

# Monthly Newsletter

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**Accepting new patients**

Contact Your Foot

Specialist/Chiroprapist:

**The Footcare Centre**

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## Type 2 Diabetes and Foot Health

Type 2 diabetes (or even pre-diabetes) are types of diabetes that causes your sugar level to be higher than expected. Although this may not seem as severe as Type 1 diabetes, it requires special care and awareness of symptoms. People that have pre-diabetes are more prone to develop Type 2 diabetes in the future.

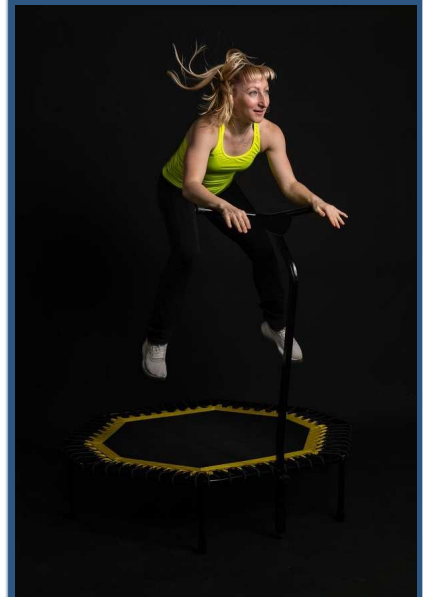
While pre-diabetes can be the precursor to harmful Type 2 diabetes, it may go on to damage your organs. Your heart, kidneys, and blood vessels could become compromised.

Fortunately, special care and procedures can help you avoid developing type 2 diabetes. For example, it's essential to pay attention to your foot health and inform a specialist of any irregularities.

*Foot Health with Pre-Diabetes*  
Pre-diabetes requires special attention to your diet and measurements such as your sugar level. Besides, preventing it from developing into Type 2 diabetes involves special care. Checking with your doctor, you may need to take medicines, and eat healthily. A dietician can help provide an eating plan.

However, one crucial factor people usually don't take into consideration is their foot health.

Type 2 diabetes (and its precursor – Pre diabetes) affects the nervous system. People with diabetes may fail to feel pain when suffering from cuts or other external – or internal – factors. Moreover, it may lead to recurring numbness or tingling of the feet. This lack of awareness



## Pre-diabetes and Foot Health (Cont'd from previous page)

may result in cuts, sores, or blisters going unnoticed.

If you suffer from diabetes, make sure to check your feet regularly.

Additionally, you can also avoid suffering from potential foot disease or wounds. If you notice irregularities in your feet, do not hesitate to get in touch with us for a check-up.

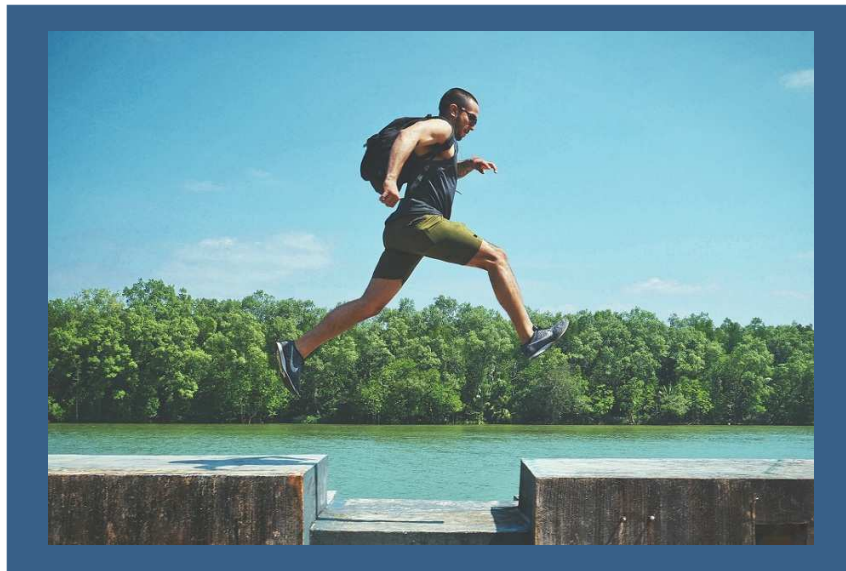
### *Foot Health Tips with Diabetes*

There are some things you can do to stay healthy and in control of potential symptoms.

