

# Monthly Newsletter



Free please take a copy

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**Accepting new patients**

Contact Your Foot

Specialist/Chiropodist:

**The Footcare Centre**

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## A Q&A with our Chiropody Assistant

We often get asked “What is Bev’s role at The Footcare Centre?” so we had a sit down with Bev to find out.

### What is your job title?

I’m a Chiropody Assistant. I work closely with Stuart and Diane, our Chiropodists, to help take care of our patients’ needs. We all work together as a team, so often patients will alternate between us for their treatments.

### Did you go to school for this?

Yes, before I started at The Footcare Centre I had completed my BA in Health Science at Brock. My training for this position involved hands-on training with the Chiropodists, plus a one-year Chiropody Assistant course, and certification through The Canadian Federation of Podiatric Medicine.

### What types of appointments are you qualified to do?

I’m qualified to assist in performing your chiropodists treatment plans, including a wide range of treatments. This includes general footcare, vascular assessments, diabetic assessments, electrotherapy, shockwave, compression sock fittings, shoe fittings, nail enhancements, etc.

### Can I book my next footcare appointment with you?

At your next appointment with Stuart or Diane you can mention to them that you are interested in seeing me for your footcare and they will determine if your needs can be met by my services. Some patients with more complex needs may need to stay with a Chiropodist.

## Oh No!!

*In Jan, we had 11 patients that failed to attend their appointment! Please do let us know if you cannot attend so we can offer your slot to a patient on our waiting list*



## Fitness at the Workplace (Cont'd from previous page)

**I've heard there are some services that you offer as add-ons to my regular footcare chiropody appointment. Can you tell me about those services?**

Yes, there are two add-on services I provide:

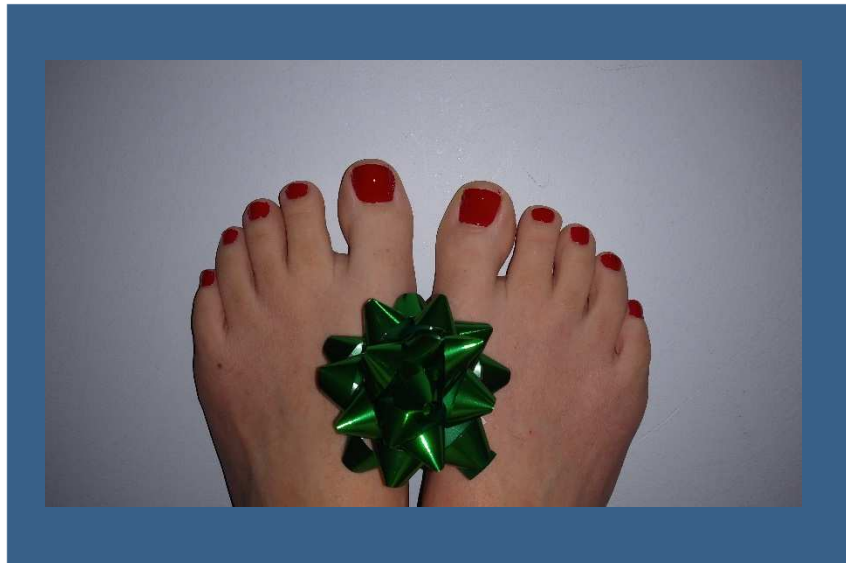
### Polish application:

After you've had your footcare done, either by myself, Stuart, or Diane, I can apply polish to beautify your nails. The polish we use includes the base and top coat and doesn't contain as many chemicals as most polishes. As well, they are single-use bottles of polish that you can take with you after the

appointment. This is a great option for those going on vacation, going to a special event like a wedding, or just wanting pretty summer toes!

### Foot rub:

Again, after your footcare appointment, you can book a foot rub appointment with me. You can choose moisturizing cream, cooling cream, or warming balm. Sit back, relax, listen to mellow music and enjoy a relaxing foot rub. This is great to get the blood flowing, cold feet, or if you just want to relax and be pampered.



**My chiropody appointments with Stuart or Diane are covered through my private insurance. If I see you for my footcare needs will the appointment still be covered?**

Since I work under the assignment of your Chiropodist, all medical services performed by me can be submitted to your insurance under Chiropody coverage just the same as with Stuart or Diane. The exception to this is any cosmetic (non-medical) services such as the add-ons mentioned above. ♦

## Skin Cancers of the Foot

While thinking of skin cancers, people consider patches on the face, arms, shoulder or back. But the truth is that cancers can develop anywhere on the body, including the lower extremities.

Cancers develop due to uncontrolled cellular growth of abnormal cells, forming masses while destroying other healthy cells.

### *Causes*

Ultraviolet (UV) light is a major cause of skin cancer, as it damages the DNA in skin cells. This alters cellular growth and division.

Additionally, cancer on rarely exposed areas of the skin may result from genetic changes, viruses, chemical irritants or chronic inflammation.

### *Types of Skin Cancers*

There are three main kinds of skin cancer. Firstly, basal cell carcinoma is the least aggressive form, which causes local damage and usually does not spread. Typically, lesions would appear as white patches or bumps that could ooze out or crust. Since it only occurs on sun-exposed areas, it rarely occurs on the foot.



Squamous cell carcinoma starts off with an early, localized growth of a lesion. It then becomes aggressive and can metastasize, or spread. Lesions will appear as small scaly plaques, resembling plantar warts, eczema, or fungal infections.

Malignant melanoma is the most aggressive form, and it spreads quickly through the lymphatic and blood vessels. Tumors tend to be painless and look like moles. Melanomas may occur on the skin of feet, or beneath a toenail.

Additional risk factors for melanoma:

- Pre-existing moles

- Fair skin and light hair
- Xeroderma pigmentosum- a genetic disorder in which the skin cells are unable to repair damaged DNA

### *Diagnosis*

A definitive diagnosis for skin cancers is through skin biopsies. There are three types of skin biopsies. Firstly, a shave biopsy takes a sample of the superficial layer of skin. A punch biopsy takes a sample of all skin layers, while the incisional or excisional biopsy removes part or all of a mole.

## Skin Cancers of the Foot (cont'd from previous page)

Incisional or excisional biopsy is the preferred method for assessing suspected melanomas. A CT or MRI scan may also be used to assess the spread of cancer, response to treatment, and prognosis.

### Treatment

Surgery is the main treatment option, but radiation, immunotherapy or chemotherapy may be necessary if the cancer has spread.

### Preventive Measures

Always use a sunscreen when you are out in the sun, whether it's at the beach, or doing some gardening on a hot day.

Be sure to inspect all areas of your skin, including the feet, daily. If you spot unusual features such as bumps, spots and lesions, make sure to visit your podiatric physician soon for a check-up. ♦

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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



## 2021 Questionnaire Results

We have collated the results of all returned client questionnaires for 2021. Thanks for all the great feedback!

Questions put to Patients	% of Patients scoring: Good or Excellent
	2021
How well the clinic ran to time?	97.8%
The overall office environment?	97.8%
Were there clear explanations during your treatment that you could understand?	100%
The professionalism of the person you saw?	100%
The personal manner of our team?	100%
How well did you feel your concerns were addressed / treated at your appointment?	100%
Were you given a clear treatment plan or action plan?	100%
How do you feel about the quality of the visit overall?	100%

2021 figures based on 136 questionnaire responses collected between Jan 2021 & Dec 2021.

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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