

Monthly Newsletter

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Accepting new patients

Contact Your Foot

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Oh No!!

*In December, we had 18
patients that failed to
attend their
appointment!*

Gout

Gout involves high uric acid levels in the body, crystalizing in the joints of the feet. If an individual has gout, there is pain and swelling in the foot joints, especially the big toe. Abrupt and intense pain or episodes can cause a feeling that the foot is on fire.

What are the causes?

As a complex disease, there are various contributing factors. Certain conditions affecting the blood and metabolism causes the body to generate excess uric acid. In addition, drinking too much alcohol also causes excess uric acid.

Some of the foods that causes gout if eaten in excess include:

- Red meat
- Shellfish
- Organ meats

An individual also develops gout if the body could not properly

eliminate uric acid. If starved or dehydrated, the body has difficulty in eliminating uric acid. As a result, it builds up and is deposited into the joints.

What are the signs?

Gout generally becomes symptomatic abruptly without warning, often in the middle of the night.

The main symptoms include joint pain that settles to discomfort, redness and inflammation.

The condition frequently involves the large joint of the big toe but can also affect the knees, ankles, wrists, elbows and fingers.

Management

Generally, consult a specialist if gout is likely. The treatment plan is based on the stage and seriousness of the condition.



Gout

(Cont'd from previous page)

Your medical consultant might prescribe the following:

- Colchicine – reduces joint pain
- Non-steroidal anti-inflammatory drugs (NSAIDs) such as naproxen or ibuprofen – lessens joint pain and inflammation
- Corticosteroids such as prednisone – reduces joint pain and swelling
- Drugs to lower the production of uric acid such as allopurinol
- Medications to eliminate uric acid

from the body such as probenecid

Aside from medications, lifestyle changes are recommended to ease the symptoms and lower the risk for future gout attacks. These include:

- Dietary adjustments
- Cutting down weight
- Reducing the intake of alcoholic beverages and increasing water intake.
- Limiting or cessation of smoking ♦



Athlete's Foot Prevention and Remedies

Athlete's foot is a harmless infection that occurs often in athletes, that is, in people with a problem with excessive foot sweating. The cause of this condition is the fungus from the group of dermatophytes, which, like all members of this sort, like dark, humid places (feet trapped in inadequate and low-quality footwear).

Symptoms

Sweaty or dirty feet and staying in places which are suitable for fungal infections are the two major causes of this infection. Wearing tight, uncomfortable shoes, in which your foot can't "breathe," is another cause of this unpleasant situation.

Athlete's Foot Prevention and Remedies (cont'd from previous page)

On the affected spot, the skin most often gets red and irritated, and there is an unpleasant odor of the foot.

Some types of athlete's foot cause blisters, while other types cause dry, scaly feet. It may also extend to other parts of the body, as each fungal infection is contagious.

Sometimes a fungal infection passes after a couple of days, but often it can be very persistent. In a large number of cases, therapy is required to eliminate symptoms such as itching, redness, and swelling of the foot; if the infection spreads on the surface of the toenail, they change the color and start to split.



Treatment and prevention

Treatment is usually multifold. It is important to keep the feet dry. Changing socks throughout the day, using breathable footwear and moisture wicking socks are helpful.

Treatment both the foot and footwear is also important. Use and Use an antifungal spray in the footwear daily then let them air dry.

Use an antifungal spray, powder or cream on the feet as directed by your health care provider.

In terms of preventing future occurrences of Athlete's foot, regular and proper hygiene is a crucial habit - do not share personal items, particularly if you use public surfaces like swimming pools or showers in the gym. Wear shoes and socks made of natural materials; try to avoid synthetic and Lycra socks.

If you experience any further problems with your feet, be sure to consult us for the appropriate treatment! ♦

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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*



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Spotlight on.....Anthony Nguyen - Chiropodist

Tell us a little of your history before joining The Footcare Centre?

I attended Brock University for my undergraduate in Medical Sciences and then pursued Podiatric Medicine / Chiropody in Toronto at the Michener Institute. I was born in Vietnam but came to Canada when I was young – growing up in Oshawa. I am excited to be living in the area now and contribute my knowledge and expertise to the Niagara community.



How long have you worked at The Footcare Centre?

I have worked at The Footcare Centre for 8 months now and I am looking forward to serving all your footcare needs.

What do you enjoy about working at The Footcare Centre?

There are so many things that I enjoy about working at The Footcare Centre but if I had to say one thing – it would be the incredible and supportive team we have that makes every visit smooth and pleasant for our patients.

What aspect of your job provides you with the most satisfaction?

The aspect(s) of my job that provides me with the most satisfaction is being able to learn so many new things from my patients every day. Although the patients may come to see me with foot concerns, being able to build meaningful relationships is so important to me. I truly enjoy hearing all the experiences and stories that my patients share with me. As well, I enjoy seeing my patients have a better quality of life after each treatment.

What have you learnt from the patients at The Footcare Centre?

I've learned from my patients that there is still so much of the world for me to see, travel and explore. Whenever I hear my patients share their travelling experiences and stories, I find myself so intrigued and hoping that I too can one day share that same experience.

What do you enjoy doing when you are not at work?

When I'm not working, I enjoy playing basketball with my friends all year round and love to go fishing in the warmer months. I find myself spending a lot of time in Toronto trying new restaurants and new foods that the city has to offer. I am always open to any food or restaurant recommendations.

So.....what are your feet like?

Well, I guess I could say I have fairly flat and wide feet with the presence of bunions. Part of it is definitely genetics and the other part must be from my footwear – which I have too much of now for basketball and everyday wear. But if you get to know me, I love my sneakers and one pair is never enough.