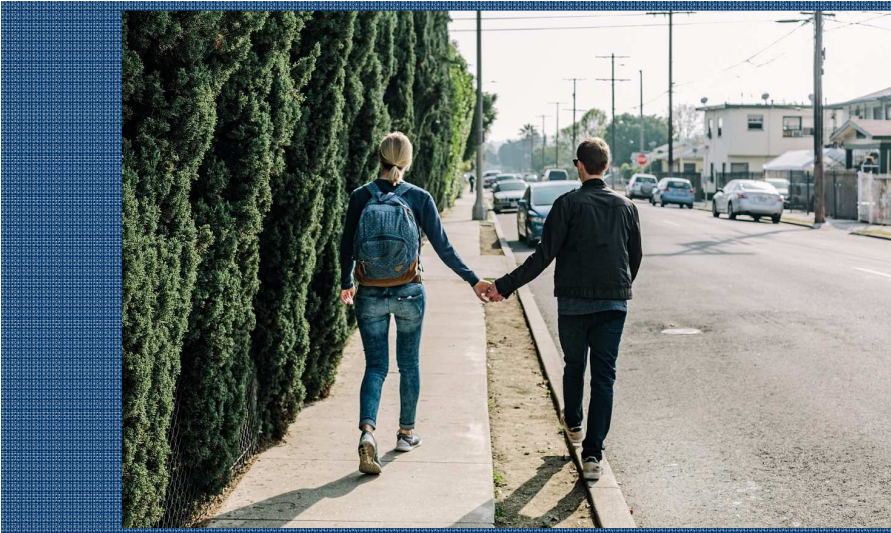


Monthly Newsletter

FREE – PLEASE TAKE A COPY



Contact Your Foot
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Doh!

*In September we had 11
patients that failed to
attend their
appointment!*

Lifestyle and its Effects on Foot Health

Our feet are responsible for carrying our body weight carrying 1.5 times our body weight walking and 3 time running and so some of the factors that can cause harm to our feet include lifestyle or being overweight.

Obesity is a state of increased adipose or fat tissue mass that may have adverse effects on health. A combination of excess calorie intake vs energy output can cause accumulation of fat amongst other causes. There may also be environmental, social or medical factors.

Gaining more weight than usual adds pressure to weight bearing body parts such as lower limbs and feet. As a result, it places a lot of stress on the structures of the feet increasing their chance of wear and tear.

This may also cause foot changes in the long run. A person may feel foot pain due to inflammation of joints, fascia, ligaments or tendons. Oedema may also develop due to changes to lymphatics or veins.

Help is at hand!

To help prevent or treat associated problems – including sore feet! - there are things your foot clinic and health team can help with, combined with your mindfulness towards lifestyle modifications including diet and exercise.



Lifestyle and its Effects on Foot Health (Cont'd from previous page)

Everyday good habits can include recording diet patterns, and having a diet diary to help stay “diet aware”.

Such food-related behavior can be self-monitored (such as avoiding fast-food, eating small but more frequent meals, eating a full breakfast) to steer behaviour and control away from unhealthy food content.

Aim to build regular, routine exercise into weekly lifestyles, gaining advice from your doctor if you are new to exercise or if you have any medical conditions.

Improving well-being and lifestyle quality will undoubtedly help preserve foot health. Let's plan for feet for life! ♦



Blood Sugar and Foot Health

Cases of diabetes are increasingly growing worldwide. This disease affects multiple systems, including our feet.

Diabetes Mellitus is a metabolic disorder characterized by increased blood sugar either due to insulin deficiency or resistance. This disorder causes neuropathy, particularly numbness on the extremities.

Increased blood sugar also affects the circulatory systems, leading to impaired blood flow. Glucose in blood also increases chances of increased microorganisms, once there is a break on the skin.

The foot is often placed at risk if not cared for. Sometimes injuries are unnoticed due to the numbness of neuropathy. Poor healing may occur as a result of poor circulation, and the build-up of microorganisms may place the foot at risk of infection.

Diabetic Foot Care

These are the following foot care steps that you need to observe if you are diabetic:

1. Keep your blood sugar at a normal range by adhering to your medical and diet regimen.

Blood Sugar and Foot Health (Cont'd from previous page)

2. Inspect your feet everyday - check whether there are cuts, blisters, colour changes or swelling. Also check for any change in temperature. These are warning signs that you should seek help!
3. Wash your feet daily and be sure to keep them dry, particularly between the toes.
4. Keep it soft and smooth by applying a thin layer of lotion on the top and bottom. Avoid putting lotion in between your toes.
5. Trim your toenails weekly if you have been advised it is safe to do so.



6. Wear supportive, fastening shoes and socks daily, as this will protect your feet. Make sure that the lining inside the shoe is smooth and that no other objects are present inside.
7. Wear clean socks at night if your feet are cold and wear shoes even on hot days.
8. Keep your blood circulating by wiggling your toes and feet for 5 minutes, 2 to 3 times a day. Avoid crossing your legs and put your feet up when sitting or lying on your bed. Quit smoking.
9. Have your feet checked regularly by your health care provider.

Summary

If you have recently been diagnosed with diabetes, be sure to check with your health care provider about changes you need to make to your lifestyle. Protecting your feet is also important to prevent major problems in the future! ♦

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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*



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Ingrown Toenails

The Footcare Centre is pleased to be a centre of excellence for foot care and all different types of ingrowing toenails.

Different types of ingrowing toenails? Really? How many types of ingrown nail can there be?

Well, we thought we would shed a bit more light on the subject since each day is no exception with respect to assessing and treating sore toenails. Now that fall is approaching, changes in activity and footwear can certainly trigger nail problems.

So, what are the different types of ingrown nail seen or treated?

Well let's start with the curled nail edge – the involuted nail. This form of ingrown nail may not have punctured the skin, but has an over-curvature to it. The over-curvature causes a painful ingrown nail shape.

Plicatured nails are similar to an involuted nail, though the shape often resembles a block of staples, with one or both edges of the nail curled sharply to a 90 degree angle to the flat nail plate surface.

Pincer nails are aggressively curved and to look at this nail from the end it might look as though it is trying to loop the loop on itself as it pincers the toe beneath.

All of the over-curvatures above are painful nail deformities – especially when compressed by shoes, tight clothing or bedding.

And yet it is onychocryptosis – a toenail which has punctured the skin to cause a 'truly' ingrown toenail.

Do not be dismayed if you have a painful nail, treatments are available! On-the spot treatment can often be undertaken painlessly, or numbing medicine such as local anaesthetic can be used.

More long term methods to treat curly, painful or ingrown nails are available in-office including matrixectomy of the offending curly nail edge.



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