

# Monthly Newsletter

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**The Footcare**  
CENTRE

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**Contact Your Foot**

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## Ready to think about the back yard yet?

Gardening is a hobby enjoyed by people of all ages. Although wearing shoes in the garden seems to be a no-brainer, proper garden footwear is essential in ensuring that your feet are well protected. The garden is home to various hazards such as thorns, rocks, sharp sticks, chemicals, insects and pests that may inflict nasty bites.

As many gardeners will know, gardening involves hard work such as digging, spreading compost, trimming shrubs, removing rocks and weeding. Sneakers or slippers do not provide adequate protection whilst gardening. Being flimsy, they are likely to get ruined under the harsh elements of yard work. Furthermore, such shoes do not offer adequate balance or cushioning vs protection whilst performing

tasks that require you to step down with force, such as digging. This leaves you prone to developing problems such as plantar fasciitis (inflammation of a thick band of tissue running from your heel to your toes), sprains and even fractures.

Good quality gardening shoes should be lightweight, waterproof, easily washable and durable against dirt, mud and garden debris. They should have good soles and fit well to ensure that you do not trip, and should fully cover your feet. It is essential that your feet remain dry and clean whilst gardening. Damp shoes predisposes you to foot fungal infections. Shoes that extend all the way up to mid-calves offer optimum protection, especially whilst working in water-logged areas and near thorny shrubs.

## **Oh No!!**

*In Nov, we had 11 patients that failed to attend their appointment!*

**We would like to take this opportunity to wish all our patients a very Merry Christmas and a Happy New Year!**



## Foot Hazards in the Garden (Cont'd from previous page)



Types of gardening shoes include gardening sandals, gardening clogs and rubber rain boots. It is important to wear the appropriate types of shoes for your gardening activity. For example, gardening sandals may be used for light work, whereas you may want to use sturdy rubber rain boots for heavier gardening tasks such as digging.

Taking other precautionary measures when gardening is also equally important. Ensuring that all gardening equipment (lawnmowers, chain-saws) are working properly is vital in preventing accidents. Another example is avoiding gardening in a wet garden so that you do not trip. Finally, having a neat garden that is well landscaped and organized goes miles in preventing trip hazards and foot injuries. Happy gardening!



## Good shoes make a difference in the elderly

Not changing your shoe size as you grow older may impair your balance, cause you to fall and might even cause you to suffer from anxiety and low mood. These were the findings of a recent study from the University of Cortunã, Spain.

The team looked at 100 elderly patients that were about 80 years old and found that as

high as 83% of them were not wearing the correct shoe size.

Those wearing inadequate footcare had a lower quality of life not only related to foot function and foot pain, but also extending to other important aspects of life such as social functioning, levels of physical activity and general sense of well-being.

## Good shoes make a difference in the elderly

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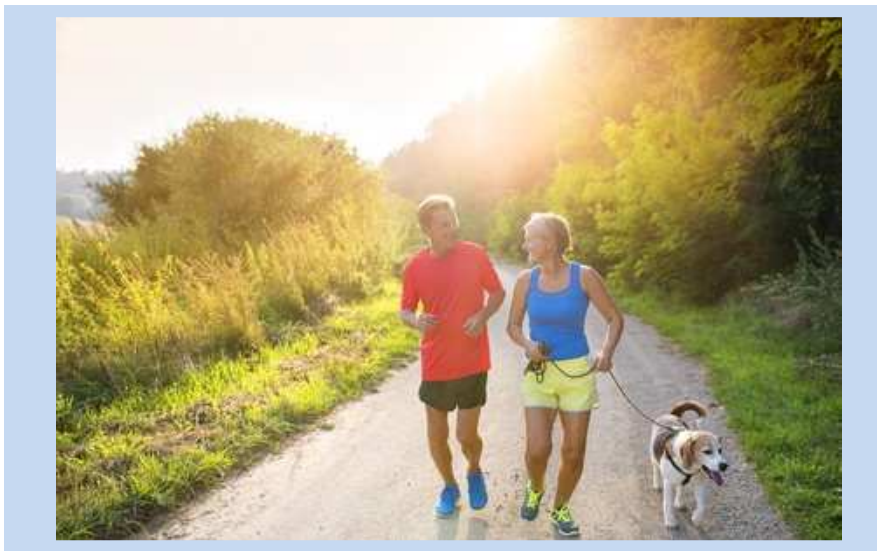


Proper foot care is especially important in the elderly as they suffer from changes in their feet due to the aging process. Evidence has shown that the elderly undergo changes in their foot shape (loss of muscle mass and fatty tissue), possibly altering the foot width and length.

Despite this, foot care is an often-overlooked aspect of health.

Most of the older population tend to stick to their shoe sizes and preferred shoe type for years.

Furthermore, the elderly tend to choose shoes that are overly wide or long (such as slippers) either for comfort or because they are easy to wear. However, these habits are detrimental to foot health.



Not wearing the correct shoe size predisposes an elderly person to developing foot ulcers, bunions, foot bone and toenail deformities.

These conditions in turn cause chronic pain and mobility issues. Improper foot wear is also a major cause of falls in the elderly, which carry severe consequences such as fractures and bleeds in the brain.

It is without a doubt that proper fitting footwear is essential in the elderly. It is

important to get shoes that fit and have good soles as a person grows older.

Fortunately, getting advice from your podiatrist regarding appropriate footwear or custom insoles (orthotics) can help make a real difference. Besides that, regular visits to a Chiropodist is the best way to monitor and maintain good foot health.



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



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## Conference season

November is known in footcare circles as conference season. We attended 2 conferences this year.

The first was the Canadian Federation of Podiatric Medicine conference in Mississauga. The following week we flew to the UK to the College of Podiatry conference in Liverpool – this is known as the biggest podiatric conference in Europe!

We were joined at this one by our podiatry team from the UK office.

A good time was had by all with plenty of opportunity to learn and meet up with colleagues.

## Direct billing now available for certain insurers

We are now able to offer direct billing to a number of insurance companies for **Office visits** to The Footcare Centre. This is part of the service offered by Telus Health on the e-claims portal. The insurance companies that participate in this service are:

- Chamber of Commerce Group Insurance Plan
- CINUP
- Cowan
- Desjardins
- First Canadian
- Great West Life
- Industrial Alliance
- Johnson Inc
- Maximum Benefit or Johnson Group



If you have extended health insurance with any of these companies, then please speak to us about how we can submit your claim before you leave the office.

In order to qualify for this service, there will be a few forms to complete - this is mandated by the insurance companies, not us!

(We will be unable to offer direct billing for orthotics or surgeries - these will still need to be submitted direct to your insurance company with our paid invoice, on paper).

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