

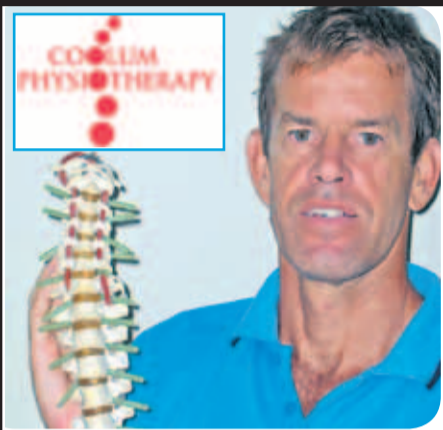
# Ask the professional



**Q** Am I getting the most out of my Wi-Fi network? And what is 5Ghz technology?

**A** Have you bought a new modem/router lately? You may have noticed that it supports two frequencies for Wi-Fi – 5Ghz (5 gigahertz) and 2.4Ghz (2.4 gigahertz). 2.4Ghz has been the standard for a long time and is used in other wireless devices too such as cordless telephones, remotes, wireless mice etc. This is where 5Ghz has an advantage – it has a lot more channels available to it and is less prone to interference than 2.4Ghz. It also offers much better uninterrupted throughput. Do you stream video around your house? 5Ghz is the better choice for this. The only catch is that the device connecting to the Wi-Fi must be 5Ghz capable in order to utilise it (the latest smartphones and tablets have 5Ghz). You may find that 2.4Ghz carries its signal a bit further as its range is slightly better. If you have a 5Ghz capable router you should setup both 5Ghz and 2.4Ghz as a fallback. Setting them up with different SSIDs (network names) is preferable so you can choose which one to utilise per device. Speak to us if you need a wireless upgrade in your home or business. We always stock 5Ghz capable modem/routers.

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**Q** The OCR (Obstacle Course Racing) Sports Injury: Overused or Undertrained?

**A** The OCR phenomenon impacts society in many unexpected ways. Tough Mudder's 3-hours plus of run and tumble perked interests from over 100,000 people, 40,000 mudders and 60,000 friends, family and beneficiaries-or collateral damage! With over \$10 million pumped into the economy, every cross-section of society seemed involved or interested. But the biggest unseen winner is general health and lifestyle. Health has no price, it takes hard work and anything getting people training and healthier is beneficial. Some prepare diligently, perhaps too hard, others leave-it-to-the-last - each approach raises different risks. With 30 years' experience treating multi-sport athletes from locals to London Olympians, OCR provides Coolum Physiotherapy with unique experiences. Lead-up or post-event we treat a range of 'side-effects' from simple sprains, spinal aggravations or a knee's ruptured cruciate, to overloaded shoulders and arms. Some resolve the next day, 1-2 have long rehab, but society's health will benefit a big time. 'Let our expertise benefit your sports injury recovery.'

**Coolum Physio • Dr. Philip Gabel PhD • Sports & Spinal Physiotherapists  
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**Q** What does the abolition of FBT on company cars mean

**A** The Rudd Government has recently proposed the abolition of the statutory formula for car fringe benefits. This means that from 16 July 2013 any new passenger vehicle purchased by a business will require a log book to claim any tax deductions. Previously, employees and directors with company cars didn't have to keep books if they used the statutory formula to work out how much Fringe Benefits they paid their employers for the private use of their motor vehicles. This was very popular not only with business owners, but also employees who could salary sacrifice some of their wages for a car, and obtain a minor tax benefit. The changes could mean an increase in taxation for employees and employers, as well as extra compliance costs, as all cars will have to use the operating cost method which means more bookkeeping and valid log books. In my opinion, it's a cheap shot from the government that will mostly affect employees and small business owner on average incomes. The minor tax benefits that were previously available significantly diminished for cars with a value of more than \$57,466 because of the Luxury Car Limits. So if your somebody who currently salary sacrifices a average car, lives on the coast and commutes to a work place in Brisbane each day, you will be significantly worse off! Let us hope this proposal is never legislated.

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**Q** What is the latest technology in progressive lenses?

**A** Presbyopia is where the lens inside of the eye can no longer change shape to focus on reading print and other close objects; this affects most people from their forties and fifties onward. Many people with presbyopia prefer to have clear vision for distance as well as reading in the one pair of glasses, for this progressive lenses are an excellent choice. The latest progressive lenses use free form technology. Free form progressive lenses are custom made for an individual's prescription, using a computer to optimize every point on the lens down to one-tenth of a micron. This means the wearer gets a wider field of vision for distance, intermediate and reading, as well sharper vision and greatly improved contrast over conventional progressives. Lenses with free form technology include Essilor's Varilux Physio 360 and the Carl Zeiss Superb. If you wear progressive lenses and want the clearest vision make sure your next lenses use free form technology.

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**Q** Speaking with a Denture

**A** You may worry about your speech sounding different or may have difficulty pronouncing certain words. This is fairly normal and your tongue like all muscles is used to having certain boundaries. When these change as happens with dentures, it takes time for the sub-conscious or involuntary part of your brain to come to terms with the differences. You don't think about what your tongue does while you speak. You think about what you want to say and it takes a little time for this part of you to come to terms with the differences. Your speech will improve once your tongue adjusts to the new denture. In the meantime you can try:

- Practice saying difficult words - sometimes it helps to practice in a mirror
- Read a book or magazine out loud
- Practice the 's', 'f' and 'th' sounds

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**My Laptop has slowed down, what is the cause?**

You may be experiencing a slow down in your laptop over time causing you much frustration. First of all – what kind of slow-down is it? A gradual slowdown over time can be caused due to the following common issues: Windows installs a lot of updates in a year and many of these may cause the operating system to become more demanding of your older hardware (not still running XP are you?). You may also have a lot of programs installed – these could be filling up the hard drive or running in the background and using up the available resources that the programs you want to run may need. In this scenario we can replace parts such as the hard drive with a new SSD (solid-state) drive to make it much faster again. The best thing about this case is that we can move your working system to a new drive and you get to keep all your data - avoiding the need to re-install.

If on the other hand there has been a rapid downturn in the speed of your laptop then there is probably something else wrong. Causes in this case can range from issues such as a malware or virus infection, an issue with the hard-drive or other hardware components or it may be simply an issue with a new program you installed. Our advice in this scenario is to get it looked at sooner rather than later. If you leave it until your machine won't start at all, then there is a possibility you may lose data and even the entire drive. Our job is much easier when there is a bit of life left in the computer – especially when it turns out to be a hard drive issue.

Whether you are a local or on holidays, drop in with any computer issues you may have and we are happy to help.

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