

Footnotes

April, 2012

Sharp, Stabbing Heel Pain in the Morning?

Heel pain has become almost epidemic in our area and throughout Canada and is the #1 reason patients come to see me -- by far. At the Abbott Foot Clinic, we will work with you to design a customized heel pain treatment program that fits your lifestyle and schedule -- whether you are an active baby boomer struggling to enjoy the sports you've always loved, a retail clerk or factory worker whose feet are in constant pain because of standing all day, or a concerned parent worried because your child can't play with his or her friends on the playground because of terrible heel pain.

You may have suffered with heel pain for a long time because you thought the pain would go away on its own. But you discovered that just the opposite happened -- not only did the heel pain not go away on its own, it actually got worse. Even routine things like getting up in the morning and taking a few steps became excruciating.

Patients often ask me what causes heel pain.

Well, let me start by telling you that

most heel pain is not caused by heel spurs, as many people mistakenly believe. Instead, the vast majority of heel pain is caused by a condition known as Plantar Fasciitis.

The Plantar Fascia is a strong fibrous tissue that runs along the entire surface of the bottom of your foot and helps to support and maintain your arches.

With prolonged standing or activity, the excessive tension on the fascia causes the attachment to the heel bone to deteriorate. The outer lining of the heel bone eventually tears away and, voila, you've got terrible pain in your heel.

The good news is that there are several things that can be done immediately for heel pain to get you on the road to recovery. If you're fed up with waiting for heel pain to go away on its own and are ready to re-claim your life, call us now to schedule an appointment. In many cases, we can fit you in on the same day that you call.

*Get rid of your heel pain.
Call today!*

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Connect With Us on the Web!

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Vitamin B12- Not Enough Can Slow Your Thinking

If you're not getting enough B12 in your diet, your ability to think and process information might not be as good as it could be. Doctors at Tufts University say evidence on vitamin B12 and thinking ability have been linked for a long time. Some of the earliest research at Tufts Neuroscience and Aging Laboratory connected low B12 levels to central nervous system problems. A new study reported in the journal *Neurology* shows that a low B12 score is connected with performance in organization, speed of thought and memory. In older people, it also predicted decreased total brain volume. The National Institutes of Health say the richest source of B12 is beef liver, which has eight times the recommended daily value (DV) requirement; 3 ounces of clams have more than five times the daily value.

Other sources of B12 include:

- trout with 90 percent of the DV
- 3 ounces of salmon with 80 percent. 1 cup of plain yogurt has 23 percent
- 3 ounces of broiled sirloin steak has 23 percent
- 3 ounces of tuna has 17 percent
- 1 cup of milk has 15 percent
- 1 large egg has 10 percent.



People age 50 and older are advised to eat foods fortified with B12 or take supplements. At that age and beyond, they absorb less from natural sources. Fortified foods and supplements use a form that is more easily absorbed.

Celebrate Earth Day By Recycling in New Ways!



Here are seven ways to protect the earth by creating less garbage.

- 1) Recycle paperboard. It's the thin cardboard packaging that holds many of the items we buy, like cereal and tissue.
- 2) Recycle more paper. That includes school papers, junk mail, magazines and catalogs. Even window envelopes and colored paper can be recycled.
- 3) Don't put leftover food into the trash. About a third of what goes into the trash is food. Compost it instead.
- 4) Recycle electronics. E-waste is the fastest growing disposal problem in the country. Its components are both dangerous and valuable. Dropboxes for electronic wastes are available at many Home Depot locations.
- 5) Think about how items can be reused. Glass jars are ideal for storing leftovers. Old holiday cards can be turned into gift tags. Sell sporting equipment in a yard sale.

Canada's Earth Day!

Earth Day Canada (EDC), a national environmental charity founded in 1990, provides Canadians with the practical knowledge and tools they need to lessen their impact on the environment. In 2004 it was recognized as the top environmental education organization in North America, for its innovative year-round programs and educational resources, by the Washington-based North American Association for Environmental Education. In 2008 it was chosen as Canada's "Outstanding Non-profit Organization" by the Canadian Network for Environmental Education and Communication. EDC regularly partners with thousands of organizations in all parts of Canada. You can learn more at www.earthday.ca What can you do today to make a difference?



When Should You Call A Chiroprapist?

- If you are experiencing pain in your foot or ankle that won't go away.
- If you have heel pain that is limiting you or making your daily activities difficult.
- If you have thick, yellow toenails that are hard to cut.
- If you are diabetic and have poor circulation or limited feeling in your 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 or hammertoes like your grandmother
- If you need help finding proper-fitting shoes

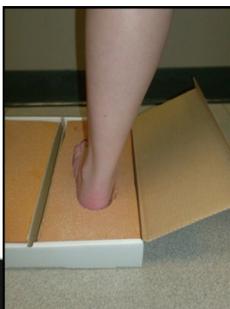
Ask Tony...Question of The Month

How do you do impressions of the feet for custom foot orthotics?

Taking the impressions of the feet is the most critical part of manufacturing custom foot orthotics. After all, how can we make a proper orthotic from a bad impression or cast of the feet?

The gold standard method of casting is to do a non-weight bearing (either sitting or lying on your stomach) with your foot held in the neutral position. In my clinic, I do this using a sophisticated laser scanner. This allows me to place the feet in the position that it will function most efficiently when you are walking or running. Plaster of Paris bandage is also acceptable for this but is messier and requires more of your time.

In my opinion, standing in a foam box is least effective. This will capture the feet in a flat deformed position. When the lab receives the impressions, they will not know what the feet should look like when corrected – so there will be a certain amount of guess work involved. Usually, the orthotics made using this method are lower in the arch and therefore not able to provide your feet with the full correction that they need. Remember...if there is no cast it can't be custom.



Which would you choose?



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SPECIAL OFFER: For every two bottles of Dr.'s REMEDY® Enriched Nail Polish (base, colour, or top coat) purchased from now until May 19, 2012, we'll give you Dr.'s REMEDY® Nail Polish Remover absolutely **FREE!**



Tony's Hike-a-thon: May 12

On May 12, 2012 our own Tony Abbott will be taking the hiking Niagara Escarpment challenge! An escarpment is a long, cliff-like ridge of land or rock. The full length of the Niagra Escarpment is 26 kilometers! The run is a fundraising event for the Clearview Community Coalition; proceeds from the event will help the coalition's legal battle against quarrying the Niagara Escarpment. The run will take place along Canada's oldest foot path: the Bruce Trail. If you'd like to join Tony by taking up this challenge, you don't need to go the full distance. There are many challenges, that accommodate different ages. Help the Clearview Community Coalition by sponsoring Tony!

