



Footnotes

February 2012

My Disney Experience

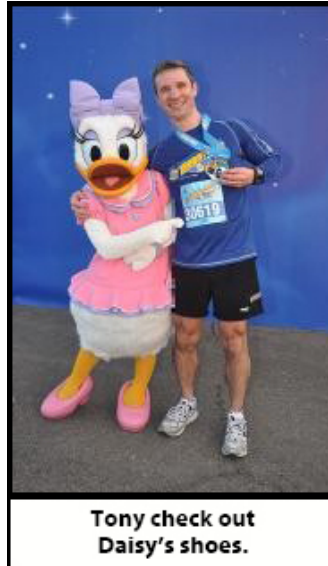
Running my first half marathon in Disney was phenomenal!! Leading up to the race, I could not think of a better place to do a long distance run such as this. Below are my reflections on my adventure.

My morning began at 2:30AM as I had to catch a shuttle bus to the start area. It was crazy busy as 27,000 people were registered for this one race. The bus was delayed and the 20 min walk to the actual start line became a run to get there on time. The crowds, the darkness and uneven surfaces made this difficult. I kept thinking to myself "Don't sprain your ankle."

Finally I made it to "Corral A" where I was slated to start - this was the first group to leave. I was about 100 feet from the actual start line. You can not believe what it is like to turn around and see thousands of people lined up behind you. There were some announcements and then Donald Duck - the official "Conductor" of the race said a few words. The count down started and fireworks lit up the air. The race was on!

I ran along the road and eventually reached Magic Kingdom. A large Christmas tree was just inside the entrance. It was beautiful! I turned the corner on Main Street which was also nicely decorated for the season.

Cheering crowds lined the sides. Cinderella's castle was now in front of me and the lights on it were amazing. This was a highlight for me as I often pictured myself during my training, running out though the castle and knowing this was the half way point. I was totally energized and mesmerized at the same time. I stopped beside the castle to have my picture taken with a Donald and Daisy Duck. Then I charged on!



Tony check out Daisy's shoes.

I was comfortable with the pace that I was running and knew that I would finish between my goal of 1hr 40 min and 1hr 50 min. So I decided to really look around enjoy the experience. I chatted with other runners and I stopped a few more times to have pictures taken with other characters. As I approached mile 11 I could see the end of "Corral H" just starting. I was glad that I was not them!

My legs were feeling a bit tired at this point but I pushed on. As I turned the final corner and saw the finish line I ran as hard as I could. Right before the finish line, I high fived Donald Duck and Goofy and crossed the line in 1hr 46 min. I had completed my first half marathon and it felt great!!

Volunteers wrapped foil blankets around everyone to keep us warm. I picked up my medal, had my picture taken and headed for snacks and refreshments. All the while knowing I would be back to Disney some day to do another run.

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Fibromyalgia-What is it?

Fibromyalgia affects more than 1 million Canadians, but most people don't know what it is. More women than men are affected by it, and it's most likely to begin at mid life. It's the third most prevalent rheumatic disorder in the Canada and can occur along with other rheumatic conditions.

Doctors are unsure of the causes fibromyalgia (FM), but they do know it's a rheumatic syndrome that can cause wide-spread pain in muscles, tendons and connective tissues.

Tender points include the neck, shoulders, chest, elbows, lower back, hips, knees, and shins. Pain can spread out from these points. The degree of pain can vary from minimal to severe and there may be periods of time that are painfree.

Management of FM may include over-the-counter and prescription medications. Self-care and a healthy lifestyle are essential in preventing flare-ups: Reduce stress, avoid overexertion, exercise regularly (tai chi and yoga are helpful), get enough sleep and eat wholesome foods.

Massage therapy can relax muscles, improve range of motion and relieve stress and anxiety.

If you have FM, besides handling pain, you will need to deal with the frustration of having a condition that's often misunderstood. In addition to educating yourself about fibromyalgia, it's helpful to provide your friends and co-workers with information.

