

Monthly Newsletter

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Accepting new patients

Contact Your Foot

Specialist/Chiropracist:

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

Oh No!!

In May, we had 18 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.

Genetic or Congenital Foot Problems

Genetics can play a huge role in foot disorders and foot types. Even with proper care and attention, sometimes these conditions can be unavoidable. It's important to be aware of the foot and ankle conditions that your child might inherit from you. Here are some of the most common genetic foot problems:-

• *Pes Planus/ Flat Foot*

The most common genetic foot problem is flat feet. The condition is passed on in families and a person with flat feet has little to no arch when weight bearing.

People with flat feet may experience pain, sometimes even with walking. As shoes are generally designed for arched feet, they can also cause pain and discomfort as they may rub or cause blisters.

People with flat feet sometimes may benefit from orthotic inserts

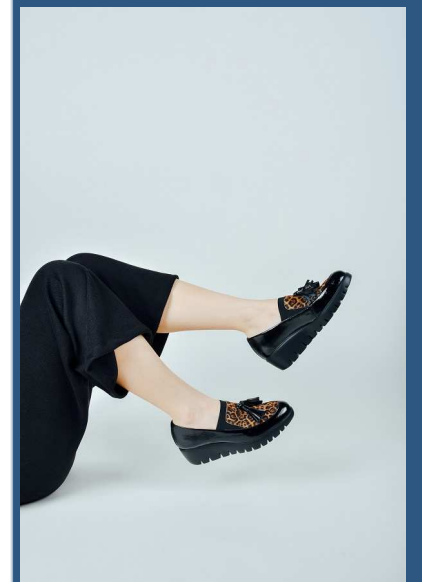
that provide support for the arches. Your Chiropracist will be able to advise if your flat feet are within norms or of concern.

• *Bunions*

Bunions are frequently linked with flatter feet and passed down through generations. The majority of the cases have a genetic origin. Bunions are a displaced big toe joint and associated crooked big toe. They occur more frequently in women.

Besides genetics, narrow toe box and high heels also contribute to its development. Early conservative treatment may delay worsening of the condition.

Non-surgical treatments help manage pain and discomfort in most cases, but surgical intervention is also an option for some bunions.



Genetic or Congenital Foot Problems (Cont'd from previous page)

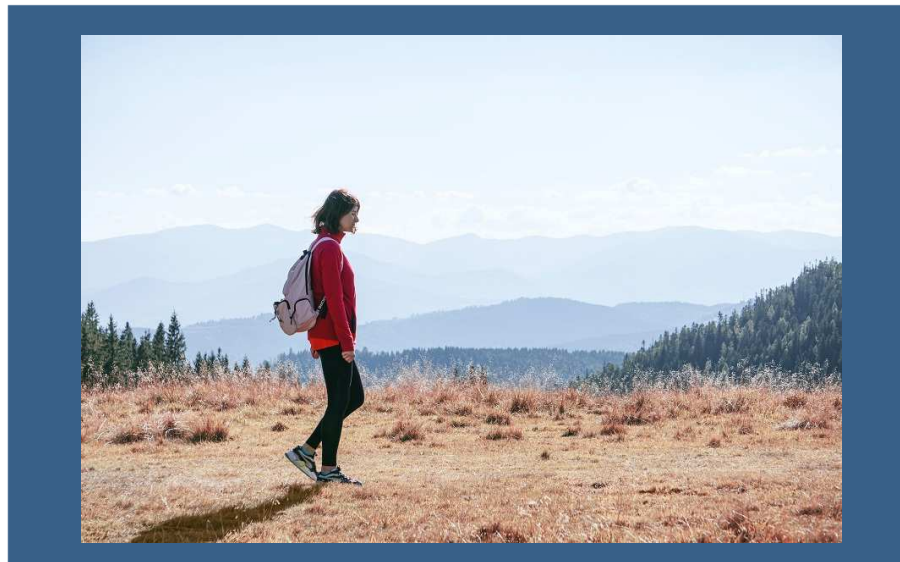
• *Clubfoot*

Clubfoot or twisted foot is congenital and may have a genetic link but its causes are still relatively unknown. This foot condition is present in the child since birth, where the baby's foot is in a twisted position – mostly inwards. The condition is treatable at birth and infancy, worsening if left unchecked. People with a corrected club foot often benefit from seeing a Chiropodist.

• *Toe Deformities*

Certain toe deformities like hammertoes, mallet toes, and claw toes are also sometimes genetic foot problems involving the toe. In all these conditions, the toes are bent abnormally and do not sit straight. The affected individuals can experience discomfort and pain while walking.

If you experience any of these conditions, be sure to seek help from your Chiropodist to help develop a plan for you. ♦



Diabetic Socks

A lot of diabetic people suffer from peripheral vascular disease and diabetic neuropathy. Neuropathy causes tingling and numbness in the feet due to damage to the nerves. It is also a leading cause of serious infections.

On the other hand, peripheral vascular disease makes the blood vessels narrower and decreases the flow of blood to the feet causing delayed healing and ulcers.

The risk of developing foot problems that would be complicated by these factors could

be mitigated by things as simple as wearing better socks

What are Diabetic Socks?

Diabetic socks are special socks modified for people with diabetes. The socks have special features like padding, insulating materials, and different stitch structures to protect the feet against pressure, ulcers, and blisters.

Diabetic Socks (Cont'd from previous page)

Features of Diabetic Socks

Here are some of the main features of diabetic socks.

- **Seamless Construction**

The socks don't have seams along the toe. This reduces friction to help prevent ulcers and blisters due to rubbing. It is an ideal feature to protect the feet in people with chronic vascular disease and neuropathy.

- **Moisture-wicking Material**

The material used for diabetic socks repels moisture and keeps the feet dry and comfortable. It also allows sweat to evaporate and reduces the risk of fungal infections and unpleasant odors.



- **Non-Elastic Binding**

Diabetic socks don't exert any pressure or squeezing effect on the calves, which may have further disrupted an already compromised blood flow in diabetics.

- **Soft Yarns**

Bamboo and wool are some examples of soft yarns which are finely textured and have natural antimicrobial properties. They are soft and non-abrasive.

- **Well-Padded**

With fabric, gel, or silicone padding, diabetic socks provide cushioning and comfort while you perform your daily activities.

- **Smart Technology**

Highly advanced diabetic socks also have sensors that keep track of foot temperature and alert the wearer about possible ulcers.

- **Warmth**

As diabetics have poor blood flow to the feet, they tend to stay colder than normal. Diabetic socks keep the feet warm without any moisture build-up, promoting circulatory perfusion. ♦

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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.*



Special Thanks

Thanks for reading our newsletter; we hope you've gained valuable insights!

For any enquiries regarding foot care or injuries, do feel free to contact the office (see details left).

Thanks for your support!



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