

# Monthly Newsletter

Free please take a copy



Mar 2019 | Issue Number 46



## Into 2019

We are pleased to bring you a service that aims to deliver the care, time, and professionalism your feet deserve. We believe you, your family (and all those feet!) deserve great foot health care.

We aim to deliver this when you need it, and with the utmost professionalism. Over the last year we have reduced your wait times for a foot care appointment down from 7 weeks to under 1 week. We have increased our opening availability to include now both early and later appointments and have expedited our custom orthotic service by utilising 3D scanning technology.

We are now able to book new patient appointments and office visits directly online at [www.thefootcarecentre.ca/online-booking](http://www.thefootcarecentre.ca/online-booking) and as we look to hone our service, we value the feedback given through patient questionnaires.

Our team has grown! Have you said a 'hello' to our chiropodist Jake Cahoon who joined us in 2018? If you see him in and around the office be sure to say hi as he will be sure to give you a smile! Our office is a happy, relaxed, pleasant place to work because of the people that work here and those that attend here!

While you are visiting us in our suite, don't forget to take advantage of other services in the building. Use the pharmacy's prescription service on the 1<sup>st</sup> floor and blood tests at Lifelabs in the basement can be booked online by signing up to [www.lifelabs.com/book-an-appointment](http://www.lifelabs.com/book-an-appointment).

Check out our 'footsteps to foot health' leaflets and changing health educational videos around the office for

**Contact Your Foot**

**Specialist/Chiropodist:**

**The Footcare Centre**

**905-357-0214**

[niagara@thefootcarecentre.ca](mailto:niagara@thefootcarecentre.ca)

Unit 302,  
Stamford Medical Centre,  
4256 Portage Road,  
Niagara Falls, ON, L2E 6A4

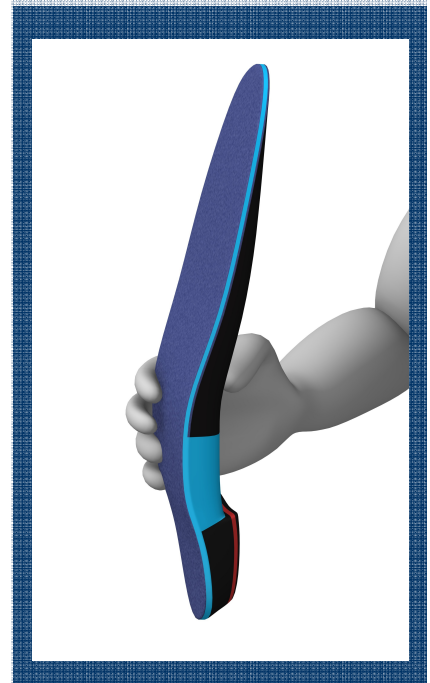
Web: [www.thefootcarecentre.ca](http://www.thefootcarecentre.ca)

## Oh No!!

*In February, we had 10 patients that failed to attend their appointment!*

### **In this issue:**

- Into 2019
- Trench foot
- Surgically clean air
- Vacation closure



## Into 2019

(Cont'd from previous page)

foot health education on various topics.

Small things are big things to us too. This is why we have improved our office air by installing 6-stage 'Surgically clean air™' filtration units (see back page for more information).

We have been able to maintain the price of a standard return office visit at \$45 for three years; something we are proud of. However, from June 1<sup>st</sup>, 2019 we advise that the cost of a standard return office visit will increase slightly to \$50. We are

pleased to maintain this pricing in line with the Ontario Society of Chiropodists and the Canadian Federation of Podiatric Medicine.

As always, we will continue to give you a detailed receipt with the name of the person you saw, their designations and the treatment undertaken for reimbursement with your extended health plan or for income tax purposes.



## Trench Foot

Trench foot or immersion foot is a form of tissue damage due to extended exposure to wet and cold environments.

It is different from frostbite in the sense that the skin does not freeze. Luckily, the condition is preventable. Trench foot causes lasting damage, so be sure to look out for the signs and treat it quickly.

*What are the signs?*

The usual indications of trench foot include:

- Pain
- Tingling sensation or itchiness

- Swelling
- Numbness
- Cold and blotchy skin
- Prickly or heavy feeling

If the foot warms up, the foot changes from white or red, later turning dry and painful.

