

ORVITZ PODIATRY

FALL NEWSLETTER 2017

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Fall News

Fall is here! Even though the temperatures haven't felt like it and we've had summer weather the last few weeks, the cooler weather is coming. Don't find yourself out in the cold without the proper footwear. Ensure that your feet are happy in their shoes, if you're having any discomfort don't hesitate to set up an appointment.

Ingrown toenails and foot pain are common ailments when the weather forces us to put our shoes back on, we start to notice our foot problems more. Don't wait for this to become a bigger problem, call to make an appointment to have your feet checked

Make your feet a priority before the holiday season approaches and you'll be well on your way to having happy feet for the New Year.

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

What Are Bunions?

Bunions are a bony bump that forms on the joint near your big toe. They form when your big toe is pushed up against the toe next to it causing the joint of the big toe to be strained. This can be caused from a genetic predisposition to bunions or by wearing tight shoes that are too narrow for your foot. The bunion forms due to a misalignment of the joint. Bunions can cause severe pain, since all your weight is on your feet this causes stress on the toe joint especially when walking. The bursa (fluid sac) is located beside the joint and can become filled and inflamed causing more pain, swelling, and discomfort.

As always, our office continues to provide all your footcare 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

Who Can Develop Bunions?

Women are at a higher risk of developing a bunion than men due to footwear choices. Unlike men, women tend to wear tight fitting footwear like high heeled shoes, or footwear that is too narrow for their feet.

Bunion Symptoms

- Bulging bump on the outside of the base of the big toe
- Swelling, redness, or soreness around the big toe
- Corns and calluses can develop where the first and second toes overlap
- Persistent or intermittent pain
- Restricted movement of your big toe due to arthritis

How Do I Know It's A Bunion?

How do you know whether you have a corn, callous or a bunion? Ask your Podiatrist at your next visit. They are able to determine through a physical assessment of your foot whether you have a bunion or not. An x-ray is one way to confirm that a bunion is present.

How To Manage Bunions

A simple plan of action when it comes to bunions is wearing shoes that are on the looser side. The pain may be managed with anti-inflammatory drugs. However, as with anything with your feet, check with your Podiatrist first. There are options before reverting to bunion surgery.



New Product Alert!

We are now carrying a new line of shoes! Apex Footwear.

Apex Foot Health Industries, an OHI company, enjoys a 60-year reputation for designing and manufacturing the finest foot health products available anywhere. Our research and development team constantly explores and tests new ideas, technologies, and materials to help improve the way people feel on their feet. Our comprehensive line of men's and women's footwear provides superior comfort and protection in fashion-forward styles.

Formerly the medical division of Aetrex Worldwide, Apex Foot Health delivers the same industry-leading construction, finest materials, and exceptional comfort that customers have come to expect, plus a fresh and exhilarating focus on style that they'll absolutely love.

<http://www.apexfoot.com/about-us>

Ask about these shoes at your next visit.
They are on display in our office.



Call to make an appointment
905-687-4979



As always our office continues to provide all your footcare needs. We continue to offer Laser Therapy for treatment of fungal toenails and wart removal, and MLS Laser Therapy for sprains and injuries.

Call to book your appointment today.

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

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