

# Monthly Newsletter

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Have feet, will travel!

**Contact Your Foot**

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## Clueless About Calluses?

Do you put a lot of miles on your feet? Walking around in bare feet is a sure fire way to put your delicate foot at risk. A sharp rock is all you need to experience trouble!

The bottom of the foot, where the arch is, is one of the most tender and sensitive areas of the foot. People are ticklish in this area, and you will hardly ever find a callus on the arch of the foot.

The heel? Sides of the toes? Front toe area? These are callus hotspots, the places where the skin gets rubbed against your shoe or other type of footwear.

### What exactly are calluses?

Calluses are thickened and hardened parts of the skin, which have been subjected to friction.

People who wear large work

boots will often get calluses on their feet, as will women who wear heeled shoes, and other fashionable footwear types which regularly work new areas of the foot.

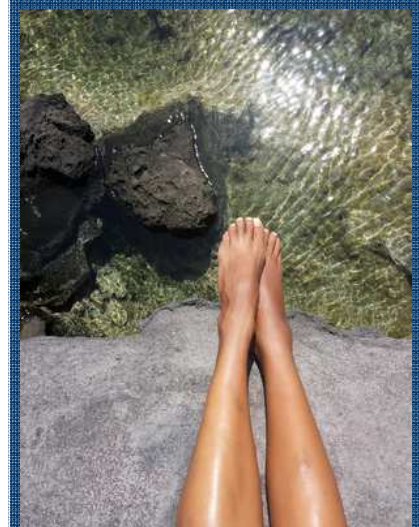
Calluses are formed as a natural defense mechanism- When your skin comes under pressure or friction, it thickens to protect the underlying tissues.

### Managing calluses

So, how does one go about dealing with these calluses?

Here are some things you can do to manage your foot calluses so that your skin will become less painful or problematic in the usual callus zones.

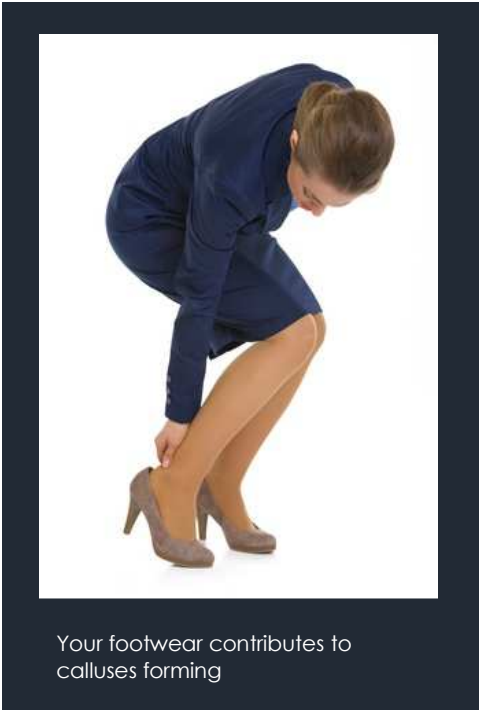
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Overcoming wear and tear...

## Clueless About Calluses?

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1. Lube it up. Grab some quality hydrating foot cream (called emollient) and rub it into your hard spots. This will help the skin restore itself before hardening into a brittle patch. Ask us for the emollient we stock!

