

Monthly Newsletter

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Contact Your Foot

Specialist/Chiroprapist:

The Footcare Centre

905-357-0214

niagara@thefootcarecentre.ca

Suite 302,
Stamford Medical Centre,
4256 Portage Road,
Niagara Falls, ON, L2E 6A4

Web: www.thefootcarecentre.ca

Burning Foot Pain

There are several reasons for burning foot pain. Often the cause is nerve-related. When it comes to nerve-related burning pain (also known as neuropathy), there are 2 main types: compression neuropathy and systemic neuropathy.

Compression neuropathy involves a nerve being pinched in a tight space. This can occur in the low back, in the ankle, or in the foot itself. Examples include tarsal tunnel (pinched nerve in inside of ankle) and Morton's neuroma (pinched nerve in foot). There is typically a biomechanical reason for compression neuropathies, such as overpronation, or something that leads to increased pressure on that nerve. Options for treating compression neuropathies varies, but typically controlling

the underlying biomechanical problem helps. That may involve custom orthotics and/or wearing proper fitting shoes. Sometimes inflammation causes compression neuropathies, so systemic anti-inflammatories such as ibuprofen, electrotherapies such as low level laser or ultrasound, or local anti-inflammatories, such as a steroid injection can be used to treat.

Neuropathy caused by systemic conditions is also common. The most common cause of systemic neuropathy is diabetes. Typically, symptoms are on both feet and symmetrical. Symptoms manifest as burning, tingling, pins and needles and numbness. Discomfort can range from mild to disabling.

Oh No!!

In Aug, we had 19 patients that failed to attend their appointment!



Burning Foot Pain (Cont'd from previous page)

In the case of diabetes, nerve damage is caused by prolonged periods of elevated blood sugar. It can be difficult to treat because there is no 'target area' that is compressing a nerve, thus cannot be treated by correcting biomechanics. Typically, if nerve pain is affecting quality of life, treatment involves medication to reduce the discomfort. Controlling blood sugar can help reduce progression.

Other causes for neuropathy include alcoholism, chronic kidney disease, vitamin B12 deficiency, hypothyroidism, Lyme disease, HIV/AIDS, drug side effects,

chemotherapy, Athlete's foot, Guillian-Barre syndrome, and lupus to name a few.

To determine the cause of burning foot pain, a good place to start is with a chiroprapist. Dermatological, biomechanical and neurological assessment will be performed to determine the cause. If dermatological and biomechanical aetiology is ruled out, often further testing such as blood tests, are needed to determine blood sugar levels and other nutritional deficiencies. Sometimes medical imaging such as x-ray and ultrasound is needed to confirm a compression neuropathy.



Spider and Varicose Veins

Varicose and spider veins are two conditions that come with age. They occur in over 60% of the world's adult population and are characterized by swollen bluish cords or jagged purple lines in the legs.

Varicose Veins

These veins are large, swollen and raised blood vessels that twist and turn. These veins appear normal in color and stick out as if they were tunnels. Although they can appear on any part of the body, varicose veins mainly appear on legs and ankles.

Spider and Varicose Veins (cont'd from previous page)

Spider Veins

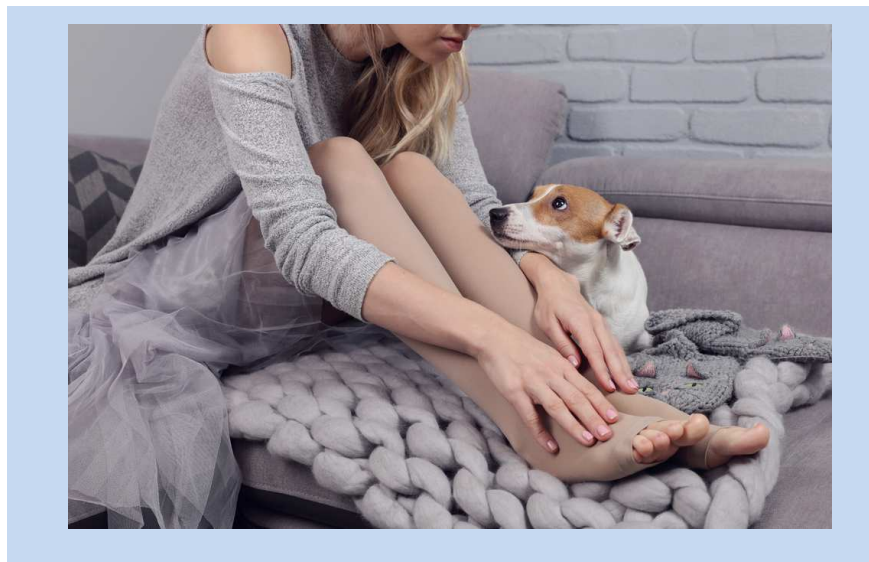
Spider veins are smaller blood vessels that appear red, purple or blue and like varicose veins, twist and turn. Their name is so because of how much they look like spiderwebs. They are also flatter and don't bulge out like varicose veins do.

Symptoms

The symptoms of varicose veins mostly include painful feelings like those of cramping or aching in the legs. Other traits

include restlessness, throbbing, tiredness, tingling, burning, or heaviness in one's legs. Pain can be relieved by wearing compression or elevating the legs.

For women, the symptoms could worsen during their menstrual cycle or during pregnancy. Progressive symptoms include swelling, and darkening of the skin, particularly the ankle area. In severe cases, skin can break down, forming a venous ulcer.



Treatment

Treatment options include:

1. Compression stockings: Proper-fitting compression stockings are a traditional solution to dealing painful and uncomfortable veins.
2. Changes to lifestyle: Another way to treat these veins is to engage in activities of weight loss, walking and maintain good skin hygiene.
3. Endovenous laser treatment: It is a method in which a small laser fiber is

inserted into the affected vein. From there, laser light pulses are administered within the vein, thereby causing it to collapse.

4. Sclerotherapy: This is a procedure that uses a highly concentrated salt solution or a special detergent that is injected into the vein, causing it to collapse and re-route blood flow within three to six weeks.

5. Surgery: Surgical techniques such as stripping (removal of a long segment of the vein) and ligation (tying off of a vein) can treat varicose veins. Another is ambulatory phlebectomy where large surface veins are removed through very small incisions.

Spider and Varicose Veins (cont'd from previous page)

6. Radiofrequency occlusion: This involves inserting a small catheter into the vein which delivers radiofrequency energy into the walls of the vein, causing it to heat, collapse and seal shut.

7. Lasers and intense pulsed light: This requires the use of surface laser or intense pulse light treatments like Vasculight and PhotoDerm.

If you have any concerns about spider or varicose veins, make sure to consult with us soon for the most suitable treatment options ♦

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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*



New website – coming soon

We are excited to be working on a refresh to our website. We hope to have the new site live sometime in September. Below is a screen shot of the home page. Check it out soon at www.thefootcarecentre.ca



Would you be willing to write a Google review about your experience today? If so, please visit:



<https://goo.gl/rN1MEF>

Your feedback is highly appreciated and important to us and we look forward to reading your comments.

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