



**Mr. Paul A. Scotti**  
 Certified Pedorthist  
 Registered Chiroprapist  
 Foot Specialist

## Quote of the Month...

**"Jazz will endure just as long people hear it through their feet instead of their brains."**

John Philip Sousa

## Ask Us About:

custom orthotics



Shockwave Therapy



Magnetic Biostimulation



Please enjoy this monthly newsletter, written especially for our patients and those whom you care about. If this month's topic can benefit a friend or family member, please feel free to pass it on so that others can experience the same superior service that you have come to know!

## Beware the Beach!

You've got your beach chair, a great book to read, your water bottle, lots of sunscreen and a towel. You're all set for a relaxing day at the beach, and the possibility of an accident or injury to your feet is the *last* thing on your mind.

But accidents do happen and going barefoot on the beach is always an accident waiting to happen, so it's best to be prepared to prevent any mishaps – or at least to know what to do if one befalls you!

### Preventative Measures...

To protect your feet when visiting the beach, remember to:

- Wear shoes! Sidewalks, tarred streets and sand get very hot in the sun and you risk painful burns to the bottoms of your feet if you take on these hot surfaces without shoes!
- When applying sunscreen, don't

forget the tops and the bottoms of your feet. Sunburned feet can lead to deadly skin cancers – cancers that can be avoided with a little foresight and a common sense approach.

- If you decide to take a run on the beach – wear athletic shoes to prevent ankle sprains, heel pain and arch pain – injuries that are common when running on soft or uneven surfaces, such as sand. Athletic shoes give you the necessary support to lower your risk of injury.



**Sunburned feet and ankles cause more than just pain and itching – they can cause deadly cancer**

### Common Injuries...

When you're at the beach, remember to watch out for:

- Jelly fish – even when washed ashore, a jelly fish can still sting you if you step on one. Remove the tentacles and use vinegar or baking soda to reduce swelling and pain. If you feel no relief after several days, call for an appointment.
- Shells, broken glass and other sharp objects in the sand can easily puncture your foot. Call to be seen within 24 hours if you do step on a sharp object that pierces your skin.

Be safe. Wear shoes and sunscreen. But if your feet *do* get hurt on the beach, be sure to come in for an examination and appropriate treatment. And please...don't delay!

**WEST TORONTO FOOT & ANKLE CLINIC**

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**Phone**

416.253.6400

**Fax**

416.253.0079

**Website**

[www.footankle.ca](http://www.footankle.ca)

**Office Hours:**

Monday: 9:30 a.m. – 5:30 p.m.  
Tuesday: 9:30 a.m. – 5:30 p.m.  
Wednesday: 1:00 p.m. – 7:30 p.m.  
Thursday: 9:30 a.m. – 5:30 p.m.  
Friday: 9:30 a.m. – 5:30 p.m.

# About Our Practice

The **West Toronto Foot & Ankle Clinic** is a full service foot care facility employing both a Registered Chiropodist and a Certified Pedorthist. With our education and experience you can be assured of the very best in professional health care.

At **West Toronto Foot & Ankle Clinic** we use all the latest techniques and advances in the field to maximize our ability to accurately evaluate and treat your individual and specific foot care needs!

**West Toronto Foot & Ankle** treats all types of foot problems in children and adults, including corns/calluses, bunions,

ingrown toenails, heel pain/spurs, arthritis of the foot, hammertoes, fungal nails, diabetic foot care, wound care, warts neuromas, sports injuries, and trauma.

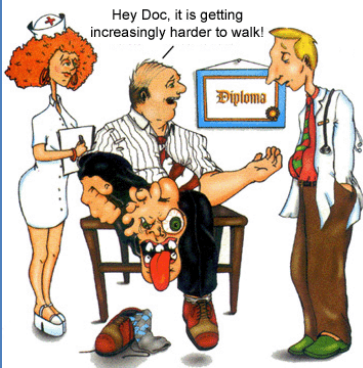
Mr. Scotti is a member of the Pedorthic Association of Canada and has earned accreditation as a Certified Pedorthist from the Canadian Pedorthic Certification Board.

Mr. Scotti completed the Chiropody program at The Michener Institute of Applied Health Sciences (Toronto) and is now a Registered Chiropodist (D.Ch) with the College of Chiropodists of Ontario.

Mr. Scotti is the only known Registered Chiropodist or Podiatrist who is also a Certified Pedorthist (C) in all of Canada. This gives him unique and unparalleled experience that he brings to the clinic. As a result, all the custom orthotics are manufactured onsite by Mr. Scotti.

Our clinic offers comprehensive foot and ankle care in a progressive environment. Our qualified staff is friendly and will ensure a pleasant visit.

At **West Toronto Foot and Ankle**, we look forward to treating you.

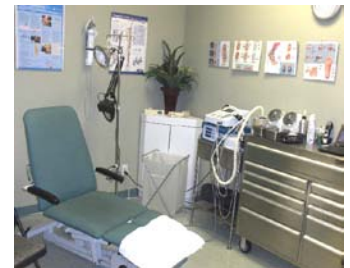


## Keeping you active and on your feet!

**SERVICES:**

At the **West Toronto Foot & Ankle Clinic** we specialize in a variety of foot-related conditions and products, such as:

- Custom Orthotics manufactured on site
- Custom Footwear
- Orthopedic Shoes
- Compression Stockings
- Footwear Evaluations
- Biomechanical Assessments
- Diabetic Foot Care
- Ulcer Management
- Wound Care
- Soft Tissue Surgery
- Nail Surgery
- Complicated/Complex foot care
- Ingrown Nails
- Planter Warts
- Calluses/Corns
- Nail Care
- Foot and Nail Fungus
- Nail and Skin Infections
- Planter Fasciitis/Heel Pain
- Sports Injuries
- Morton's Neuroma
- Pediatrics
- Ankle Sprains
- Foot care products



**Other modalities include:**

- Shockwave Therapy
- Laser Therapy
- Biomagnetic Stimulation
- Ultrasound
- F-Scan pressure mapping
- Electro surgery
- Vascular testing