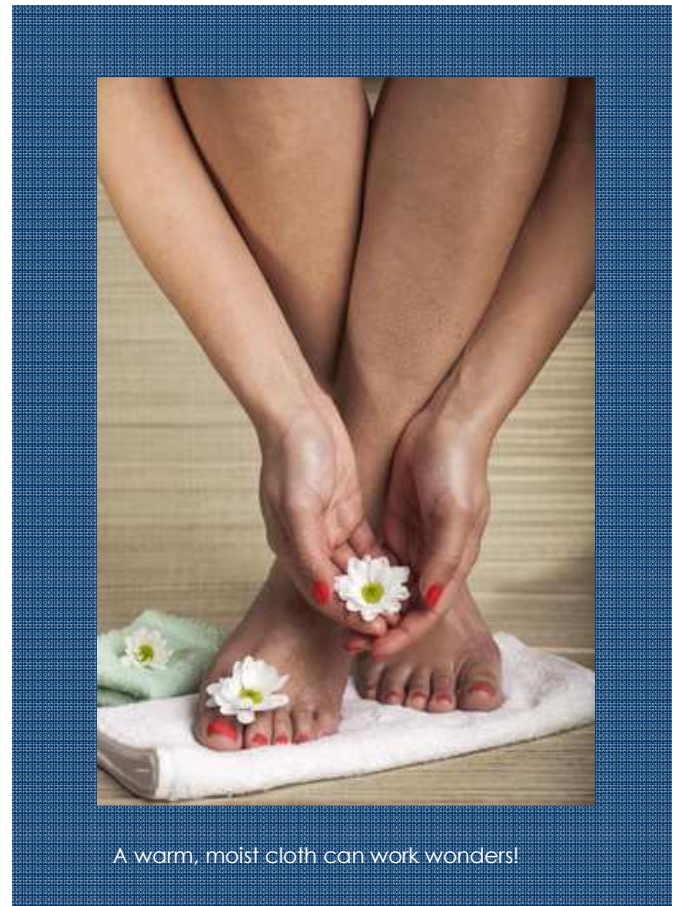
2. Use a nail file and start grinding the dead skin away. Run the file back and forth along the hardened skin to wear away the callus. Not taking enough skin off? Use a bigger foot file. Do not cut or peel of calluses or use callus remover.

3. Change your shoes. Use a different pair of shoes that have depth, width, cushioning and a fastening. The sensitive areas do not get irritated by the shoes and cause friction or pressure

Many gladiator sandals flip flops, tight or overly loose styles can cause cuts or friction on the foot when walking distances or performing strenuous activities.

4. Revitalize intact skin by using a warm or cool compress, aloe vera and some soothing foot cream.

Try this a few nights in a row, and your feet will be feeling as good as new in no time! ♦



## Toenails!

Many people have toe nails of varying lengths. One of the things your podiatrist might advise is that you should keep your nails trimmed to an adequate length.

Cut them too short and your nails might bleed; let them grow too long and they might cut your socks or scratch.

The following are tips to keep in mind if you wish to avoid discomfort.

### 1. Find a nice toenail clipper.

Use the right size clipper or nipper. Since nails tend to be quite brittle, it is important to find a wider clipper for bigger nails rather than a small finger nail clipper. You can get these at the pharmacy.

An alternative to a clipper is a straight edged nipper. Just make sure you trim straight across and do not cut down the sides of the toenails. Don't poke, pick or tear nails – rather manage them properly. Remember, if you struggle or have medical problems like diabetes, chiropodists are here to help.



You'd certainly want to avoid accidents with toe nails!

### 2. Use Nail Scissors

Nail scissors are special small black scissors that are designed to trim the toenail.

Remember not to cut down the sides of your nail, rather following the contour of your toe or cutting straight across.

### 3. Use a Nail File

Once you have the clipping and trimming done, simply use a nail file or emery board to prevent snagging and smooth off rough edges. Gently round any sharp corners.

Remember if you have any problems after managing your toenails, chiropodists are here to help.♦

## The Footcare Centre

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



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## Teaching old dogs new tricks!

Continued professional development or education (CPD or CPE for short) is something all medical practitioners commit to each year to enhance their clinical practice.

Since fully qualifying as a UK podiatrist in 1997, Stuart has subsequently had 18 years of CPD under his belt. An ongoing uk podiatry registrant and Ontario chiropractor registrant Stuart continues to review, revisit and enhance his skills.

CPE can take different forms, from keeping abreast of latest advances by reading professional publications and research, attending meetings and symposia, attending courses or workshops or being a delegate at one of the many podiatric conferences or conventions.

Later on this year Stuart will be a delegate at the Canadian Federation of Podiatric Medicine conference in Ottawa and will attend an awards ceremony at the College of Podiatry Conference in the UK.

So what do you call a group of foot specialists? A *pod*? As in a 'pod' of whales? That one kind of fits.

Saturday 19<sup>th</sup> September saw Stuart at The University of Guelph with a "pod" of other chiropractors / foot specialists. The University of Guelph is renowned for its Human Anatomy Outreach Program. According to the program it "impacts an immeasurable number of patients and members of the community, who benefit from their health care providers' participation in this unique educational experience".

Certainly CPE impacts immeasurably on clinicians too – it revitalizes them and keeps them current and up-to-date. Therefore CPE benefits clinicians and patients alike. CPE truly is a win-win!

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