

Monthly Newsletter

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Contact Your Foot

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Oh No!!

*In July, we had 17
patients that failed to
attend their
appointment!*

Healthy Eating Plan for Diabetics

Diabetes is a condition that affects many areas - it causes imbalance of hormones, the blood glucose level is disturbed, and these changes can affect the entire body.

The diabetic foot is just one of the possible side effects of diabetes; it happens because of multiple changes within the function and structure of the foot in people with diabetes.

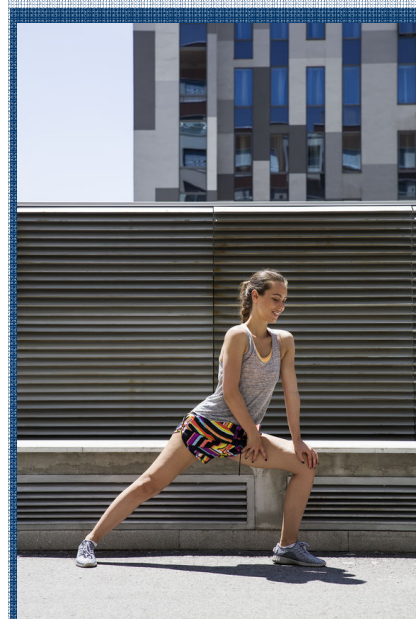
Although Diabetes is incurable and represents permanent metabolic change, the good news is that diabetes can be kept under control and people with diabetes may have a high quality of life, when they adhere to basic guidelines. In addition to timely and conventional therapy, people with diabetes must take care of nutrition.

Whilst there isn't a perfect

'standard' diet that works for all people with diabetes - there are some key foods diabetics are advised to limit or avoid; there's no specific food they can't eat; but there are certainly some foods that are best limited or avoided. It is important to eat in moderation and look for appropriate ingredients and food groups.

The body should be supplied with the optimal intake of micronutrients and macronutrients, as well as water.

Some may be better eating more often - having five or six smaller meals. Breakfast should contain carbohydrates, avoiding sugars which are essential components of healthy nutrition; an increased intake of fibers can help in regulating the blood sugar level.



Healthy Eating Plan for Diabetics

(Cont'd from previous page)

For the best advice as to what is right as an individual, always talk to your diabetic educator or practice nurse.

In contact with stomach juices, this macronutrient creates a protective web that reduces the absorption of fats and sugars from the bowel.

Some of the fiber-rich ingredients are rye bread and flour, fruit with peel, like apples and apricots, leguminous and root vegetables, which can be served as a

cooked meal for lunch.

As for dinner, it should be a light meal and meat should not be consumed more than twice a week.

Instead, people who suffer from diabetes need to enrich their menu with fish and seafood. Also, do not eat fruit like watermelon or grapes – these contain too many fruit sugars. ♦



Preventing Muscle Inflammation in Feet

The foot consists of a small number of muscles, about 30 of them!!, and these are divided into two main groups. The first group is the intrinsic muscle group, responsible for the stability and mobility of the foot, while the other group is the extrinsic muscles. These are associated with the muscles and tissues of the lower leg, which attach into the foot to give power, strength and motion.

Preventing Muscle Inflammation in Feet (Cont'd from previous page)

Inflammation of the foot muscles may occur because of overuse, strain or injury. These inflammatory processes often start in the middle part of the foot, and besides the plantar tissue, it can involve the soft tissues of the arch of the foot, the tendons and attachment of muscles.

Muscle problems may go along with other problems, such as plantar fasciitis.

The symptom can vary from short-lived to very intensive pain, shooting or a stabbing sensation. Sometimes a feeling of tingling or burning occurs.



Orthopedic pads can be helpful in some cases of plantar fasciitis and muscle overuse. The aim is to change the direction of force in the foot when standing, walking and running, and thus reduce the load on the inflamed location.

It is also important to focus on exercises to improve flexibility of the feet muscles and tendons that surround them.

Stretching and strengthening is often advised.

First of all, it is recommended to cover the painful area with ice, and then to take

painkillers based on acetylsalicylic acid, or paracetamol.

For topical use, cooling gels that will "cool down" and relax muscles, happen to be quite efficient.

Many treatment modalities exist, including modified footwear, orthotics, laser therapy or ultrasound therapy, shockwave therapy or cortisone injections.

If you encounter any problems with foot pain in your feet, feel free to consult your chiropodist for available treatment options. ♦

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



Our new Chiropodist starts on September 4th.

As you may have read in last month's newsletter, our new Chiropodist Jake Cahoon, starts in the office on Tuesday September 4th.

Stuart, Des and Bev are looking forward to welcoming Jake to the office.

We met up with him for lunch a few weeks ago and an informal welcome to the team!



Calendar of Events

The office will be closed from:

Friday August 24th until Monday September 3rd inclusive.

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