

Monthly Newsletter

Free please take a copy



Nov 2021 | Issue Number 70



Accepting new patients

Contact Your Foot

Specialist/Chiroprapist:

The Footcare Centre

905-357-0214

niagara@thefootcarecentre.ca

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

Web: www.thefootcarecentre.ca

Shoes for Wet Weather Environments

There are some innovative shoe technologies that allow people to work and play in wet environments. We will explore some of these technologies.

Rubber boots are a great way to keep your feet dry, but if you have spent an entire day in rubber boots you know your feet are soaked anyway by the end of the day, from sweat! There is just zero breathability in a rubber boot.

Try instead waterproof, breathable, fabric membrane wrapped inside a shoe that has pores big enough to allow for air transfer, yet small enough to prevent water penetration. It is much more pleasant to spend hours on end in a membrane lined boot rather than rubber boots.

Labelled 'waterproof' or water

'repellent' they are geared toward the person who will splash in a couple puddles throughout the day. Check out labels such as Goretex as an example.

You also have the opposite of fabric membranes. Some shoes are "supervented". OK.....we made that word up, but there are shoes that are meant to dry almost as fast as they get wet. It is the same idea as "water shoes", only more sophisticated. Because these shoes are so breathable, it does not take nearly as long for them to dry. One example is the Merrell Hydrotrekker.

Another problem with water: It's slippery. So, if you don't want to slip on your boat as

Oh No!!

In Oct, we had 23 patients that failed to attend their appointment! Please do let us know if you cannot attend so we can offer your slot to a patient on our waiting list



Shoes for Wet Weather Environments

(Cont'd from previous page)

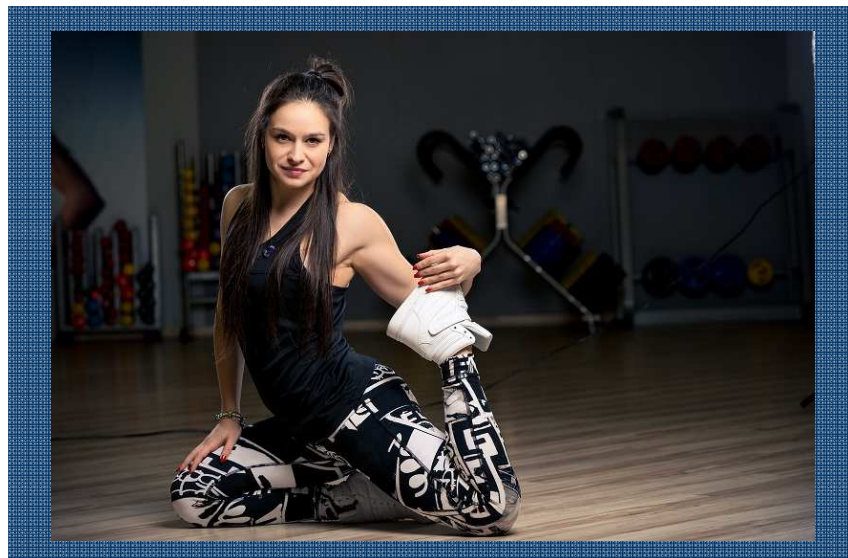
you're docking it, you should use deck shoes (aka boat shoes). Deck shoes are specially designed not to slip on surfaces with water on them, like a boat deck.

The sole of these shoes is designed with small "slits" called siping, running across them. This siping increases the shoes traction on wet surfaces. When you look at the tires in your vehicle, you will see siping for exactly the same reason.

How does siping actually add traction? When there is pressure on the soles, the

slits open up a bit, creating negative pressure which pulls the water into them, giving the rest of your shoe more contact with the surface.

We have found innovative ways to avoid getting wet from water and slipping from water. If you can think of any other downsides to water, then contact a shoe company with a way to prevent it. You will probably make a fortune♦



Peripheral Artery Disease

Peripheral Artery Disease (PAD) is defined as narrowing of peripheral arteries that carry blood away from the heart to other parts of body. The most common type is lower extremity PAD leading to decreased blood flow in the legs and feet.

