

Monthly Newsletter

Free please take a copy



Oct 2019 | Issue Number 53



Accepting new patients

Contact Your Foot
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Early Symptoms of Rheumatoid Arthritis

What is Rheumatoid Arthritis?

Rheumatoid Arthritis (RA) is a disorder that causes chronic inflammation of joints. This condition starts out with minor symptoms that come and go, typically on both sides of the body, that then progresses over a couple of weeks or months.

The symptoms of this condition vary from one person to another and can change daily. Short periods of RA symptoms are known as flare-ups, and the ones in inactive periods, when they're not that noticeable, are known as remission.

Early Symptoms of RA Fatigue

Before you start to experience any of the other symptoms that we'll mention later, a person with RA could feel really tired and lethargic. It is possible for

them to feel depressed.

When one feels fatigued, it may affect one's relationships, everyday activities, sex drive, and productivity at work.

Weight Loss

Another warning sign of RA is unexpected weight loss, which could be due to the indirect effect of inflammation. When one is feeling fatigued and feverish, they could lose their appetite, resulting in weight loss.

Slight Fever

Inflammation that comes with RA could cause people to feel feverish or unwell. They could have a slightly raised temperature, which may be an early sign followed by fatigue.

Oh No!!

In Sep, we had 28 patients that failed to attend their appointment!



Early Symptoms of Rheumatoid Arthritis

(Cont'd from previous page)

Morning Stiffness

This is often an early sign of arthritis. Stiffness that lasts for a couple of minutes is typically a sign of osteoarthritis, which is a wear and tear type of arthritis that could get worse over time if not treated properly.

Stiffness that lasts for over 30 mins is a sign of inflammatory arthritis and is typical of RA. You may still feel stiffness even while napping or sitting down.

Joint Stiffness

Stiffness in one or any of the other smaller joints in the hands and feet, is a common

early symptom of RA. This can happen at any time of the day, whether the affected is active or not.

Usually, stiffness occurs in the joints of the hands. Although it starts slowly, it can also start suddenly and affect several joints over the course of a day or two.

Managing the Condition

If you experience any of these early symptoms of Rheumatoid Arthritis, consult your chiroprapist as soon as possible. He/she will be able to help manage your condition and prescribe a suitable treatment plan for you. ♦



5 Health Benefits of Hiking

Hiking is one of the most popular and exhilarating activities to do in your free time. It doesn't just help you get away from everyday troubles of urban living and to explore the wilderness- it also contributes positively to your health in a number of ways. Some of them include:

5 Health Benefits of Hiking (cont'd from previous page)

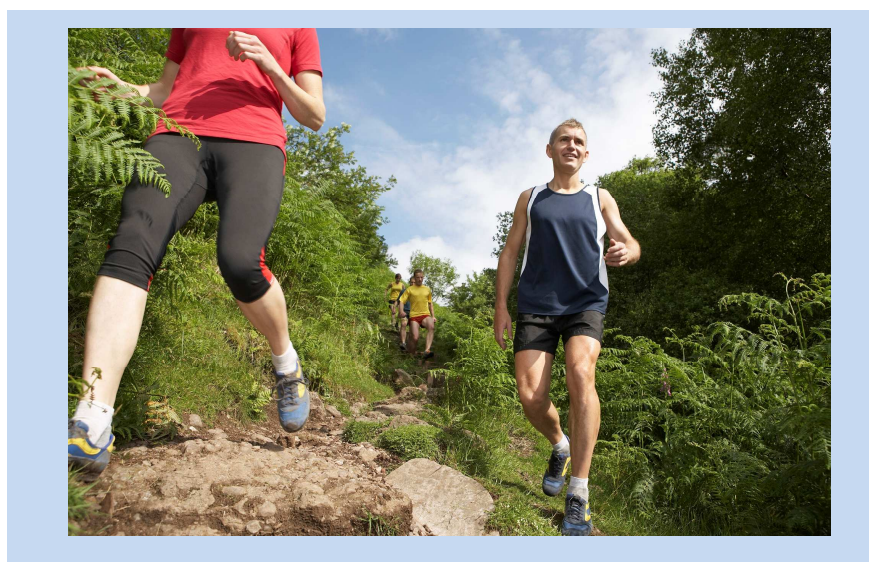
1. Boosts Fitness

Just one hour of trekking can burn over 500 calories, depending on the height of the incline you're on and how much load you are carrying.

Hiking trails are actually softer on one's joints compared to concrete or asphalt, making it much easier on your knees and ankles compared to running.

2. Tones Your Entire Body

Regular walking may get your glutes in shape, but using trekking poles to cross great distances, take on sharp inclines, and vault over rocks provides your body with an all-in-one workout routine. Your entire body will be working out, especially the hamstrings, quads, and glutes. And if you're carrying a bag, you would also improve the strength and endurance of your upper body.



3. Reduces Blood Pressure and Cholesterol

Regularly hiking on the trails reduces one's cholesterol and blood pressure, thereby decreasing the risk of diabetes, heart disease, and stroke.

4. Take Control of Your Workouts

You can make up your own workout routine with hiking. Do you wish to take a steep trek up a mountain or perhaps a gentle incline, slow and scenic trail? You can set your own pace and distance depending on your fitness level and condition.

5. Aids in Preventing and Controlling Diabetes

Regular trail hiking also helps you lower your blood sugar levels, where you can control or even prevent the development of diabetes. When you go hiking, the glucose in your body gets burnt to produce energy.

If you have not tried hiking before, why not try hiking with friends soon? Just a word of caution though- Do not go hiking alone, so that in case of emergencies, your partner will be able to call for help. ♦

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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.

Note our new opening hours on a Wednesday.
8:00am – 6:00pm

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



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www.facebook.com/footcarecentreniagarafalls



<https://twitter.com/footcareontario>

Patients failing to attend appointments

You will probably have noticed on the front of our newsletter that we had 28 patients who failed to attend their appointments in the month of September. This is despite us offering a courtesy reminder service.

We remind all patients to give us at least 24 hours notice if you are unable to attend an appointment.



If you do not attend a pre-booked appointment, other patients who may be on our waiting list are denied the opportunity to have their foot needs addressed.

We would like to reconfirm, that it is our policy to bill **in full** for a missed appointment, without the requested 24 hours notice.

We thank you for your help making our diary run smoothly.

Thinking of a different gift idea - Gift cards are available

Did you know that we offer reloadable gift cards?

They are perfect as a gift for birthdays, anniversaries or special occasions.

They can also be used to save for bigger treatments plan.



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