

ORVITZ PODIATRY

WINTER NEWSLETTER 2015

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WINTER FOOTCARE

We know it's hard to believe, but yes, it's that time of year again. The holidays are right around the corner, and so is the cold and snowy weather. At this busy time of year, it's easy to forget about our feet when we're rushing around from shopping to parties in our winter boots. Don't neglect your feet! Any time of year should be a time to take care of your feet, but there is nothing worse than the feeling of dry, cracked, itchy skin in winter. If you have any kind of foot issues from ingrown toenails to fungal infections, don't put off a visit to us. The best way to treat any issue is to start as soon as you notice a problem.

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



TIPS FOR WINTER FOOT CARE:

1. Keep feet warm and dry
 - ◇wear cotton or wool socks –natural fibres keep feet warm as well as allow your skin to breathe
 - ◇make sure to have warm winter boots that don't leak.
2. Moisturize often
 - ◇cold weather dries out skin more than warm weather, this has a lot to do with having the heat on at home
 - ◇moisturize your feet like you would the rest of your body
3. Inspect nails and keep them properly trimmed
 - ◇important step to preventing ingrown toenails, especially in closed-toe boots
 - ◇if your nails are thick or hard to cut or you suspect there is a problem, call for an appointment
 - ◇check nails for fungus, it's easy to miss when your toes are tucked into socks and boots

As always our office continues to provide all your footcare needs. We continue to offer Laser Therapy for 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



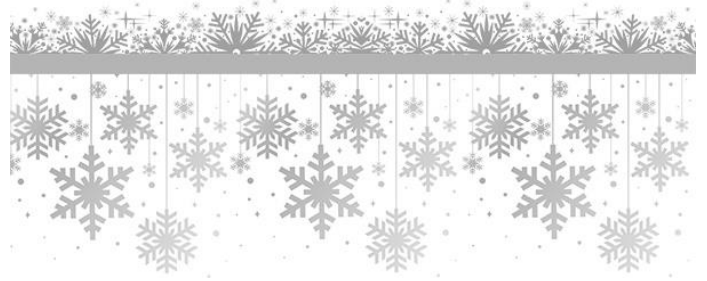
Smelly feet woes...

Foot odor can be quite embarrassing, and a hard condition to treat when you already keep your shoes clean, bathe regularly, and change into dry socks all the time.

Our feet are the most utilized part of our bodies – so it would make sense that they sweat. However, some people have hyperactive sweat glands which produce more sweat – that combined with being in closed boots or shoes with socks can create quite the smelly environment.

Listed are some main causes of smelly feet:

1. Bacteria- that love moist areas, and that eat dead skin cells which produces a gas that creates that rotten smell.
2. Skin infections- hyperactive sweat glands can create skin infections that can cause the feet to smell.
3. Poor hygiene- some people lack proper foot hygiene. Make sure to wash your feet with a good soap and ensure that they are rinsed and dried properly before putting on footwear.
4. Inappropriate footwear- too tight, or certain types of footwear can affect the kind of smell your feet produce. Cotton and wool socks are best to allow your feet to breathe, especially when in thick, warm winter boots.



If you continue to take good care of your feet this winter; they will thank you in sandal season.

If you ever have any concerns with your feet, don't suffer over the holidays, call and make an appointment today.

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We are open between Christmas and New Year's 2015 for all your footcare needs.

Mon. Dec. 21st & Tues. Dec. 22nd – regular hours
Wed. Dec. 23rd – Fort Erie Office
Thurs. Dec. 24th – 8:00am-11:00am
Fri. Dec. 25th – Christmas Day, CLOSED
Mon. Dec. 28th – 9:00am-10:00am
Tues. Dec. 29th – regular office hours
Thurs. Dec. 31st – 8:30am-11:00am
Fri. Jan. 1st/16 – New Year's Day CLOSED



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