

# Monthly Newsletter

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## SWIFT – NEW fast treatment for plantar warts

Warts are caused by the human papilloma virus, or HPV, with our office offering traditional and more technologically advanced treatments for this often evasive condition. Sometimes despite disciplined application of home treatments, plantar warts continue to persist.

We know warts can be unsightly, can spread or can be painful: we understand that patients often want to treat these professionally in a timely and efficient manner with minimal impact on their daily routine. Help is at hand!

Introducing this advanced microwave technology which delivers treatment to the heart of the wart to enable the bodies natural defenses to start the healing process.

Treatment is delivered quickly without interfering with daily sport, activities, sport or school. There are no messy dressings and you can shower or bathe the same day!

This evidence based treatment is developing an increasing amount of data and global interest supporting its success in treating plantar warts which is why we are pleased to offer this as a key part of our treatment strategy for plantar warts at The Footcare Centre.

Treating both children and adults alike, we look forward to offering the right treatment for the plantar wart in your family!

## Accepting new patients

Contact Your Foot  
Specialist/Chiroprapist:

**The Footcare Centre**

**905-357-0214**

[niagara@thefootcarecentre.ca](mailto:niagara@thefootcarecentre.ca)

Suite 302,  
Stamford Medical Centre,  
4256 Portage Road,  
Niagara Falls, ON, L2E 6A4

Web: [www.thefootcarecentre.ca](http://www.thefootcarecentre.ca)

## Update

*We know all our patients have important and essential footcare needs and we are pleased to say we are open and available to treat during this time.*



## Winter Footwear Tips

Winter is upon us once again. If you haven't already, it will soon be time to get into your winter footwear. Most people think about warmth when they make the switch which is certainly important. I would add that of equal importance are the moisture and grip properties of your footwear.

We see certain conditions more frequently in the winter, and a simple footwear change can **prevent** these conditions from developing in the first place.

**Chilblains** is a condition that affects the

fingers and toes. It occurs due to repeated exposure to the cold/damp conditions. Chilblains presents as small red, purple or blue lesions that develop on the toes. Symptoms include itching, burning, and pain.

**Arthritis:** Although science does not fully understand the **why**, we do understand the **what** - arthritis tends to be more painful in cool weather. One theory is changes in barometric pressure from a cold front aggravate sensitive joint nerves causing pain.



Another theory is that the joint fluid (synovial fluid) gets more viscous, like old engine oil, which reduces joint lubrication and shock absorption.

**Slips and Falls:** Unintentional falls are **the most common** form of injury across Canada. A large portion of these falls are related to slipping on ice or snow. Serious injuries like broken bones and head injuries can result

## Winter Footwear Tips

(Cont. from previous page)

So, how can footwear help prevent these conditions?

**Warmth** – Insulated footwear can keep temperatures from dropping in the feet.

**Moisture** – Reducing moisture from entering from puddles and snow is important. Of equal importance is allowing moisture from sweat to escape the shoe. Proprietary linings such

as Goretex, or Thinsulate achieve just that. A “technical sock” is another tool you can use to wick moisture away from the skin. Technical socks are socks designed with moisture wicking fibers throughout.

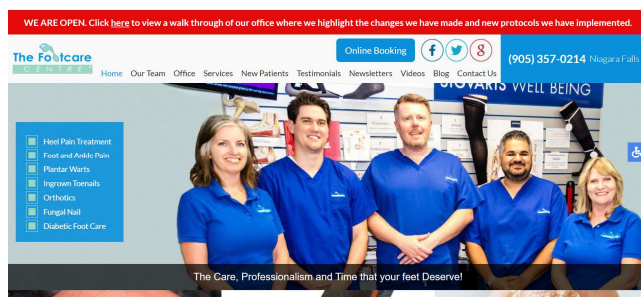
**Outsole** – The outsole is the only part of the footwear that contacts the ground. A winter outsole will have a more aggressive tread for snow and ice. It is also made of a rubber that grips better at cooler temperatures.



Surface area is another important aspect. Dress boots will have less area touching the ground which can negatively impact balance. Go for a broad-based boot for better balance and grip

## New website!

We have spent that last few months redesigning our website. Do take a look and let us know what you think.....



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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*



## Insurance Direct Billing

We are registered with Telus e-claims, Green Shield & Blue Cross.

We can direct bill for office visits only, with a number of insurance companies (not all – sorry) with the payment being payable to you.

Please check with reception next time you are in the office to see if your insurance company is available for direct billing.

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