

Monthly Newsletter



Accepting new patients

Contact Your Foot
Specialist/Chiropodist:

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Skin Cancers on the Foot

Skin cancers develop as a result of the abnormal proliferation of the cells/ tissues of the skin. Your feet, being covered with the largest protective organ- the skin, can be affected by cancer. There are three common cancers that affect the feet: basal cell carcinoma, squamous cell carcinoma, and malignant melanoma.

Causes

While other skin cancers are usually linked to unhealthy exposure to sunlight, skin cancers of the feet are mostly linked to a viral infection, genetic inheritance, chemical exposure, and chronic inflammation or irritation.

Types and Symptoms of Skin Cancers of the Foot

Basal Cell Carcinoma:

This occurs frequently on skin that is exposed to sunlight. This type is less common because the skin of the foot is less exposed to sunlight. It is less aggressive and usually does not spread beyond the skin of the feet.

Basal cell cancers may appear as pearly white bumps or patches that may ooze or crust, and look like an open sore. On the skin of the lower legs and feet, basal cell cancers often resemble non-cancerous skin tumors or benign ulcers.

Oh No!!

In February, we had 19 patients that failed to attend their appointment!



Skin Cancers on the Foot

(Cont'd from previous page)

Squamous Cell Carcinoma:

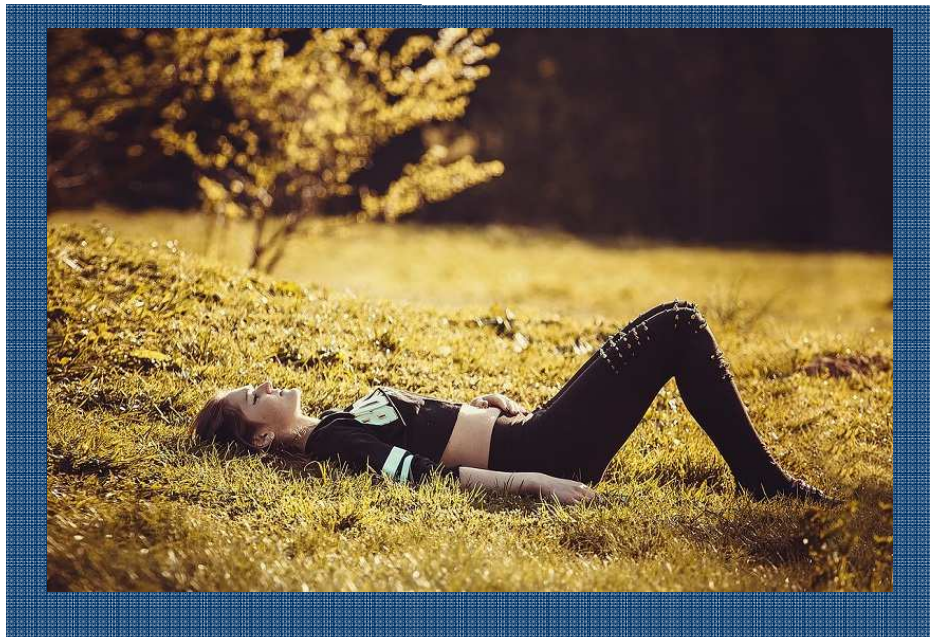
This is the most frequently occurring skin cancer of the foot. At an early stage, it does not spread beyond the skin. However, at an advanced stage, it can spread to all parts of the body. It usually begins as a small scaly bump that looks like inflammation. Recurrent cracking or bleeding may occur at an advanced stage.

Sometimes it begins as a hard projecting callus-like lesion. Though squamous cell cancer is painless, it may be itchy. Squamous cell cancer could look like common skin infections such as fungal infections, eczema or an ulcer.

Malignant Melanoma:

This is the deadliest of all skin cancers that affect the foot. It is better to detect this cancer early because it is invasive and progressive and can spread throughout the body through lymphatics and blood vessels.

Melanomas may occur on the skin of the feet and on occasion beneath a toenail. They are found both on the soles and on the top of the feet. Melanomas can vary in appearance, making diagnosis difficult. Usually they resemble common moles, however close inspection will usually reveal asymmetry, irregular borders, alterations in colour and a diameter greater than common.



