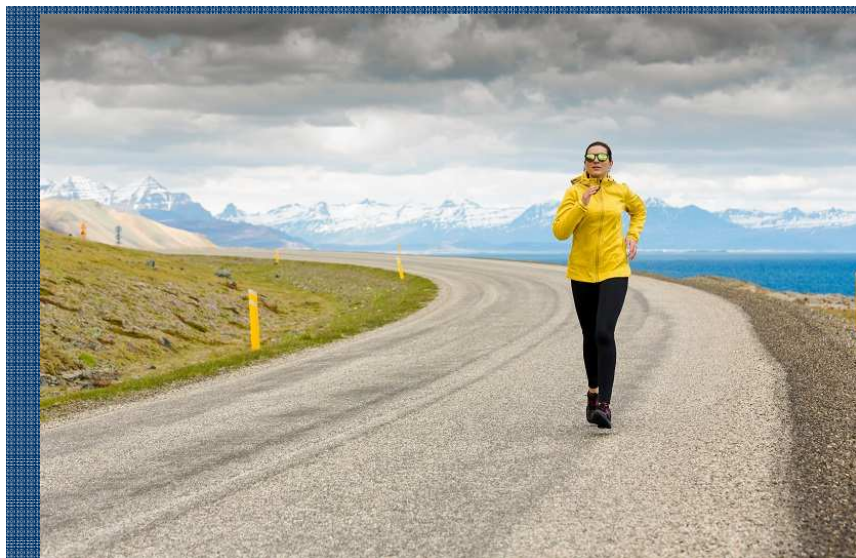


# Monthly Newsletter

Free please take a copy



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**Accepting new patients**

**Contact Your Foot**

**Specialist/Chiropodist:**

**The Footcare Centre**

**905-357-0214**

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

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

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

## Update

**We know all our patients  
have important and  
essential footcare needs  
and we are pleased to  
say we are open and  
available to treat during  
this time.**

## Understanding Peripheral Arterial Disease

Blood pumps around the body to our legs and feet through our arteries. Our feet would typically look healthy, be warm, have healthy skin and nails and our muscles would work well – all receiving a good blood supply.

Generalized artery disease or atherosclerosis (the build-up of plaque deposits on an artery wall) leads to peripheral artery disease, or PAD, where the flow of blood is reduced or there is a blockage of blood flow.

In the early stages of PAD there may be no symptoms and it may go undetected, however the risks of developing peripheral artery disease include high blood pressure, elevated cholesterol and hereditary genetics. In addition, people with diabetes or who smoke are at risk and risk

generally increases as we pass middle age.

At this stage of the disease only screening such as an ankle brachial pressure index or toe brachial pressure index may pick up any changes. This is discussed below.

### **Know the signs and symptoms of peripheral vascular disease**

If PAD becomes more severe increased artery narrowing, blocking or hardening can occur. Symptoms are more likely which include tired or fatigued legs during exercise as muscles no longer receive the blood flow they need. 'Intermittent claudication' is often described by people where after a period of time walking, a rest period is needed for leg muscles...



## Understanding Peripheral Arterial Disease

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before continuing on. Changes to feet may occur such as increasing coolness, colour change, skin dryness, loss of toe hair and changes to toenails. Some people may even experience leg aching or cramping at night or if they sit with feet elevated.

Wounds and ulcers (including the possibility of gangrene) may develop in association with more severe compromised blood flow.

People with PAD are also at increased risk of heart disease, stroke and clots. It is important to detect evidence of peripheral arterial disease early so that appropriate

medical or vascular specialist intervention can be implemented.

### Testing/Screening **UPDATED SERVICE**

Introducing new improved Ankle Brachial Index (ABI) and Toe Brachial Index (TBI) testing at The Footcare Centre.

This test (to compare the blood flow at foot and toe level to that in the upper body) is a gold standard in vascular assessment screening and is available for anyone in a risk group concerned about their circulation who wishes to be screened for PAD. Risk groups who should consider vascular screening include:

1. Those with high blood pressure
2. Elevated cholesterol
3. Obesity
4. Family history of heart disease, stroke or vascular problems
5. Diabetes
6. History of smoking
7. Aging passed middle age

### Reporting

After screening for PAD, we print out our reported findings for the family physician so they can determine if any further management is needed.



## Remedies for Wounds on Feet

Wounds can appear on legs and feet due to a plethora of reasons, including cuts, athlete's foot or a slow developing ulcer. When it comes to ulcers, they develop due to any or all of the following: excessive pressure, poor circulation, poor sensation. When a wound develops, it can be dangerous because it poses a risk for bacterial infection. Management of foot wounds should always be left to a professional, so contact a chiropodist for care.

### Treatment

When you see a chiropodist regarding a foot wound, the chiropodist will assess the cause of the wound, and healing potential of the wound. Some of the tools we use

## Remedies for Wounds on Feet

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are, pressure scanners, to determine areas of excessive pressure, ABI/TBI testing (see above) to determine blood flow, and neurological testing to determine if there is lack of sensation. We also look at the type of footwear and wear on the footwear.

Once a cause has been determined, we

can make a treatment plan to address the underlying cause.

For example, if the cause of a wound is excessive pressure under the big toe joint, we may decide on a treatment plan to unload pressure from that joint. This could include temporary offloading with a walking



boot until the wound has healed, then introducing rockered footwear with custom orthotics to keep the area offloaded and prevent future recurrence. Callous debridement on a regular basis would also be part of that treatment plan.

Of course, direct wound management is also required. That would include assessing the wound, debriding devitalized tissue, cleansing the wound and bandaging the wound with the appropriate dressing. Regular dressing changes and wound care would occur until the wound closed.

Foot wounds can be complex and

multifactorial. They are also dangerous; potentially limb threatening. There are many treatment options; some good and some bad. Be sure to consult with a chiropodist if you acquire a foot wound so you get the best treatment plan available.

If you have a condition like diabetes, compromised immune system, rheumatoid arthritis, or poor circulation, it is best to have regular foot care from a chiropodist so wounds can be treated before they develop. Remember, the best treatment is prevention♦

## 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*



## Patient Survey Feedback

We would like to thank all our patients for their ongoing feedback and comments to us which help us develop, hone and improve The Footcare Centre and the family foot care we deliver.

We are proud to have received such great feedback and have compiled our latest feedback statistics for you to see.

All new patients seen between Jan-Dec 2020 were surveyed and of those returning surveys, these are our performance results:

| Questions put to Patients   | % of Patients scoring: Very Good or Excellent |
|---|---|
| How well the clinic ran to time?  | 100%  |
| The overall office environment?   | 98.3%   |
| Were there clear explanations during your treatment that you could understand?    | 99.2%   |
| The professionalism of the person you saw?  | 100%  |
| The personal manner of our team?  | 100%  |
| How well did you feel your concerns were addressed / treated at your appointment? | 100%  |
| Were you give a clear treatment or action plan?                                   | 98.3%   |
| How do you feel about the quality of the visit overall?                           | 100%  |

*2020 figures based on 121 questionnaire responses collected between Jan 2020 & Dec 2020.*

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