

# Monthly Newsletter

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**Contact Your Foot**

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## **Oh No!!**

*In June, we had 7 patients that failed to attend their appointment!*

## **What Are the Changes on the Feet Indicating?**

In general, people often do not pay attention to their feet because these are hidden away in shoes most of the time. However, every symptom found there may indicate health problems. You should take note if you see the following signs:

### **Poor circulation**

Problems in the flow of blood can be caused by many factors, such as smoking, obesity, or lack of physical activity. Poor circulation in the extremities can be linked with severe cardiovascular problems. When the blood flow is slower, it can indicate weakness in the heart muscle which does not have the strength to pump blood into the distal parts of the body.

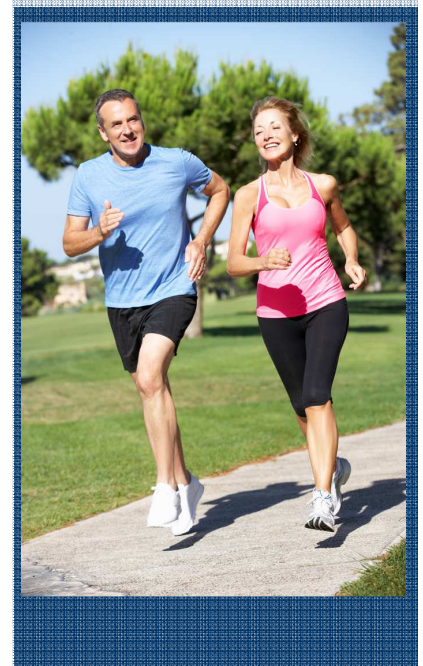
Poor circulation in the extremities occurs when the veins or arteries are compromised making the blood

flow through the organism more difficult. Genetics can be a significant factor, so is high cholesterol levels, excessive consumption of salt during the day, or lack of fibre in your nutrition.

### **The occurrence of wounds**

Due to friction and pressure caused by inadequate footwear, calluses and wounds could appear. Be cautious of an open wound that does not heal for a while, which may be indicative of other underlying problems.

One such problem is diabetes. High blood sugar levels that are uncontrolled for a long time can lead to damaging of nerves or disrupting blood cell function. People with diabetes may get wounds without feeling any pain.



## What Are the Changes on the Feet Indicating?

(Cont'd from previous page)

### Peeling and itching

These unpleasant symptoms may indicate a fungal or bacterial infection associated with improper foot care or may be linked genetically - for example, in the case of psoriasis. Visiting a specialist to help diagnose the problem and commence appropriate treatment should be your first step. If infections are persistent, or dermatological problems go unmanaged, you may find your symptoms worsen.

### Swelling of feet

If this condition is not caused by tight and uncomfortable footwear, and persists, it may indicate water retention. Fluid retention is associated with lack of vitamins, hormonal disorders, and also more serious problems such as the appearance of thrombosis, kidney, heart problems or vascular congestion. If you notice that specific joints swell, it can be a sign of gout or arthritis. ♦



### Foot Swelling

Slight swelling of the foot during the day is normal phenomenon due to the laws of physics which affect our body. If there is no severe health problem, this condition is short-lived and disappears after a period of rest, elevation and removing shoes, a hot bath and some gentle massage.

However, if you notice that your foot is swollen without a physical cause, such as tight footwear, long sitting or standing, it is necessary to visit a doctor who will determine the cause and start treatment.

## Foot Swelling (cont'd from previous page)

These are some conditions in which fluid retention and swelling of the extremities occur:

### Cardiovascular issues

Vascular problems are the first thing to pay attention to. For example, blood clots formed in veins can stop the return of blood from legs back to the heart, causing the ankles and feet to swell. Blood clots can appear on

the surface, or inside the body. Surface clots are blood nodes beneath the skin, while deep clots can block one or more main veins in the legs. This condition is known as deep vein thrombosis.

Anemia is also one of the causes of foot swelling. In the more difficult cases of this blood disorder, lymphatic drainage may be interrupted, and the lymphatic fluid may pool at the level of the ankle.



### Pregnancy

Because of physical changes seen in pregnancy, swelling of feet is a common thing in the second and third trimesters. The edema and swelling are formed because of the fluid retention, more precisely because of the growing uterus which presses blood vessels carrying liquids from joints and feet.

Persistent swelling and the tingling of feet should be monitored by your physician.

### Hormonal disorders

Hormone disorders can lead to the appearance of swelling, with excess dryness associated with a functional disorder of the thyroid gland. Whereas disorders of insulin

production or utilization indicate type I or Type II diabetes, as discussed earlier.

### Liver or kidney illnesses

The improper functioning of these two organs may lead to difficulty of eliminating excess waste products or fluid from the body. Edema can collect in the extremities.

If you're unsure of anything you're experiencing, feel free to drop in for a foot consultation soon! ♦

## The Footcare Centre

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



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## A new Chiropodist joins the team

Why not be one of the first to welcome Foot Specialist/Chiropodist Jake Cahoon to The Footcare Centre!

Jake Cahoon is looking forward to meeting you all and is keen to meet your feet too!

As our office grows and gets busier your appointments will be scheduled with either Jake Cahoon or Stuart Berry and we are excited and privileged to have him on board!

Jake Cahoon has a history of practicing in the foot specialty field since 2011. He has impressed us with his care, kindness and knowledge – a great fit for our team. Originally graduating with honours in Kinesiology from Lakehead University, Jake then went on to gain a distinction in his diploma in Pedorthics.

As a practicing and registered Chiropodist, Jake will join Stuart Berry in treating all your family foot health needs.

Appointments are available with Jake from September 2018, so why not join other in being one of the first to welcome Jake to The Footcare Centre!



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<https://goo.gl/rrcF33>

### Family footcare for all your friends and family, including:

- diabetic care · skin and nail care · foot and ankle pain · ingrown · toenails · nail fungus · plantar warts · orthotics ·

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