Prevention and Treatment

Skin cancers of the foot can be prevented by limiting sun exposure, practicing good hygiene and using sunscreen products. If you notice any signs or symptoms, consult your chiropodist at your earliest convenience. Chiropodists are lower extremity specialists that recognize and treat abnormality of the feet. ♦

Ankle Stability – Building Ankle Strength

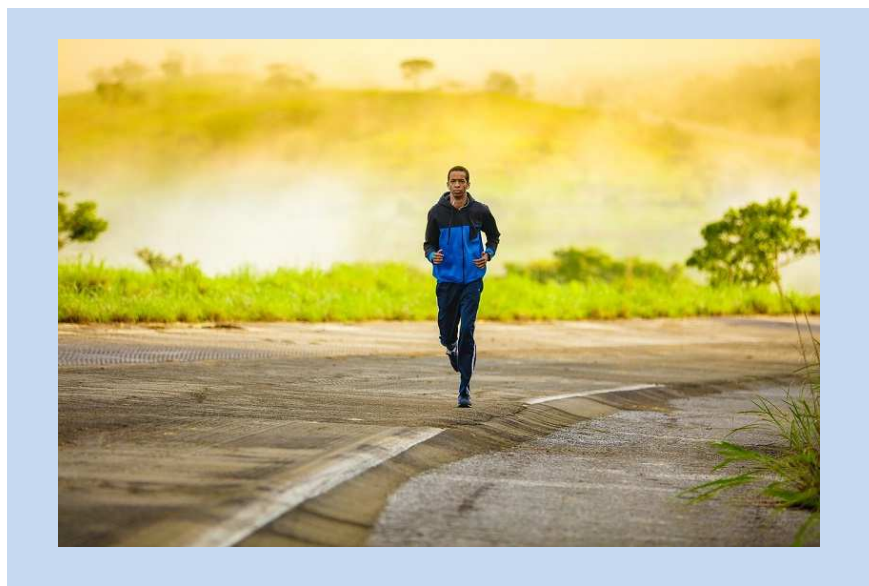
The ankle joint is comprised of the tibia and fibula, articulating with the talus. It is stabilised by ligaments and tendons. Ankle instability usually results when the functions of bones, tendons or ligaments are compromised.

An injury to the ligaments connected to the ankle is most likely to cause ankle instability. An ankle sprain is a common cause. Chronic ankle instability may require surgical intervention, if conservative treatment fails.

Management of Ankle Instability

When ankle instability is due to compromised integrity of tendons, management is aimed at correcting the cause of the pathology. In cases where tendon laxity is a contributing factor, dextrose prolotherapy has shown to improve outcomes.

Once the diagnosis of an ankle sprain is made, conservative management is always preferred.



In the early stages, the PRICE protocol (Protection, rest, immobilization, compression, and elevation) is the default treatment method.

- Protection: Protect the ankle from further stress by using a walking boot or brace.
- Rest: Stay off the injury i.e. do not further stress the foot/ ankle. Walking may cause further injury
- Immobilization: retrain the affected foot from motion. Apply an ice pack to the injured area by placing a towel between the skin and the ice. An interval of about 40 minutes is advised between icing sessions.
- Compression: An elastic wrap should be used to control the swelling.
- Elevation: The foot/ ankle should be raised slightly above the level of the heart to reduce swelling.

Ankle Stability – Building Ankle Strength (Cont'd from previous page)

As the healing progresses, a stepwise approach to rehab should be taken, starting with gentle range of motion exercises, then progressing to weight bearing exercises and finally to functional exercises until the ankle is fully recovered.

The key to a fast recovery is to implement different types of ankle sprain exercises so that the range of motion will increase while the pain decreases. If conservative measures do not provide ample healing, surgery may be considered.

Surgical treatment will always be the last resort Accordingly, the decision to perform surgery is not decided as a result of radiographic images but is based on a clinical decision and signs of examination under anaesthesia. ♦

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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*



Interesting foot fact.....

In the United Kingdom, shoe size is measured in Barleycorns! Let us explain further.

This unit of measurement originated in the United Kingdom during the 14th century. King Edward III signed a royal decree in 1324 making the barleycorn a unit of measurement for shoe sizes. It was stated in his decree that three barleycorns were equivalent to one inch, and each increase in shoe size is one barleycorn (1/3 inch) corresponding to the fact that there are three barleycorns in an inch.



Believe it or not, this method of and is still being used around the world today.

Our only question is, what if the barleycorns the cobbler used were different sizes??

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<https://goo.gl/rrcF33>

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