

Monthly Newsletter

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Accepting new patients

Contact Your Foot

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Insect Bites on the Feet

The feet and ankles are a common sting site for insects. Insect bites may cause effects ranging from harmless to life-threatening, as many insects are also capable of transmitting diseases.

Thus, all insect bites, including those on the feet, should be treated with concern.

What Are Insect Bites?

Insect bites come in different forms. For example mosquitoes cause tiny puncture wounds, while black flies cause slightly larger lacerations.

At one point, most of us have already experienced an insect bite. It can cause minor pain or itching or an allergic reaction, depending on the insect that bit you and the location of the bite.

How To Prevent Insect Bites

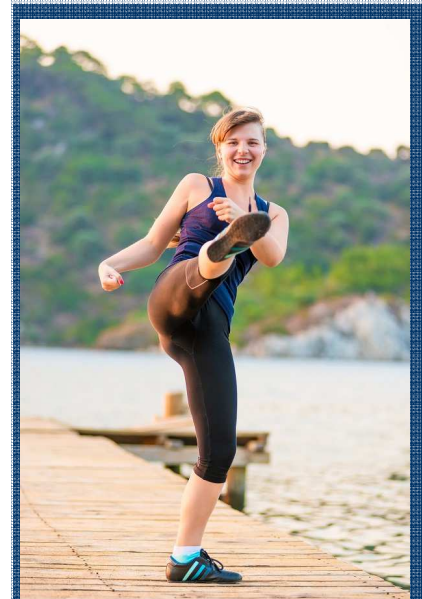
The summer season brings more outdoor activities. But before going out for summer fun, we should also protect ourselves from the dangers of insect bites.

By making use of some simple prevention tips, we could reduce the risk of getting insect bites. Experts and dermatologists recommend the following:

- Avoid Using Scented Soaps and Perfumes. The sweet scent of perfumes may attract some insects.
- Stay Away From Stagnant Waters. Mosquitoes breed in stagnant waters and are more likely to be found in such places.

Update

As of the date of this newsletter, most members of our team have received their 2nd COVID vaccine dose and are now fully vaccinated!



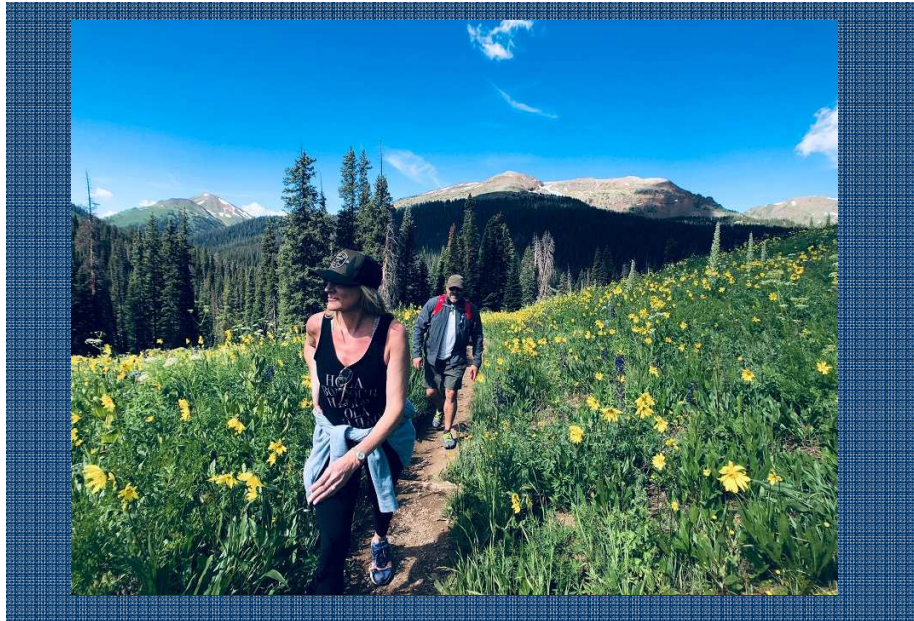
Insect Bites on the Feet (Cont'd from previous page)

- Use Insect Repellants. Check that the concentration will protect you for the duration of the outdoor activity. A higher DEET concentration keeps you protected for longer hours.
- Dress Appropriately. Wear long-sleeved shirts or tops to protect your skin from exposure to insects. Pants and socks will protect you from insect bites on the lower extremities and feet. Do not walk barefoot on the grass as some insects may be on the ground.

How to Treat Insect Bites

An insect bite will usually clear up within a few hours. To treat a minor bite, wash the site with water and soap. You may try to apply a cold compress or an ice pack if the area has pain or swelling. Do not touch or scratch the bite to avoid infection.

Call for a doctor or your local emergency number (911 or 112) immediately if there is an anaphylactic or allergic reaction that manifests symptoms like:



- Vomiting
- Difficulty breathing
- Tightness around the chest area
- Loss of consciousness
- Swollen face
- Feeling lightheaded
- Fast heart rate

Although insects are found typically outside our homes, some bugs live inside on our beds, chairs, and sofas. Remember to keep these areas checked to ensure complete protection from insect bites on your feet and other areas of exposed skin.



