

Monthly Newsletter

Free please take a copy



Jan 2024 | Issue Number 95



Accepting new patients

Contact Your Foot

Specialist/Chiropodist:

The Footcare Centre

905-357-0214

niagara@thefootcarecentre.ca

Suite 203,
Stamford Medical Centre,
4256 Portage Road,
Niagara Falls, ON, L2E 6A4

Web: www.thefootcarecentre.ca

Meet our Chiropody Assistants

Chiropody Assistants, or CA's for short, are often active in the delivery of our chiropodists clinical care and can be key to the success of delivering your treatment plans in the caring, professional and timely manner that your feet deserve.

Our CA's Bev Kauremszky and Amanda Filipe work as an integral part of the chiropody team, working closely with the chiropodists developing your care.

Chiropody Assistants work towards "Certified Podiatric Assistant" attainment with the Canadian Federation of Podiatric Medicine.

Bev has been part of our team since 2017, and Amanda joined our team in 2022 and will deliver care and appointments on the direction of the assigned care developed through your

treatment plan with the chiropodist.

Your CA's will assist chiropodists chairside and help administratively whilst also providing:

- Some nail and skin care appointments
 - Some electrotherapy appointments
 - Help with taking casts or molds of your feet.
 - Cosmetic nail enhancements
 - An orthopedic shoe measuring and fitting service.
 - A compression sock measuring and fitting service.
 - Vascular testing
- ...and some other care appointments.

Say hello to Amanda and Bev and get to know them as you continue your care with us The Footcare Centre.

Oh No!!

In Dec we had 14 patients who failed to attend their appointment! Please do let us know if you cannot attend so we can offer the slot to a patient on our waiting list.



Spotlight on.....Anna Latham – Medical Administrative Assistant

We would like to welcome our new team member, Anna Latham. She joined The Footcare Centre at the beginning of December.

As is our tradition here, we have asked her a few questions for you to get to know her better. Here is what she said:

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

Before joining The Footcare Centre team, I worked in administration for close to 32 years.

How long have you worked at The Footcare Centre?

I joined the team on December 4, 2023

What do you enjoy about working at The Footcare Centre?

There are many things that I enjoy about working at the Footcare Centre. Working with a great team, always motivating each other and making it feel like a family atmosphere. I think everyone has the same goal in mind, helping each other and our patients.

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

I like the daily interaction with our team and the patients. Knowing that I can contribute in some small way to make it better for someone else.

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

Every patient that comes in has different needs, and their stories go beyond the physical. It has taught me to be more understanding and wanting to be a part of their healthcare team.

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

I enjoy spending time with my family and our dogs. I love going out for walks and trying to stay active.

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

I like my feet. They are pretty basic. My toes have a natural incline. I do have a couple of tough spots, I believe that's from wearing flip flops for a better part of my life. ♦



Toe Discolouration

Toe discolouration, though often concerning, is a common condition. Toe discolouration refers to any abnormal change in the colour of the toes. This can manifest as a change in skin colour, nail colour, or both. Discolouration can range from subtle shades to more noticeable alterations.

What Causes Toe Discolouration?

Several factors can contribute to toe discolouration:

- Trauma: Stubbing, crushing, or injuring the toe can cause blood vessels to rupture, leading to bruising and discolouration
- Fungal Infections: Fungal infections, such as athlete's foot or toenail fungus, can cause the nails to turn yellow, brown, or even black



- Circulation Issues: Poor blood circulation due to conditions like peripheral artery disease (PAD) can lead to a bluish or purple discoloration, particularly when the feet are elevated
- Raynaud's Disease: This condition causes blood vessels in the extremities to constrict, resulting in pale or bluish toes, especially in response to cold temperatures
- Inflammatory Conditions: Conditions like gout or rheumatoid arthritis can cause redness and inflammation
- Underlying Medical Conditions: Serious conditions like diabetes and vascular diseases can lead to chronic toe discolouration as a result of compromised blood flow and nerve damage

- Medication Side Effects: Certain medications can cause changes in skin pigmentation as a side effect

Symptoms of Toe Discolouration

Toe discolouration can present in various ways, including:

- Nail Changes: Yellow, brown, green, or black discoloration of the toenails
- Skin Colour Changes: Redness, bluish or purplish hues, or paleness in the skin
- Inflammation: Swelling, tenderness, or warmth around the discoloured area
- Pain or Sensitivity: Discomfort or pain when walking, touching, or putting pressure on the affected toe

Toe Discolouration (Cont'd from previous page)

