

ORVITZ PODIATRY

SUMMER NEWSLETTER 2016

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SUMMER FOOTCARE

Summer is here! With the prediction of having a very hot summer, that means more time wearing sandals, spending days at the beach with your toes in the sand.

While it is ok to wear sandals and flip flops, they shouldn't be your go to choice if you will be spending a day walking around. Flip flops offer very little support to your feet, they are flat and have no arch support. A good quality sandal that offers arch support would be a better choice if you plan on spending the day walking the beach.

If you're looking for specialized care for your sandaled feet, we can accommodate orthotic devices into sandals; call to book an appointment, or ask today how we can make your sandals work for you this summer.

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

Summer Footcare Tips

1. Don't go barefoot
 - ◇ splinters, stubbed toes and cuts are possible to occur when walking barefoot, not to mention public pools, bathrooms and showers are a breeding ground for bacteria and fungus.
2. Sore, hot feet?
 - ◇ it never hurts to soak your feet in Epsom salts and warm water, with hot weather you can use cool
3. Sunscreen!
 - ◇ remember to apply sun screen to the tops of your feet and ankles.
4. Change socks daily
 - ◇ if you have to wear socks in the hot weather, change them once a day, or choose a natural (cotton or wool) material that allows your feet to breathe.

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

Diabetic Foot Care

Diabetes can cause nerve damage and poor blood circulation to the legs and feet. Due to this, people with diabetes are less likely to feel foot injuries, such as blisters or cuts; as a result of the diabetes these injuries may take longer to heal. These small foot injuries can become quickly infected and lead to potentially serious complications if left untreated.

Daily Foot Care

As always prevention is the best medicine and having a daily foot care routine will help keep problems at bay.

Easy to follow foot care routine:

1. Wash your feet in warm (not hot) water, using a mild soap.
2. Dry your feet carefully, especially between your toes.
3. Thoroughly check your feet and between your toes to make sure there are no cuts, cracks, ingrown toenails, etc. Ask someone else to check your feet if you cannot see.
4. Clean cuts or scratches with soap and water and cover with a dressing.
5. Apply lotion to your feet to ensure your feet stay moisturized.
6. If you are having any problems consult your Podiatrist immediately.



Summer

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**

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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.

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

Stevan H. Orvitz and Staff

