

Monthly Newsletter

Free please take a copy



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Accepting new patients

Contact Your Foot

Specialist/Chiropracist:

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Bone Health

Bones are an important part of the human body, playing many roles, like providing structure, storing calcium, and protecting organs. We need to build strong and healthy bones at any stage, from childhood to old age.

This is because bones can become fragile and even damaged from small injuries if not taken care of. Furthermore, bones usually become weaker and less dense as we age.

Why Is Bone Health Important?

Everybody needs strong bones to stand upright and keep us on our feet. We also need healthy bones to move around, protect organs, and store nutrients and minerals that help us stay alive. Humans run a risk of pain and fractures without proper bone health.

Bone health is crucial as we grow older because bone strength slowly decreases, leading to osteoporosis.

Signs Of Poor Bone Health

Here are some signs that indicate poor bone health:

- Stooped posture and loss of height
- Unexplained back pain
- Broken bones due to minor falls or small injuries

Why Does Bone Weaken?

Several factors can cause bones to weaken, such as:

- Heredity (genetic reasons)
- Low amount of calcium in your diet
- Inactive lifestyle
- Regular tobacco and alcohol use

Oh No!!

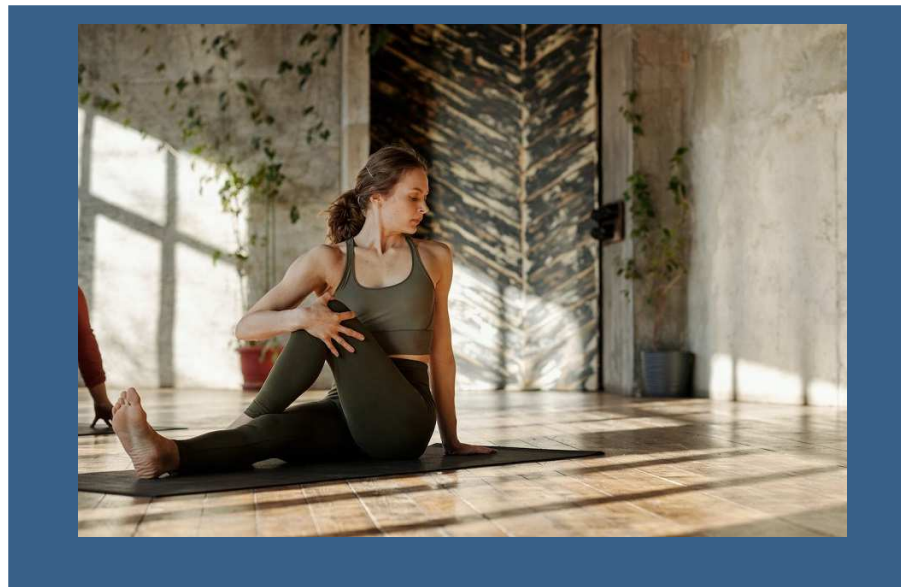
In Oct, we had 23 patients who failed to attend their appointment! Please do let us know if you cannot attend so we can offer the slot to a patient on our waiting list.



Bone Health

(Cont'd from previous page)

- A small body frame, or someone who is extremely thin
- Hormone levels in the body. Bone loss can increase when there is too much thyroid hormone or when estrogen or testosterone hormone levels change.
- Prolonged use of certain medications, including corticosteroids, amongst others.
- Having eating disorders and other conditions can weaken the bone
- Old age
- In addition, both sex and race can play a role in the likely development of osteoporosis.



Tips For Healthy Bones

There are several steps that you can follow to slow down bone loss. Some of them are:

- Extra healthy mixed diet including sources of calcium and vegetables
- Try to engage in types of exercise that will help strengthen bones like weight-bearing exercises such as walking
- Ensure you maintain a stable weight to preserve bone density
- Reduce consumption of alcohol and cease smoking ♦

New operating hours – From January 2024

We would like to advise that from January 2024, The Footcare Centre will be operating new opening hours.

We will now be open as follows:

Monday 7:30am – 5:00pm

Tuesday 7:30am – 5:30pm

Wednesday 7:30am – 5:30pm

Thursday 7:30am – 5:00pm

Friday Closed

This means that we will be open 30 minutes earlier Monday through Thursday and will now offer later appointments on Mondays, Tuesdays, and Thursdays as well.

These new times take effect from Tuesday January 2nd, 2024.



A personal note from Anthony Nguyen - Chiroprapist

As some of you may already know, I will be moving onto Toronto in the next chapter of my career and professional development. I just wanted to take a moment to express my deepest gratitude to The Footcare Centre Team for being there for all my questions and concerns when I started practicing. Moreover, I am grateful to have had the opportunity to gain and learn invaluable clinical experience, knowledge and mentorship from both my fellow colleagues, Stuart Berry and Diane Le.

During my time here, I have learned so much and grown both personally and professionally. Working at the Footcare Centre was not only instrumental to my professional development but was also filled with fun and laughter with the team and all the patients. If I could express working at The Footcare Centre in one word – that word would be “Family”. Since no matter who you are, you will always



feel welcomed and cared for when you are in this clinic.

As I move forward in my career, the lessons, experiences and all the people I have met along this journey will undoubtedly serve me well.

A personal note from Anthony Nguyen – Chiropodist (Cont'd from previous page)

To all my patients, I am thankful for the trust and confidence you placed in me and the opportunity to allow me to treat your foot conditions and concerns. Although I am moving forward, I know that all your feet will be in good hands with The Footcare Centre Team.

Team Social

Every three months it is the turn on one team member to organize a team social after work. This time around it was Carol's turn.

She arranged for us to go to Nightmares Fear Factory on Victoria Avenue. This a walk through, psychological haunted house attraction. We think the pictures tell their own story 🤪

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



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