Expect blisters to form, where the skin and tissue fall off the foot. If the condition is not treated, it can progress to gangrene and even require amputation.

## Trench Foot (cont'd from previous page)

### *What is the cause?*

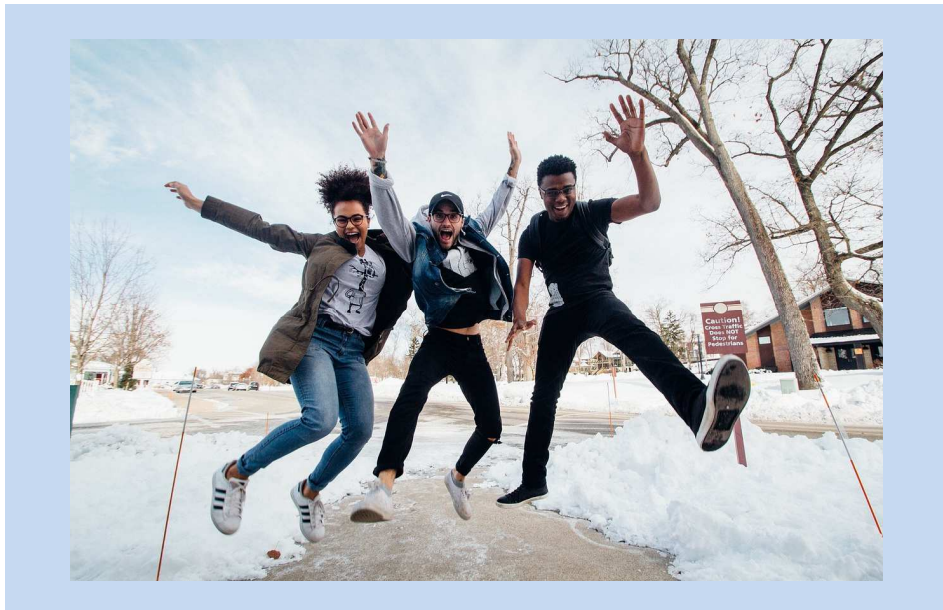
Trench foot stems from exposure to temperatures between 0-15 degrees Celsius (32-59 F) and the risk increases if the feet are also wet. It arises if low temperatures limit the flow of blood to the foot.

Some develop signs after an hour of exposure while others have symptoms that

manifest a week after. The seriousness of the injury is based on the coldness, wetness of the tissue and length of exposure.

### Management of Trench Foot

If an individual is likely to have trench foot, seek medical care. Your chiropodist will assess the foot to determine the stage.



Although the effects of the condition can be alleviated, it can lead to lasting chronic pain and tissue damage. Long-term follow-up care is part of the treatment.

The initial step is to remove the individual from the wet, cold environment and warm the limb steadily. Rapid warming of the foot can worsen the damage.

Pain medications are prescribed to lessen the discomfort and ensure proper protection from any sores that form.

Other treatment and preventive measures include:

- Cleanse and thoroughly dry the feet
- Use dry, clean socks daily
- Avoid wearing socks while resting or sleeping

In severe cases, there is difficulty walking due to the pain, swelling and blisters. You should raise your feet and avoid walking to lessen the swelling. ♦

## The Footcare Centre

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[niagara@thefootcarecentre.ca](mailto:niagara@thefootcarecentre.ca)

**Web Site:**  
[www.thefootcarecentre.ca](http://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.

Note our new opening hours on a Wednesday.  
8:00am – 6:00pm.

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



Don't forget you can book your next office visit or new patient appointment online at [www.thefootcarecentre.ca](http://www.thefootcarecentre.ca)

## Surgically Clean Air

We were pleased to take delivery of our new 'surgically clean air™' air purifiers in early February. We have introduced these units into our office suite, and they will complement our existing three air purifiers.



With a six-stage air purification system, including 3 stages to kill bacteria and viral organisms and contaminants, we aim to offer fresh, clean air in the office!

## Office Closure

The office will be closed from Monday March 11<sup>th</sup> until Friday March 18<sup>th</sup> inclusive for vacation.

Should you need to contact us during this period, we would ask that you wait until we return on Tuesday March 19<sup>th</sup>.



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