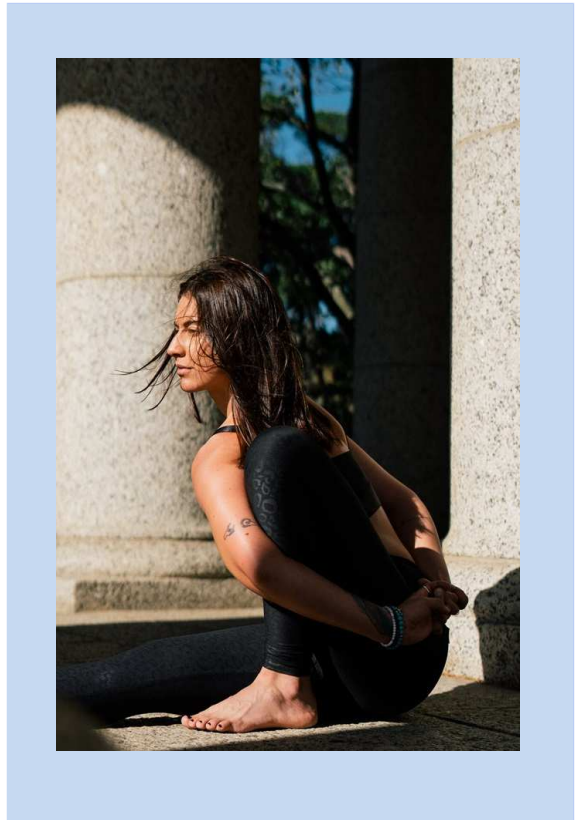
How is Toe Discolouration Treated?

Treatment of toe discolouration depends on the underlying cause:

- Trauma: RICE (Rest, Ice, Compression, Elevation) is often recommended for bruised toes
- Fungal Infections: Over-the-counter antifungal creams or prescription medications can help treat toenail fungus
- Circulation Issues: Managing the underlying condition through lifestyle changes, medications, or procedures can improve blood flow
- Raynaud's Disease: Keeping feet warm, avoiding cold exposure, and managing stress can help alleviate symptoms
- Inflammatory Conditions: Treatment plans prescribed by a healthcare professional can help manage inflammation
- Underlying Medical Conditions: Treating the primary condition can improve blood flow
- Medication Adjustments: If medication is causing discoloration, a doctor might adjust the dosage or prescribe an alternative

When to Consult a Chiropodist

It's crucial to seek professional care if pain persists, or complications such as open sores, infections and ulcers arise.



If you do not have an underlying medical condition and are unsure about the cause of discolouration, a chiropodist can provide accurate diagnosis and guidance.

Be sure to seek timely medical treatment once you notice a sudden discolouration in your toes. ♦

The Footcare Centre

Suite 203,
Stamford Medical Centre,
4256 Portage Road,
Niagara Falls ON,
L2E 6A4

Phone:
905-357-0214

E-Mail:
niagara@thefootcarecentre.ca

Web Site:
www.thefootcarecentre.ca

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.*



The Footcare Centre is appointed a Clinical Placement site for final year students!

We are excited to announce that we have been accepted as a partner office for the Michener Institute (University Health Network, Toronto).

The Michener Institute offers an advance postgraduate diploma in chiropody. After undergrad and post grad schooling new chiropody graduates entering the profession in Ontario have at least 7 years schooling to qualify before writing the registration exams for the regulatory College of Chiropodists of Ontario.

Chiropodists have extensive knowledge and training in foot and foot related pathology and treatment and are able to devise a wide range of treatments, including prescribed drugs and surgeries.

Students gain practical experience both on-site at the Michener Institute's patient clinic and on external placements. As a partner practice we are excited to be assisting final year students in gaining practical experience external to the institutional setting by offering students 8-week placements. This will commence March 4th, 2024.

We hope you are as excited as we are to see the new faces of the chiropody workforce gain their external practical experience before their final exams. As an office we have a huge amount of experience and wide range of treatments that can give students relevant exposure on their placement. Our caseload is broad from medical and diabetic foot conditions to pediatric and senior foot health, to musculoskeletal or surgical needs, and more. (Plus, our patients help make our days fun, and full of smiles - we really think students would be welcomed).

For our patients: while overall care continues be delivered by your chiropodist, if your appointments fall during a student placement you may be asked (optional) if you are willing to have a student observe or have some treatment undertaken by a final year student during a placement.

We hope you are as excited as we are that The Footcare Centre can be involved in helping to develop, shape and mold the profession of tomorrow in such an important and impactful way.

Attribution: All images are from Pexels/ Jane Doan, Ron Lach, Matt Hardy, Elina Fairytale, and RF Studio.

Like / Follow us.....



<http://www.facebook.com/footcarecentreniagara>



<https://twitter.com/footcareontario>