

Monthly Newsletter

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Contact Your Foot

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Oh No!!

In Sept, we had 10 patients that failed to attend their appointment!

Diabetes Foot Problems

Diabetes is widely prevalent worldwide and it carries several risks and complications. It damages almost all the organs and systems of the human body. Foot problems are a common first symptom to get noticed in a diabetic individual. People with uncontrolled and undiagnosed diabetes are at a greater risk of developing serious complications.

One type of foot problem arises as a result of diabetic neuropathy (progressive damage to nerves in the foot) which leads to loss of sensation in the foot or tingling, numbness and paresthesia.

In such a case, when a minor cut or laceration develops it may go un-noticed as nerve sensation is weakened. Also 'pressure' on toes or the soles of the feet caused by ill-fitting

shoes or irregularities with weight bearing often highlighted by callus or corns can lead to non-healing tissue damage called foot ulceration.

Diabetes is also associated with abnormal blood flow and changes in shape of the foot, in addition to abnormal sensations.

Skin changes are common in diabetes. For many diabetes sufferers, the skin of the feet become dry and scaly. It peels off more easily, as the nerves that maintain normal moisture are weakened.

Diabetics should keep their skin hydrated with a quality foot cream, avoiding between the toes. Calluses on diabetics (on the pressure areas) may progress to an ulcer, and should not be ignored.



Diabetes Foot Problems

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Ulcers are common among diabetics and may be found anywhere such as the ball of the foot or bottom of the big toe. Although ulcers are painless in almost all diabetics, they need **prompt** consultation as they may get infected which may ultimately require amputation (surgery to remove the infected part).

Poor circulation in diabetics prevents normal healing of wounds and ulcers. This in combination with infections can lead to

death of living tissues which needs debridement (removal).

If you are suffering from diabetic feet, it is important to arrange a prompt consultation with your chiropodist / foot specialist. This is essential for managing or preventing serious complications associated with diabetes. ♦



Common Foot Diseases

The human foot is a complex structure made up of around 26 bones, 33 joints, 42 muscles, and a minimum of 50 ligaments and tendons working in harmony to help you move from one place to another. Your wondrous feet are skilled with handling hundreds of pounds of force as well as your weight in motion each day.

However, the burden of performing crucial function of locomotion puts the feet at risk of getting diseased or injured - perhaps more so than other parts of the body.

Several diseases can affect feet from the skin superficially to structures deeper inside them.

Common Foot Diseases

(cont'd from previous page)

Some of the most common foot problems are mentioned here:

Pustules and Blisters:

They are a common entity especially among the runners and they most commonly affect heels, toes and balls of the feet.

They may result from prolonged friction that produces a shearing force in between the layers of skin and as the layers of skin separate they get filled with fluid or blood

causing a painful blister. Blisters may become infected causing a pustule.

Fungal and bacterial diseases such as Athlete's foot:

Athlete's foot is an itchy dry lesion which is commonly found in-between the toes. Patients often complain of a burning itchy sensation which gets very annoying while running.



Athlete's foot or 'tinea pedis' can also occur elsewhere on the foot in the form of a scaly rash or small pustules that may spread all over the arch of the foot.

Fungal infection can also affect nails causing them to become brittle, thick or discolored.

Ingrown toe nails:

They are common and are caused by abnormal growth of nail sides which may be torn inside skin and get infected. Proper cutting of nails can help prevent this condition.

Plantar fasciopathy (plantar fascial disease):

Plantar Fasciitis is a common cause of heel pain in runners. Plantar Fasciitis is described as an inflammation of the Plantar Fascia (a fibrous sheath that runs most of the length of the sole of foot), that most often occurs at the site of attachment of the fascia to the heel bone.

Pain of Plantar Fasciitis commonly occurs over and inside of the heel and radiates downwards towards inside of the sole of foot. Pain occurs with the activity (activity dependent) and is most severe in the morning while taking first steps of the day, improving slightly during the day and worsening again by the end of the day. Plantar fasciitis may evolve into plantar fasciosis if untreated.

Common Foot Diseases

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Ankle sprains and muscle aches

Twisting, rolling or turning of the ankle while walking or running when the foot is planted can result in ankle sprain, often caused by planting awkwardly or on an uneven surface. This is one of the most common musculoskeletal injuries. It leads to a tearing or awkward stretching of ligaments in the ankle area.

If you experience any of these foot problems or diseases, feel free to consult us on the best ways to remedy or manage them! ♦

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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



Direct insurance billing – coming soon!

We will soon be able to offer direct billing to a number of insurance companies for **Office visits** to The Footcare Centre. This is part of the service offered by Telus Health on the e-claims portal. The insurance companies that participate in this service are:

- Chamber of Commerce Group Insurance Plan
- CINUP
- Cowan
- Desjardins
- First Canadian
- Great West Life
- Industrial Alliance
- Johnson Inc
- Maximum Benefit or Johnson Group



If you have extended health insurance with any of these companies, then please speak to us about how we can submit your claim before you leave the office.

In order to qualify for this service, there will be a few forms to complete. We anticipate this service being available from December.

(We will be unable to offer direct billing for orthotics or surgeries – these will still need to be submitted direct to your insurance company on paper).

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