



# Footnotes

March 2012

## Avoid Painful, Aching Feet!

You take about 15,000 steps in one day, sometimes more! Throughout your lifetime, you will walk over 100,000 kilometers! The many kilometers that you walk should leave you with feet that are comfortable and healthy, not painful and aching. However, most of us will require extra help to walk all those kilometers comfortably. There are many reasons that you may develop foot pain: heredity, activity levels, body weight, other diseases or conditions, hard surfaces or even injuries. No matter what the cause, **our goal is to treat your condition and alleviate your pain.**

**Most Conditions Can Be Treated Conservatively.** In our office, we are concerned with treating your feet as conservatively as possible. That is to say, we want to treat you without using surgical means. We want to get you back on your feet as quickly as possible. We generally can accomplish this by using simple treatments such as stretching, exercises, taping and proper footwear. One of the most effective treatments we can use to alleviate foot pain are called custom foot orthotics.

**What Are Orthotics?** Custom foot orthotics are molded to be anatomically matched to your foot and they do more than just provide support. They are designed to control the mechanical instability of your feet, much like eye glasses control the instability or weakness in our eyes.

They often help prevent the need for surgery by helping to restore balance and relieve foot fatigue. An orthotic is essential for many common foot and leg conditions.



**How Do You Know if Orthotics Can Help You?** If you have an imbalance such as flat feet or high arches, or if you have misalignments in your legs such as “knock knees”, “bow knees”, in toeing, or out toeing, then you are a good candidate for orthotics. Furthermore, if you participate in an activity that places stress on your feet or if your work requires you to be on your feet for extended periods of time, orthotics will be beneficial.

Orthotics can be used to treat foot, heel and arch pain. They can also be used to treat injuries caused by pressure such as callouses, diabetic ulcers and pressure sores. Many athletes use orthotics to correct abnormal foot function, to prevent sports injuries or improve athletic performance. Orthotics can be used to treat children as well as adults.

If you believe that you have any of these conditions, call our clinic to make an appointment. We will take the time to listen to you, understand your concerns and then offer the best treatment options. The next step is yours!

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Connect With Us on the Web!

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## This wonderful food will help you live longer!!!

Wouldn't it be nice to discover a food that reduces your risk of death from heart disease, infectious and respiratory diseases and, in fact, reduces your risk of death from all causes?

This wonder food exists, and the good news is that you don't have to wait for it to be produced. It's available to everyone and available right now.

It's called fiber, but not just any fiber. The fiber from grains is what offers the magic of a longer life. That's a proven fact.

The National Institutes of Health–AARP Diet and Health Study shows that fiber from grains has the strongest association with reduced mortality. The fiber in vegetables and beans was far less effective, and the fiber from fruit had no life lengthening qualities.

This was just one of the studies in 35 to 40 years of research on grain fibers. The largest study, by The National Cancer Institute, compared the fiber intake of 219,123 men and 168,999 women ages 50 to 71.

Over a 9–year period, those in the highest grain fiber group were 22 percent less likely to die of any cause.

All of this simply means that eating whole–grain bread, cereals and crackers will help you avoid conditions that could shorten your life!



### Ask Tony...Question of the Month

***Q: My husband has a thick yellow toenail on his big toe. What is causing it?***

It is quite possible that your husband has a toenail fungus. Approximately 14% of Canadians are affected by toenail fungus. The fungus infection in his big toe is caused by a tiny organism known as a dermatophyte that infects the nail by growing between the nail and the nail bed. It grows because your feet, socks and shoes provide a warm, dark, moist environment which is ideal for fungal growth. The infection generally starts out as white or yellow streak or spot and if left untreated it might infect the entire nail and can also infect the other nails and the skin. Skin infections are often called athlete's foot. People at risk for fungal nail infections are people in poor health or the elderly, people who go barefoot in public showers, gyms and swimming pools, people with a history of fungal skin infections (athlete's foot) and people with hot sweaty feet. Fungus in the toenails can be very mild to quite severe and generally the worse it looks and the longer you have had it the harder it is to get rid of. There are a number of treatment options available for fungal nail infections such as topical antifungal treatments that you put on the nail daily, oral antifungal pills that you take every day and a relatively new treatment that uses a laser to destroy the fungus. If you suspect your husband has a fungal infection in his toenail then make sure you make an appointment with your chiropodist or podiatrist who can recommend the best treatment option.

## Here's how to dine out with kids, peacefully

When you're going to take your children or grandchildren to a "real" restaurant, here are a few tips on how to arrange a successful event.

1. Choose an established family-friendly restaurant. Some restaurants are meant for adults only. Parents go there to get away from kids for a while.
2. Check the menu in advance if you can. If kids can't get a hamburger, a drumstick, French fries or Jell-O, pick a different place.
3. If an older child wants to order an unusual food from the menu, it's OK. Let the child try it.
4. Bring cleanup supplies. Come armed with moist wipes, plastic place mats and paper napkins. Pick up any food that falls on the table and the floor. Tip liberally to ensure a cheery greeting when you return.
5. Be prepared to entertain your kids when they're hungry and waiting for a meal. Stories about food and how it is prepared may be good choices. Bringing fun activity books, or playing games like "I spy with my little eye" can be a fun way to pass the time until the food arrives.

### More proof that ...

Staying physically active keeps an aging brain sharp.

Previous studies comparing physical activity and brain function were done on healthy people.

Now, two new studies on people with cardiovascular health problems have been completed. The average age of study participants was 73. The 2,809 participants were health professionals who had heart disease or three or more coronary risk factors. They were followed for 5.4 years.

The studies were published in the Archives of Internal Medicine. The researchers' conclusions: Those with total physical activity similar to that of a daily 30-minute brisk walk had a lower risk of cognitive impairment. The more activity they had, the more the rate of mental decline decreased.



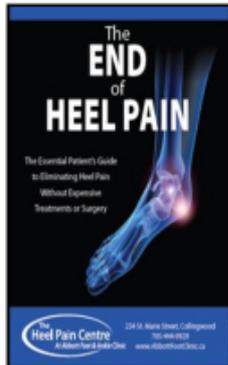
## When Should You Call a Chiropodist?

- 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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[www.theendofheelpain.com](http://www.theendofheelpain.com)

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

### Did You KNOW??

- Your nose can remember 50,000 scents
- Like fingerprints, tongue prints are unique
- A new baby has 350 bones. Because bones fuse together during growth, an adult has only 206 bones
- A pair of feet has 500,000 sweat glands. They could produce more than a pint of sweat a day according to Canadian Federation of Podiatric Medicine



**Fun Body  
Facts!**