

Monthly Newsletter

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Contact Your Foot

Specialist/Chiroprapist:

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Smoking and its Effect on Foot Health...

Most of us would know that smoking is a worldwide health issue- it causes many major diseases such as cancer, lung diseases, cardiovascular disease, and so on.

How does cigarette smoke affect foot health?

A cigarette contains nicotine which is both addictive and impedes blood flow causing vessel vasoconstriction impeding the blood flow in our bodies.

Our feet are victims of this process since peripheral arteries small capillaries are found in our extremities. Peripheral artery disease (or PAD for short) is the process of vessels in our extremities becoming diseased, drastically reducing blood flow.

How will I know if I'm having foot problems caused by cigarette smoking?

1. Change in temperature on your foot from other parts of your body.

Your foot may seemingly feel cold when touched. This is an indication that less blood flow is present.

Doh!

In June we had 7 patients that failed to attend their appointment!



2. Ulceration

Ulceration occurs when there is not enough blood to carry nutrients to the tissues. It is also a sign that there is presence of poor healing.

Chiropodists assess tissue, pulses, use machines called 'Dopplers' – all in the assessment of blood flow.

3. Skin discoloration

Our skin colour may change when there is reduced circulation or a lack of nutrient distribution and moisture to the tissues.

Infection is a concern since white blood cells (which are responsible for fighting bad bacteria) have trouble accessing the infected site due to reduced blood flow.



4. Foot pain

Pain in the calf or foot may indicate poor circulation or even a thrombus or clot in some circumstances. Always get pain checked out!

Summary

The best way to prevent the negative impact of smoking on your foot health, is to quit smoking! Do speak to us about being referred to a smoking cessation service to help you quit!

Ingrown Toenails?

Feeling that pain and discomfort when walking with your shoes or pain from the weight of your bedsheets? This may be a sign that you have an ingrown toenail.

Ingrown toenails are quite common. It is a condition where the free edge of the nail penetrates through the skin surrounding the nail commonly penetrating on the sides.

The big toe is most common, though any nail can be affected.

Ingrown toenails can be caused by pressure externally (such as tight fitting shoes and stockings) or internally (foot deformities, curved toenails, growth under the nail). Infection and trauma are complicating factors.

The affected area usually looks red and swollen, and may be bothersome, especially when walking. The pain and discomfort may cause significant limited mobility to many people.



Treating Ingrown Toenails with Care

Here are some tips to care for ingrown toenails:

1. Trim the toenail carefully by following the shape of the toe contour. Do not dig or poke at the corners.
2. Wash your feet regularly and wear roomy protective shoes to prevent pressure and trauma.

by avoiding tight hosiery or socks and avoid heavy bed linen.

4. Soak your sore nail in salty water. This may help prevent infection and inflammation.
5. Applying a warm sterile, loose dressing until you can have your toenail looked at will keep it well protected.
7. Avoid strenuous activities when inflammation is severe.

3. Decrease pressure on the surrounding area

Sometimes a non-invasive partial removal of the nail may be undertaken by your podiatrist with the toe fully numb.

When severe pain, redness, inflammation, and fever are present, do not hesitate to call immediately. We understand that stubborn toenails can be painful and debilitating.

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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.

New podiatrist joins our team in the UK!

Paul Sen – Podiatrist, BSc (Hons) MChS HCPC Reg

Registered with the Health Professions Council. Member of the Society of Chiropodists and Podiatrists.



Paul graduated from Southampton University with an honours degree in Podiatric Medicine.

As well as being able to provide general podiatry. Paul offers a variety of other podiatry disciplines including Nail Surgery, diabetic foot care and biomechanics.

Prior to podiatry, Paul gained a sports science degree with American College of Sports Medicine and worked in the health and fitness industry for several years.

He believes this has enabled him to provide patients with a comprehensive and holistic approach to their treatment.

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