

# Monthly Newsletter

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**Accepting new patients**

**Contact Your Foot**

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## Update

*All the team received their 1<sup>st</sup> vaccine dose on Sunday March 7<sup>th</sup>. We encourage all our patients to get their shot when you are advised to.*

## Tips For Using An Exercise Bike

Regular physical activity is a significant factor in lowering the blood sugar levels of people with diabetes. It not only helps in proper weight management but also improves insulin sensitivity.

Research suggests that moderate to low intensity exercises like walking, cycling, or riding stationary exercise bikes are helpful activities.

### **Cycling Tips for Diabetics**

Aerobic activities like cycling with a stationary bike is one of the recommended exercises for those with diabetes. In-fact, cycling activates 70% of muscle mass on the lower limbs.

However, like with any other activity, one should take the proper care and precautions before engaging in it. Following

are some helpful tips:

### **Use A Heart Rate Monitor**

Exercise does not always lead to lower blood sugar levels. An intensely paced cycling activity can further elevate blood sugar level as the body releases the hormones adrenaline and cortisol.

Use a heart-rate monitor to eliminate possible glucose surges. You can also calculate your average resting heart rate by following these easy steps:

1. Before getting up in the morning, find your pulse with your fingers.
2. Set your timer to 15 seconds and count your pulse. Multiply the result by four.



## Tips For Using An Exercise Bike

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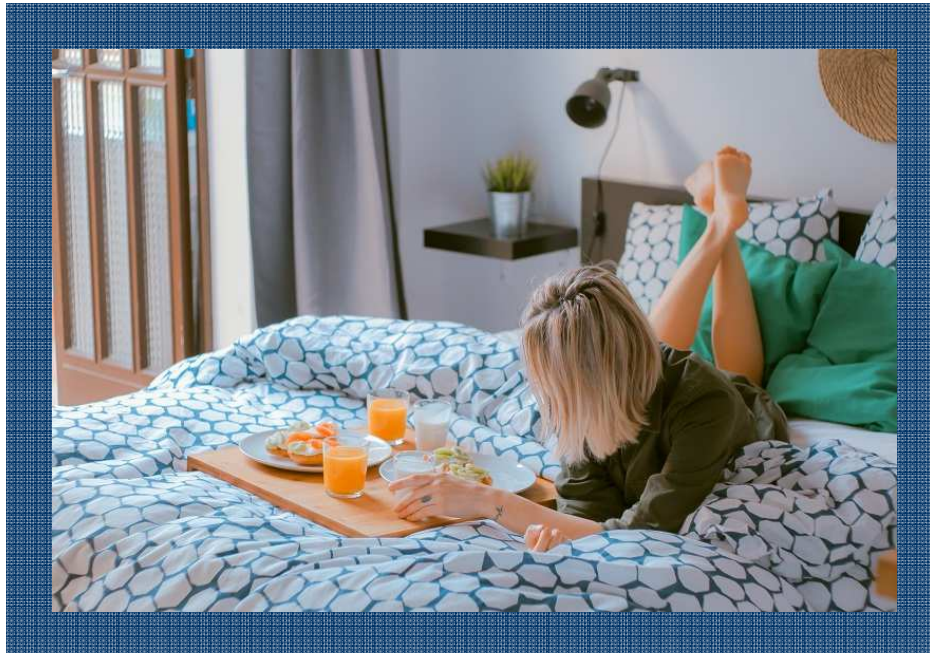
3. Get a five-day recording.
4. To get your average heart rate, add the five-day resting rates and divide by five.

### *Track Blood Sugar Levels Before, During, and After Workouts*

You should regularly check your blood sugar levels if you plan to work out for more than an hour. It is easy to self-monitor with finger-prick testing strips and a blood glucose meter.

### *Get Proper Support By Using The Right Seat*

Choosing the right exercise bike seat is crucial to diabetic patients since traditional seats put pressure on the perineum. This nerve bundle can cause problems in the bladder and genital area and may lead to further complications.



### *Get Your Doctor's Approval*

It is always a good idea to talk with your doctor before jumping into any exercise. They can provide you a guideline on how to avoid complications or injuries. They may also require some tests on your cholesterol and blood pressure.

### **Outlook**

An exercise routine that is comfortably paced like stationary cycling could help you in your management of diabetes. And while you are at it, do not forget to stay hydrated and continue to take good care of your feet! ♦

## Are Sandals Bad for You?

It is a question that is asked a lot this time of year, as we enter sandal season.

All sandals are not created equal. There seems to be a belief that “A sandal, is a sandal, right?”. Very, very wrong. Problems arise mostly due to misuse of low-end sandals. Cheaply made flip flops are great - for a pool deck or a change room – not for walking hours on end in the mall.

Some of the features that differentiate the good from the bad are strapping, cushion and support (and of course, the quality of craftsmanship and materials).

If you need to scrunch your toes to hold your sandals on your feet, that will eventually cause problems. Gripping can lead to foot fatigue or tendonitis. You can even develop painful callouses, corns...



...or even sores on the tips of your toes.

For those with arthritis, diabetes or hammer toes, this problem can be particularly bad. Solve this problem before it starts by getting sandals with a heel strap, or at least straps that come across the foot closer to the ankle, as opposed to a traditional flip flop that is not held securely. You should not feel like you must scrunch the toes for the sandal to stay in place.

If you are on your feet day-after-day in a thin, hard sandal, you will likely develop a painful foot condition. Metatarsalgia refers to pain on the ball of the foot and can easily develop by standing in fashion sandals all day long. You may also develop callouses

or corns faster due to excessive pressure.

Most cheaper sandals or flip flops are flat. For extended activity this can be strenuous on your arch and ankles, leading to conditions like plantar fasciitis and shin splints.

With all that being said, there are some FANTASTIC sandals available. Just remember what we mentioned. Get a sandal that has great support, secure strapping and moderate cushion.

Another consideration is if you use custom orthotics. Higher end sandal brands have molded foot beds that provide a certain amount of support, but to get a custom-built arch support into your sandals, you will need sandals with removeable foot beds.



## Are Sandals Bad for You? Cont'd...

That way, the foot bed can be removed and replaced with a custom orthotic. This is especially important if you wear custom orthotics in your shoes for the treatment of any foot condition, and you want to maintain that same level of support through the summer while wearing sandals.

While we are talking about sandals, see the next article for an exciting new service we are offering this spring.

### The Footcare Centre

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If you would like a copy of this newsletter emailed to you every month, then please let reception know and they will ensure that your email address is added to our distribution list.



*The Care,  
Professionalism and  
Time that your feet  
deserve*

## Cosmetic Nail Enhancement – coming soon:

Do you have an ugly nail you want to hide away?

Nails that are Fungal, fragile, deformed, discoloured, crumbling or cracking – all of these may benefit from a cosmetic nail enhancement to temporarily treat a difficult nail. The underlying nail problem is managed by correctly trimming, filing, thinning and tidying, while combining this with light-cure antimicrobial SILVER TECHNOLOGY cosmetic



Cosmetic nail enhancements can be a short-term way to help a temporary nail problem, like a cracked or chipped nail or can be a more regular feature in a care cycle to help manage more cosmetically displeasing or unsightly nails.

**GET READY FOR SANDALS, YOUR NEXT VACATION, PARTY OR SPECIAL EVENT!**

## Congratulations Bev!



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We are pleased to announce that Bev has completed her training with the Canadian Federation of Podiatric Medicine, passing her exam in January and is now a qualified Chiropody Assistant.

Look out for future care plans integrating Bev's skills as well as our new Medi-Pedi and Cosmetic Nail Enhancement appointments (see above).

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