Risk factors of PAD include old age, high cholesterol levels, high blood pressure, type 2 diabetes, smoking, and obesity.

Peripheral Artery Disease (Cont'd from previous page)

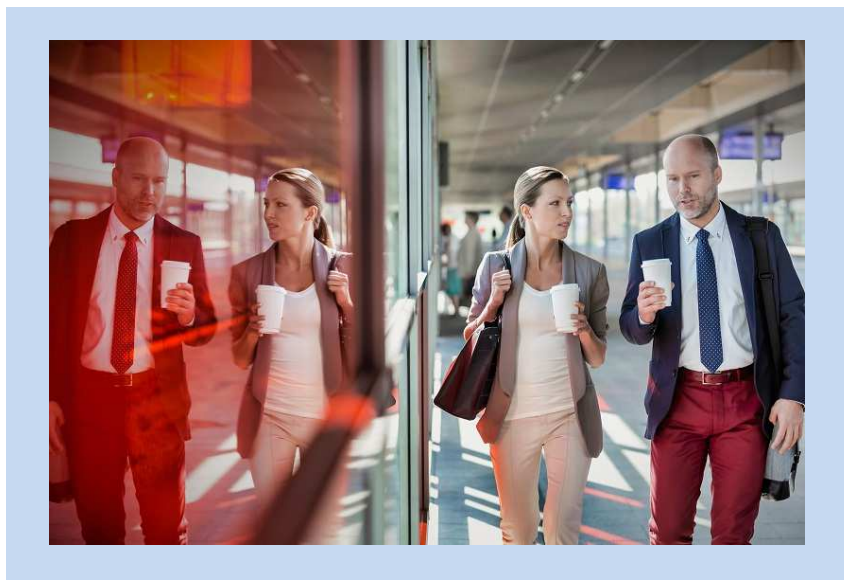
Symptoms:

- In many people with PAD, there are mild or no symptoms at all.
- Many people experience cramping in legs while walking, called “claudication”. Claudication is triggered on walking but relieved at rest.
- Pain or cramping in hips, thighs and calf muscles after certain activities
 - Leg numbness or weakness
- Cold extremities

Diagnosis

A physical examination could be conducted to check if there is a weak or absent pulse below the narrowed artery, and poor wound healing where blood flow is decreased. A blood test could also measure lipid levels and check for diabetes.

Other diagnostic tests include ultrasound, ankle-brachial index (ABI), angiography and catheter angiography.



Treatment

The first treatment option involves prevention, which is modifying your lifestyle.

You should aim to eat a healthy diet and maintain a healthy weight. Try to exercise regularly, such as by walking for an average of 20 minutes daily.

Regularly monitor your blood cholesterol levels. If you are diabetic, monitor your blood sugar levels. If you experience high blood pressure, have this monitored regularly by your doctor. Furthermore, if you are a smoker, you should quit smoking.

Medical management:

Pain and symptom-relief medications could be prescribed, in addition to medication for preventing blood clots. You may also have to go on blood pressure and lipid lowering drugs.

Bypass surgery:

In critical cases, a medical professional would recommend performing surgery to create a path around the blocked artery. This may make use of a blood vessel from another part of your body or a synthetic vessel.

Peripheral Artery Disease (Cont'd from previous page)

Foot care implications

If you suffer from PAD, wound healing is delayed, so foot care is of utmost importance.

- Wash your feet daily. Dry them thoroughly after a bath to avoid infections
- Wear properly-fitting shoes and socks

- Regularly inspect your feet and seek medical help in case of any sore or infection

If you experience peripheral artery disease or cramping in your lower limbs, make sure to visit your podiatric physician soon! ♦



The Footcare Centre

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

Phone:
905-357-0214

E-Mail:
niagara@thefootcarecentre.ca

Web Site:
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.

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

End of year cut-off date - new orthotic orders

Are you planning on getting some new orthotics before your healthcare plan year end?

If so, please be advised that for them to be dispensed before December 31st, then the cut off date for new orders will be:

**Monday December
6th, 2021**



Like / Follow us.....



www.facebook.com/footcarecentreniagarafalls



<https://twitter.com/footcareontario>

Attribution: All images are from Yay Images.