

Monthly Newsletter

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Stuart Berry and Des Armstrong gain their Canadian Citizenship.

After just over 5 years since they moved to Canada, and 2 ½ years after establishing The Footcare Centre in Niagara Falls, Stuart and Des completed the final stage of their Canadian transition.

On Tuesday 12th December, they gained their Canadian Citizenship – we should clarify that they have now hold dual citizenship, British and Canadian.

The event was held at the Rainbow Bridge within sight of the Horseshoe Falls

They along with 17 other people from 10 different countries, took the Oath of Citizenship.

They were even featured on local TV and in the local paper. The TV piece can be viewed on YouTube at:

<https://youtu.be/MpbYJ-htLsA>

and the newspaper article can be viewed at:

<http://www.niagarafallsreview.ca/2017/12/12/welcoming-new-canadians>



Contact Your Foot

Specialist/Chiroprapist:

The Footcare Centre

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Doh!

In Dec, we had 14 patients that failed to attend their appointment!



Stuart Berry and Des Armstrong gain their Canadian Citizenship. (Cont'd from previous page)

The presiding official Dr Dorothy Griffiths said at the ceremony “We proudly welcome tens of thousands of new Canadians every year, in fact welcoming newcomers is the story of Canada.” The Ceremony was also attended by the Mayor of Niagara Falls, Jim

Diodati. He urged the new citizens to “make this place better than when you arrived. I challenge you to bring your culture and customs and everything this is unique about where you come from and share it with us”

Quoted from Niagara Falls Review article, December 13th, 2017 by Alison Langley, alangley@postmedia.com



Foot Care for Athletes

Playing sports professionally or recreationally can take its toll on your legs and feet. There are many injuries associated with sports like torn ligaments, sprains, muscle pains etc.

Other than these common problems are some of the other issues that athletes commonly face; for example, athlete's foot, corns, calluses and ingrown toenails.

Foot Care for Athletes (cont'd from previous page)

These issues can be caused by poor footwear or poor running style. Given below are some useful tips that can assist you in getting back on your feet, or at least minimizing the risk of foot problems.

Tips for Athletic Foot Care

- Cleanliness is key; you should wash

your feet properly daily and dry them accordingly.

- High quality socks should be worn that fit your feet properly and are highly absorbent or designed to wick moisture.

- Using the right shoe for the right sport is very important



- People who are overweight may suffer from more foot problems. It is highly recommended that you keep in shape and exercise regularly. You should make time to do 20-30 minutes of cardiovascular exercise daily – which can even include brisk walking.

- The shoe should have the right amount of support from fastening uppers and the appropriate grip relevant to each surface.

Thus, choosing the right-shoes for sport and surface and keeping your feet clean and dry can help prevent many sports injuries.

The tips here are useful for everyday foot care if you're an athlete, but if you encounter any foot problem, be sure to consult a Foot Specialist / Chiropodist. ♦

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



Did you know?

That The Footcare Centre is an Accredited Office of The Society of Chiropodists and Podiatrists in the UK?

It is a voluntary scheme, available. Many private practices in the UK (including our office in Weybridge, Surrey) are accredited practices with The Society of Chiropodists and Podiatrists.



They provide guidelines for Decontamination, Infection Control, Clinical Environment, Safe Working Practice, Health and Safety in the work place, Record keeping, and Consent and Confidentiality. They provide Educational, Employment, Professional advice to offices in whichever area of podiatry they are working

The Practice Accreditation Scheme is an educational and developmental tool aimed so that the clinical process and patient environment is functioning to the **highest standards**.

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Thanks for your support!

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