

ORVITZ PODIATRY

WINTER NEWSLETTER 2016

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WE ARE HERE TO HELP YOUR FEET
BE THE BEST THEY CAN

ANY QUESTIONS AND TO BOOK AN
APPOINTMENT CALL US:
905-687-4979
OR EMAIL:
futdoc3@hotmail.ca

WINTER FOOTCARE

We've had a very mild fall that it's hard to believe someday soon we will have snow! With snow and cold weather means winter boots and warm socks; this doesn't mean that you should forget about your foot care needs for the winter months - if anything they will need some extra TLC!

It's very easy to forget about your feet with the holiday season approaching. You're busy rushing around and ignore the screams from your feet and figure they just need a break from all the shopping. But now, as well as into the New Year, is the perfect time to take care of your feet. Many foot issues may arise during the colder months as we put our feet back into our boots. Conditions like corns and calluses could become an issue. Heel pain may develop especially when wearing dress shoes to different holiday events.

Don't neglect your foot care needs, book an appointment with your Podiatrist today. Your feet will thank you!

Travel Tips for Your Feet!

With the holiday season and the cold weather approaching a lot of us like to travel for family get-togethers, or just to escape the cold. Here are some tips to keep your feet happy when travelling, as research shows that with inactivity muscles can become stiff and circulation can be hindered.

- move and stretch as much as possible
- flex toes up and down while sitting, and wiggle them
- wear proper footwear that is comfortable and loosen shoe laces if you need to
- stay mobile - move around the cabin of the plane (experts say to move once every hour)
- do some knee raises to encourage circulation while sitting
- wear compression socks to help with circulation, especially if you're on a plane sitting for hours

As always our office continues to provide all your foot care needs. We continue to offer Laser Therapy treatment of fungal toenails, call to book your appointment today.

Call us at (905)687-4979 to make an appointment.

Stevan H. Orvitz and Staff

Common Foot Problems

Athlete's Foot

Is a skin disease caused by fungus which can occur on any part of the foot. This develops when the foot isn't dried properly and the fungus thrives in a warm, moist environment. Remember to dry your feet thoroughly and change socks as needed to keep your feet dry. Also, all fungus conditions are Athlete's Foot - so it is important to seek professional help for correct diagnosis.

Corns and Callouses

Are caused by friction and pressure which results in thickened yellowish skin. They do not have roots and may be due to a bone deformity. They protect areas that have repeated pressure perhaps from improper fitting shoes, or a symptom of an underlying disorder.

Ingrown Toenails

Are generally due to heredity but improper trimming, injury and fungal infections are contributing factors.

Warts

Are often mistaken for callouses. A wart is a skin growth which has a blood and nerve supply of its own. Warts are usually quite painful and tend to spread if left untreated.

Bunions

Are misaligned big toe joints which become swollen and tender. The basic cause is a hereditary weakness of the structure and function of the foot. Ill-fitting or improper shoes may also aggravate the issue.

Heel Pain

Heel pain occurs most frequently when there's too much stress on the heel bone itself, from walking or jumping and landing on hard surfaces or when the Plantar Fascia is inflamed. Inflammation caused by excessive stretching of the tissue may also cause a heel spur.



OFFICE HOURS:

Monday 8:00AM – 12:00PM/ 2:00PM – 4:30PM
Tuesday 8:00AM – 12:00PM/ 2:00PM – 4:00PM
Wednesday 9:00AM – 12:00PM
Thursday 8:00AM – 12:00PM / 2:00PM – 4:30PM
Friday 9:00AM – 12:00PM

EVENING AND SATURDAY APPOINTMENTS MAY BE
AVAILABLE BY SPECIAL REQUEST ONLY

**THE OFFICE IS USUALLY STAFFED DURING LUNCHTIME
12:00PM – 2:00PM. HOWEVER, IF THE OFFICE IS CLOSED AT
THAT TIME, AND SOMETIMES DUE TO STAFFING IT MAY BE,
PLEASE RETURN DURING THE ABOVE HOURS**

We are open between Christmas and New Year's for all your foot
care needs.

December 19th, 20th, 22nd regular office hours
Friday December 23rd – 9:00am-12:00pm
Monday December 26th – BOXING DAY
Tuesday December 27th – CLOSED
Wednesday December 28th – 9:00am-12:00pm
Thursday December 29th – regular office hours
Monday January 2nd 2017 – regular office hours



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