

# ORVITZ PODIATRY

## SPRING NEWSLETTER 2016

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### SPRING FOOTCARE

Spring is just around the corner; we may still have a blast of winter to come but it's safe to say we're over the worst of a not too bad winter. We can start to prepare for the warmer, longer days. With that comes time spent walking outside and enjoying the weather. Spring is also a time to treat our toes to some TLC, after a winter of being put in woolly socks and winter boots. Don't neglect your feet; if you have any issues from ingrown toenails to fungal infections, don't hesitate book an appointment today; prevention is the best medicine.

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](mailto:futdoc3@hotmail.ca)

### TIPS FOR SPRING FOOT CARE:

1. Winter can be very harsh on the skin
  - ◇moisturize your feet regularly-ask about our best moisturizing products
2. Bring out your spring shoes
  - ◇try them on-make sure they still fit and are not too worn out
3. Boots and shoes effect your feet differently
  - ◇make sure to give your feet a break. Soak in warm water with Epsom salts to soothe sore feet.
4. Inspect toenails
  - ◇look for ingrown nails, and any fungus that may have developed over the winter.

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

## Warnings about Pedicures:

You may feel the need to spoil yourself this spring with a visit to the spa for a pedicure; it's believed to be a great way to relieve stress and to pamper oneself.

Here are a few things to keep in mind when visiting a nail salon for a pedicure:

1. Choose a reputable nail salon
2. Equipment used needs to be clean and sterile for every client
3. Be aware that foot problems can occur due to pedicures. Check your feet and toes every time you shower or bathe to ensure all is well. Any concerns book an appointment to see your Podiatrist ASAP
4. Fungal toenails- hiding them under nail polish may make them look prettier but does not stop the fungus from spreading. See your Podiatrist as soon as possible to help resolve this issue
5. Ingrown toenails- incorrect cutting of the toenails can result in very painful ingrown toenails. See your Podiatrist as soon as you feel an ingrown toenail starting

As always your best action to take for nail care, treatment of corns and calluses is to see a qualified Podiatrist as they are highly trained and educated to ensure the best health for your feet.



# SPRING



Your feet are looking forward to sandal season, treat them right today. If you ever have any concerns with your feet call and make an appointment today.

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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.

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