

Monthly Newsletter

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Accepting new patients

Contact Your Foot

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Oh No!!

In July, we had 19 patients who failed to attend their appointment! Please do let us know if you cannot attend so we can offer the slot to a patient on our waiting list

Risk of Falls and How to Prevent Them

The risk of falls generally increases as you get older. While most people associate falls with those who are elderly, young people can also experience falls due to balance issues.

The Dangers of Falling

People who have osteoporosis or a low bone density should take care not to fall, as their bones may get seriously injured. A simple event such as falling can trigger many consequences. These consequences are even worse for older people or patients with a bone-affecting condition.

Falls can result in injuries such as superficial wounds and sprains. However, more severe consequences include fractures, the inability to move for long

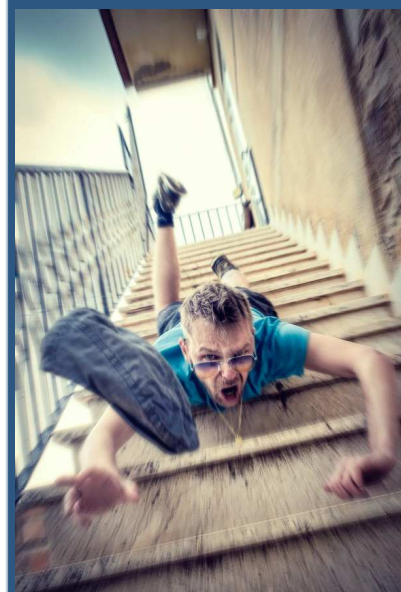
periods, or even permanent disabilities.

Suffering from past falls is a significant indicator that it may happen in the future. Fortunately, enough, the risk of falls can decrease by taking precautionary measures.

How to Prevent Falls

Falls may happen due to different causes. Age and medical conditions that affect balance are just a part of it. Here are the most common reasons that increase the risk of falls and ways to tackle them.

- Age. Older adults don't have the balance they used to have in their younger days. To decrease the risk of falling, provide support for them throughout their homes.



Risk of Falls and How to Prevent Them (Cont'd from previous page)

Supporting bars or handles can help. Keep rooms inside the house well-lit to help them avoid potential obstacles.

- Medication side effects.. If you know you're taking a medication that makes you drowsy or affects your balance, makes sure not to take it before performing risky tasks.

- Temporary physical conditions. Injuries or other physical conditions may affect our ways of walking. This increases the risk of falls, eventually worsening that same physical situation. Look for support or

equipment to aid your balance while injured to decrease the risk of falls.

- Medical conditions. Some health conditions can also add to your risk of falls. Sight and hearing are crucial factors when it comes to balance. Pay close attention to any disorders that may affect these senses and look for support or aids to improve them if necessary.



Summary

If you are prone to suffering from falls, make sure to seek professional medical advice on lifestyle changes you may need to make. Also, feel free to visit us to find out more about suitable footwear. ♦

Stuart Berry Celebrates 25 years treating feet!

On July 20th, Stuart Berry celebrated 25 years in service as a Chiropodist.

Mayor of Niagara Falls Jim Diodati and City Councilor Victor Pietrangelo joined the team and the mayor presented Stuart with a certificate on behalf of the city and shared a slice of cake!

The mayor said “We wanted to come together to wish you on behalf of the city and all your amazing team and all your great patients, your clients, we’d like to offer you a certificate. It’s just a little something that we can acknowledge and appreciate that we support small business. We understand that it’s the backbone of our economy. We know that when the going gets tough, it’s a small business that we always lean on and you’re

the ones that are not going anywhere. You are not up and moving to some big major centre. You are here for the long haul because it’s kind of like a family approach”

He started treating feet in 1997 in the UK (moving to Canada in 2012 and taking over the office in Niagara Falls in 2015) and estimates he has treated over 80,000 pairs of feet during this time!

The presentation was also covered by the local media. Click on the link below to read the article in Niagara This Week:

<https://www.niagarathisweek.com/news-story/10678844-niagara-falls-chiropodist-stuart-berry-celebrating-25-years-of-service-over-80-000-feet-treated/>



Foot related trivia (answers at the bottom of the page)

- 1) Which word (used by the early French-Canadian voyagers) means to carry a canoe, on foot, over land?
- 2) Tinea Pedis is better known as what?
- 3) What was unusual about Joseph Stalin's feet?
- 4) In which book does Anne Wilkes hobble Paul Sheldon's foot?
- 5) Who released the 1977 LP 'Footloose and Fancy Free'?
- 6) How many bones are there in the human foot?
- 7) The surrealist poet Leon-Paul Farque honoured which popular French product with the title 'Les Pides de Dieu' (The Feet of God)?
- 8) What is the Indigenous name for Bigfoot?
- 9) 'I listen to your footsteps coming up the drive' are the first words to which song?
- 10) The name for which area of South America may stem from the Spanish for 'Big Feet'?

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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**

The Footcare
CENTRE



Would you be willing to write a Google review about your experience at your last appointment? If so, please visit:

<https://goo.gl/rrcF33>

Your feedback is highly appreciated and important to us and we look forward to reading your comments.

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Alexas Fotos and Sander Sammy.

Trivia answers:

- 1) Portage, 2) Athlete's Foot, 3) They were webbed
- 4) Misery, 5), Rod Stewart, 6) 26, 7) Camembert,
- 8) Sasquatch, 9) Don't pass me by (The Beatles)
- 10) Patagonia