Peer support groups have been found to be beneficial. Contact your local arthritis society for more information on support in your area.



Valentine's Day has Mysterious, Romantic Origins

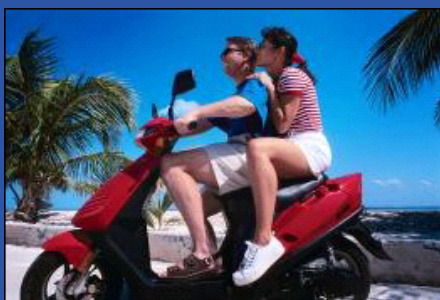
February is the month that we show our love to friends and family members. We exchange Valentine cards or gifts as tokens of caring and love. This month is associated with one of the most romantic days of the year.

Did you Know...

- Its history, however, is shrouded in mystery. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made the best soldiers, he outlawed marriage for young men. Valentine defied Claudius and performed marriages for young lovers in secret. When it was discovered, Claudius ordered that he be put to death.
- According to another legend, Valentine sent the first valentine greeting himself. While in prison, he fell in love with a young girl who often visited him. Before his death, he wrote her a letter, which he signed "From your Valentine."
- Others claim that the Christian church celebrated Valentine's feast day in February to compete with celebrations of the pagan Lupercalia festival, which began on February 15. It was a fertility festival dedicated to Faunus, the Roman god of agriculture.
- In Great Britain, Valentine was one of the most popular saints. Valentine's Day began to be celebrated in the seventeenth century. By the 18th century, it was common for friends and lovers to exchange tokens of affection or handwritten notes. Some years later, printed cards began to replace written letters. They were an easy way to express emotions in a time when direct expression of one's feelings was discouraged.
- In the 1840s, Esther A. Howland began to sell the first mass-produced valentines in America. According to the Greeting Card Association, an estimated 1 billion valentine cards are sent each year, making Valentine's Day

How to avoid 'tourist feet'...

At this time of year, many people are travelling to warmer climates and exploring the many sites that these places have to offer. Here are some tips to help ensure that you enjoy yourself:



1. Wear comfortable shoes.
2. Avoid being on your feet all day. You don't have to see all the museums in one excursion.
3. Don't believe the maps. They make you think you can walk from one attraction to another. Looks are deceiving.
4. Sign up for a tour. You will be driven from one fascinating place to another. That saves time and your feet.
5. Make interesting and frequent rest breaks. Drink plenty of water and try a picnic lunch in the park.



Ask Tony...Question of The Month I am diabetic and am concerned about my feet. What can I do to look after them?

How to Keep Your Feet Safe with Diabetes:

1. **Wear Proper Shoes-** your shoes should be designed to protect and support your feet. Diabetics need this even more than others. Your shoes should have a soft smooth lining with no inner seams. Extra padding is helpful.
2. **Do not wear stockings or socks with tight elastic backs and do not use garters.** Do not wear any socks with holes. Always wear socks with shoes.
3. **Examine your feet daily for redness, warmth, blisters, ulcers, scratches, cuts and nail problems from shoes or other sources.** Look at the bottoms of your feet and check between your toes. If you are unable to reach, use a mirror or have someone else look for you.
4. **NEVER walk barefoot, neither indoors nor out.**
5. **Examine your shoes for foreign objects, protruding tacks and torn liners before putting them on.**
6. **Do not trim your own toenails especially if you have any loss of feeling in your feet.**
7. **DO NOT SMOKE.** It decreases the blood supply to your feet even more!



When Should You Call a Chiroprapist?

- If you are experiencing pain in your feet or ankles that will not go away
- If you have heel pain that is limiting you or making your daily activities difficult
- If you have thick, yellow nails that are hard to cut
- If you are diabetic and have poor circulation or limited feeling to the feet
- If the skin on your feet is severely dry, peeling or cracking
- If you are developing corns, callous or blisters
- If you want to avoid painful bunions and hammer toes like your grandmother
- If you need help finding proper fitting shoes



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