

# Monthly Newsletter

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**Accepting new patients**

**Contact Your Foot**

**Specialist/Chiroprapist:**

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## **Oh No!!**

*In June, we had 26 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*



## **Watch Where You're Going on The Beach!**

Going to the beach is always a popular activity during the summer. Many people go to the beach to surf, swim, or do other recreational activities. Most people only pack toiletries such as towels, sunscreen, and beachwear. However, we do not usually think about foot care or ways to minimize injury risk while at the beach.

### **Foot Care Tips At The Beach**

#### *Use Sunscreen on Your Feet*

It is common to put sunscreen on our face, arms, and legs and then forget to use it on our feet. However, the top of our feet is usually exposed to harmful ultraviolet rays, even if we wear flip-flops or sandals. This can make our feet vulnerable to health conditions like skin cancer.

#### *Watch Your Step*

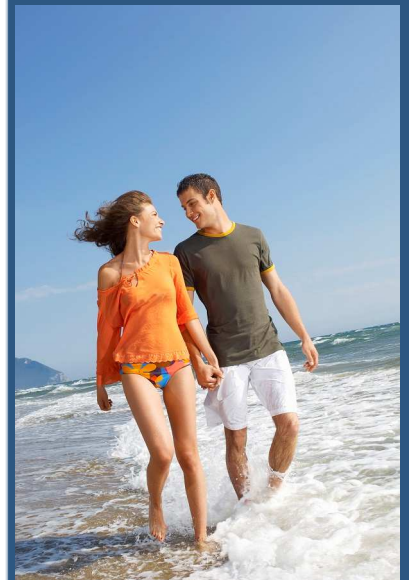
Although it is tempting to stroll on the beach and feel the sand between our toes, it can be hazardous if we are not careful. The sand may be full of broken shells and plastic, sea debris, or rocks, and these can all cause injury.

Furthermore, it is important to avoid cuts on your feet because exposing an open wound to sand and ocean water may result in infections. Tip: throw a few Band-Aid's and antiseptic cream in your beach bag.

Take extra care if you have diabetes, since you may not feel a cut or puncture wound immediately.

#### *Wash And Dry Your Feet*

Your toenails may contract fungal infections more easily when damp.



## Watch Where You're Going on The Beach! (Cont'd from previous page)

Hence, you should rinse off any dirt or sand from your feet once you are out of the water. You should also dry your feet thoroughly, especially between the toes.

### *Avoid Sharing Footwear and Personal Items*

Although you can share some essentials like sunscreen, you should avoid sharing personal items like towels or sandals. Sharing these items may increase the spread of athlete's foot or other contagious conditions, such as plantar warts (verrucae)

### *Avoid Going Barefoot on a Long Walk*

Going on a very long walk is a great way to relax and exercise while on the beach. However, going barefoot on a long walk in the sand can lead to arch pain, muscle pain, and foot or leg strains since we are often not used to it.

### *Wear The Right Footwear all summer long*

The type of footwear you wear can affect your foot health. For instance, flip-flops do not support your feet well, so you should use them sparingly – perhaps for the short distance from your spot in the sand to the water's edge.



A good footwear choice is supportive trek sandals. However, if you have problematic flat feet, you could opt for custom-made orthotics, tailor made to fit sandals to help provide additional support. You may also need sports shoes if you plan to go boating or do outdoor sports such as beach volleyball. ♦

## Painful Calluses on the Feet

Calluses on the feet may be annoying. We feel them when we walk, stand, or do sports. Sometimes, they may also be a nuisance when putting on or taking off footwear. One of the main reasons for the pain they cause is that they apply pressure on our skin and bones under them. A burning sensation is also common.

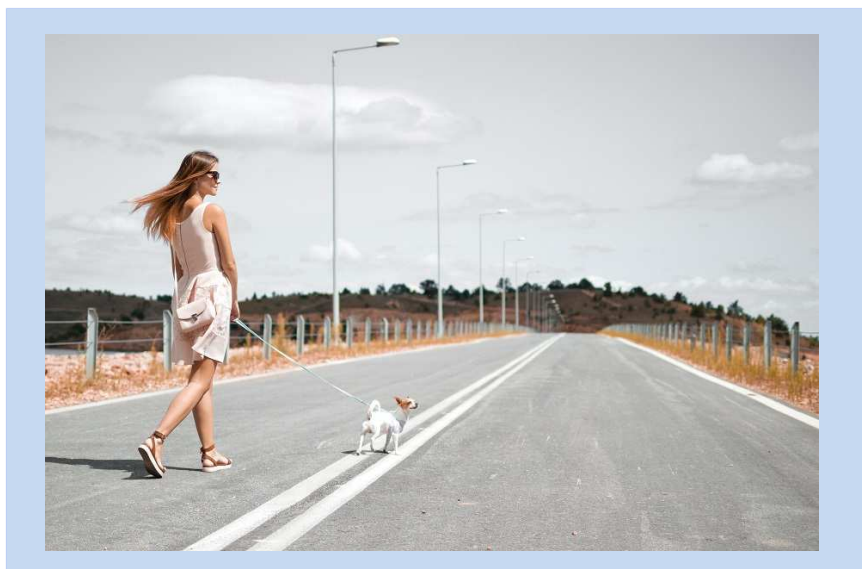
### *Homemade Remedies*

There are several homemade treatments to alleviate pain caused by calluses. Fortunately,

they do not require special equipment or expensive products. However, it is important to highlight that these treatments are not recommended if you have diabetes, blood circulation problems, or if the calluses are severe to the point of not being able to walk.

Here are some home remedies:

- Soak your feet in warm water. Warm water helps soften the affected area and alleviate pain.



As a plus, you can also gently rub your calluses with a pumice stone after keeping them in warm water for 10 minutes.

- Apply moisturizer. Many moisturizer products that you have at home contain urea. This component also softens your skin. Apply it daily on the affected area before gently using a pumice stone once weekly.
- Change your footwear. Some shoes, especially casual or dress ones or those with high heels, can cause calluses to form. If you already have calluses on your feet, try switching to more comfortable and fitting footwear like a running or athletic shoe.

### *Medical Treatment*

Calluses often tell us a lot about the overall health of your feet, your posture and gait. Home management is only really suitable for mild foot calluses, and if you do not have underlying medical conditions that affect blood flow, such as diabetes.

Otherwise, professional help will be required. This includes trimming away excess skin, prescribing or advising on medical grade moisturizers, shoe inserts, and in rare instances, surgery.

If you are concerned about foot calluses, feel free to visit us soon for a customized treatment and management plan! ♦

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



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## **Congratulations to Stuart Berry as he celebrates 25 years in practice**

Stuart will be celebrating his silver anniversary of being in clinical practice and is being joined by co-workers and by Mayor Jim Diodati to commemorate the occasion 1:30pm on July 20<sup>th</sup> where the mayor will present a commemorative certificate.



Stuart trained in the UK, and both graduated and commenced practice in London, England in 1997. Now in his 10<sup>th</sup> year practicing in Canada he is registered with the College of Chiropractors of Ontario, simultaneously running thriving offices in both Surrey, England and home here in Niagara Falls, Canada.

Since taking over this office in Niagara Falls from a retiring clinician in 2015, he has grown the office and now employs six additional full-time employees (with a 7<sup>th</sup> joining in September!)

We are sure you would like to join the team in wishing Stuart a happy 25<sup>th</sup> anniversary.



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