Follow this checklist regularly to keep your feet in good health.

- Test the water before washing your feet. If your nervous system is already compromised, you should test the water temperature with your hands or arms before soaking your feet.

- Avoid walking barefoot. Even when inside your own house, threats may be scattered on the floor. Children's toys, shreds of glass, and splinters are potential hazards. Anything sharp may harm your feet.



- Avoid traumatic activities or sports. Try to practice activities that will not compromise your feet. Gentle walking, cycling, swimming, or vary exercise with appropriate good fitting shoes, appropriately activity matched.

- Keep in constant communication with a medical professional. If you find any abnormalities, don't hesitate to get medical help. ♦

## Common Causes and Tips for Sweaty Feet

Many people relate sweaty feet to high temperatures. However, this is not always true. Some people tend to suffer from sweaty feet even during the winter. Sweat glands differ among people, and they are the main causes for sweaty feet. Moreover, if you notice your feet sweat excessively, it may be due to hyperhidrosis.

Sweaty feet cause foul odors and discomfort. The truth is that we can't be in full control of our sweat glands.

## Common Causes and Tips for Sweaty Feet (Cont'd from previous page)

Fortunately, there are some ways to deal with sweaty feet and prevent them from sweating too much.

### *How To Deal with Sweaty Feet*

If you get recurrent sweaty feet, some procedures may help you eliminate the foul odor and discomfort they cause.

The good thing about them is that you don't need any special equipment or product.

- Washing your feet will not only take the sweat off them, but will also help remove bacteria or fungus. Water also decreases the temperature of your feet, which can prevent them from sweating again in the short term.

- Changing your socks may also be a good idea. Carry a spare pair of socks wherever you go and change them whenever you feel your feet start sweating.



- Over the counter aluminum chloride products for hyperhidrosis are available at the pharmacy. Ask your pharmacist how to use the product.

- Rub your feet with alcohol. Rubbing alcohol will help your feet stay dry. Be careful not to overuse this method since it may irritate your skin.

### *How To Prevent Sweaty Feet*

There are some effective procedures to prevent your feet from sweating. One essential method is identifying what causes your feet to sweat. It may be a particular situation or feeling, something you eat, or a specific pair of shoes. Once you find the cause, you can try to avoid it.

You can incorporate other habits into your routine to avoid having sweaty feet. Applying antifungal powders or antiperspirants are some examples.

Having different sets of socks depending on the activity you are about to perform can also decrease the risk of having sweaty feet.

Although sweaty feet is not a serious condition, it could result in uncomfortable situations or even discomfort.

If you experience sweaty feet and wish to find out how to manage them, make sure to visit us soon! ♦

## The Footcare Centre

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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.....Diane Le - Chiroprapist

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

I grew up in a small town called Leamington. I started my first job at Little Caesar's where I worked for the majority of my high school years.

Afterwards I went to Brock University where I received my honours in Kinesiology. I moved up to Toronto for a few years where I received my education for Chiroprody.

### How long have you worked at The Footcare Centre?

Almost a year now!

### What do you enjoy about working at The Footcare Centre?

I enjoy meeting the many different personalities that come into the clinic. I also enjoy working with the team, they all make me laugh so much.

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

I always wanted to work in a profession that allowed me to help people. Hearing people say they feel better gives me the most satisfaction.

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

That getting old sucks. I feel like everyone has told me that at least once.

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

I love eating so you'll catch me at a restaurant. Or at the gym because I have to work off all that eating.

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

I have a small bunion on both feet. On the end of my big toe nails I have the remnants of one year old nail polish from my friend's wedding.



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<https://goo.gl/rrcF33>

Your feedback is highly appreciated and important to us and we look forward to reading your comments.



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