Conclusion

The effects of most insect bites will decline within a few hours, while more severe bites may take several weeks to heal.

What Is High Blood Sugar?

Hyperglycemia or high blood sugar or is a condition that mostly affects people with diabetes.

Causes and Symptoms of Hyperglycemia

Our bodies produce glucose or sugar in our blood naturally. However, most sugars come from our daily intake of foods that contain carbohydrates. Sugar in the blood fuels the body's organs for proper function.

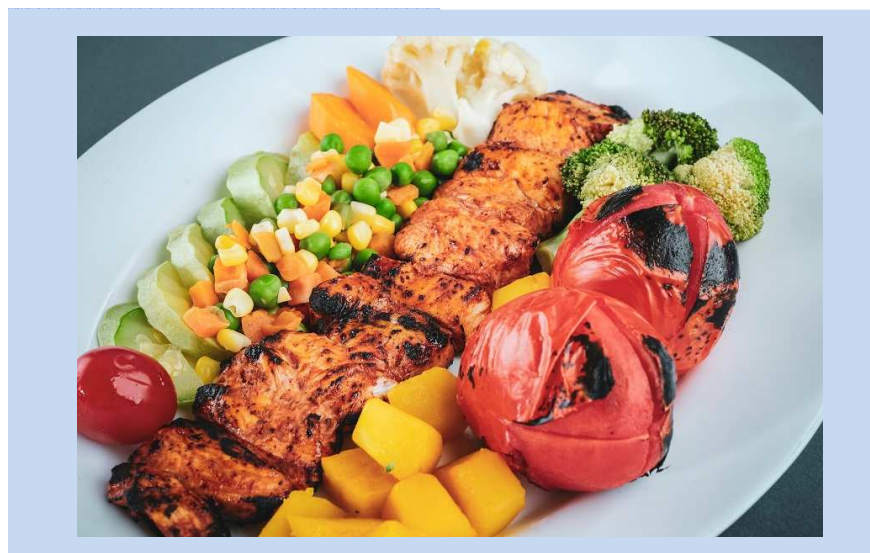
A rise in glucose level will signal the pancreas to release insulin. Insulin is a hormone that controls glucose in your bloodstream, and the body needs it to keep

your blood sugar levels within their normal range.

Hyperglycemia does not cause symptoms to show until glucose levels reach above 10mmol/L. Healthy glucose levels should range between 4-7mmol/L.

Symptoms of Hyperglycemia may include:

- Extreme thirst or hunger
- Frequent need to urinate
- Having wounds that take longer to heal
- Fatigue
- Headaches
- Drowsiness



- Having blurred vision
- Weight loss

How To Prevent Hyperglycemia

Diabetes and other illnesses trigger hyperglycemia. However, those with diabetes should take extra precautions and should regularly take their diabetes medications.

Here are some suggestions to keep blood sugar within the normal range:

- ❖ Follow A Healthy Diabetic Meal Plan

With the help of a dietician, you may need to change your eating habits. A type 2 diabetic diet plan may include foods with complex carbohydrates such as quinoa, brown rice and oatmeal.

Foods that they should steer clear of are those with simple carbohydrates, including pastries, processed foods, pasta and white bread.

- ❖ Regular Blood Sugar Testing

Glucose level testing is a crucial part of diabetic care.

What Is High Blood Sugar? (Cont'd from previous page)

You can self-test at home using glucose testing strips and a blood sugar meter. Regular testing can prevent long-term health problems and complications.

Your doctor may recommend testing three times a day:

- Morning fasting. A glucose reading taken before eating provides a baseline number as a comparison point for glucose processes during the day.
- Pre-meal. A high blood sugar reading taken before a meal may suggest difficulties managing sugar levels.

- Post-meal. Doctors recommended taking a reading at least two hours after meal intake. Testing at this time will give you an idea of how the body reacts to certain foods.

Outlook

Early consultation with a doctor, and following a treatment plan, is vital. One can also effectively control high blood sugar by staying hydrated, doing regular exercise, and maintaining a healthy diet. ♦



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The Care,
Professionalism and
Time that your feet
deserve

Welcome to the team Diane Le!

Wow we are busy! Whilst a year ago, after the initial COVID-19 lockdown, we obviously had concerns regarding what clinical activity may look like in our office going forwards, we are pleased to say, one year on we are busy!

We have been actively developing and growing our clinical offering to you for several years at the office to meet demand and you will hopefully see this reflected in

future visits to us. Our new team member Diane Le joins us in June 2021 and we hope you will love her as much as we do, as she starts to meet all of you, our patients. Diane joins our team with experience and qualifications within the health sector spanning 7-years including a kinesiology undergrad from Brock and her post graduate advanced diploma in Chiropody DCh from the Michener, Toronto. Diane has experience treating patients with differing and more complex foot conditions and has mentored others and we are excited to welcome Diane aboard and we know she will become a valued asset to our team.



Our Chiropody Assistant Bev will also be growing her active role further as she continues to assist with treatment plans and also offer more medical-pedi services such as cosmetic nail enhancements for deformed or discolored nails, or nail polish after your treatments.

We continue to grow our office and we are grateful as you continue to recommend us to your friends and family.

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