away.

Dr. E: What makes you think that?

Tom: She often wants time for herself. When she is with friends I see her talking to other guys and she seems happy. I think she plans to break up with me.

Dr. E: Mary, did you know that Tom felt that you are happier with others?

Mary: See! I told you he doesn't trust me. I tell him I don't want anyone else but he won't believe me.

Dr. E: Tom, because you feel jealous and think Mary is going to leave, you have pulled away?

Tom: Yes! I feel silly being romantic when she wants to find someone else. I don't want to look like a fool when she tells me it's over.

Mary (to Tom): But I don't want it to be over! It is YOU who wants to end it.

Tom: No! I don't want to marry you. I love you. But I don't want you to stay if you don't love me!

"Good communicators" are often not good listeners and they make many inaccurate assumptions. They think they are good at reading body language or deciphering tone and never question the validity of their assumptions. This pattern is so common I refer to it as the dance. Tom wants every minute of Mary's time. She wants to have some personal space. Tom assumes Mary's distance is rejection. He feels jealous and withdraws. Mary interprets Tom's withdrawal as rejection and she backs away. They both feel unloved. This dance can be avoided by learning how to really communicate. True communication involves talking as well as listening and clarifying. Counselling can help you learn the skills of good communication.

"HELPING YOU HELP YOURSELF"

Elayne Tanner Social Work Professional Corporation



PAIN EASE
Naturopathic Clinic



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Q: How to effectively alleviate pain without drugs?

A: Pain is unpleasant sensory and emotional experience. Although pain itself may not be life threatening, it can devastate our quality of life.

The management of pain is as much of an art as it is a science. The best approach to treat pain is a multidimensional entity. In any given pain presentation, restoring optimal function to nerve, metabolic and/or hormonal, psychological, biomechanical, nutritional and detoxification components is necessary and should therefore be addressed alongside any structural correction.

Hence, treatment should be directed not only at pain perception, but it also take into account the complexity of each individual presentation--that is, treat the whole person not just the symptom.

After thirteen years of practicing as a physician specializing in anaesthesia then a naturopathic doctor, I can confidently say that the best model for managing pain is to assess and to provide a holistic approach and not just the structural aspect of pain by masking its perception with medication that can have undesired side effects or can be addictive in the long run.

Effective treatment options take advantage of a combination of medical electroacupuncture for nerve modulation and therapeutic nutrition. These two acts alone can achieve positive results without medication.

To find out more about treatment options that tailored to you, please book online your initial FREE 30 minute consultation offered Tuesdays and Saturdays throughout the month of August, on a first come basis. We track our therapy outcome to measure the effectiveness of our treatment, as well as your satisfaction!