



Mr. Paul A. Scotti
 Certified Podiatrist
 Registered Chiroprapist
 Foot Specialist

Quote of the Month...

"No one regards what is before his feet; we all gaze at the stars."

Quintus Ennius

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!

The Charcot Foot in Diabetes

Patients with diabetes are prone to foot problems as a general rule. In fact, we suggest to all of our diabetic patients that they visually examine their feet nightly for signs that something is out of the ordinary. That's because they often can't feel if there is anything wrong.

However, a once rare condition is becoming alarmingly more common among diabetics – a condition known as *Charcot Foot*.

Unfortunately, very few doctors (other than podiatrists, of course) know about or have any experience with this condition, so diagnosis and treatment may not occur until the condition is in its latter stages.

Charcot foot is a progressive degenerative condition that affects the joints in the feet. Diabetic nerve damage, also called *neuropathy*, reduces the ability to feel sensations in the feet, including pain.

Because of this, a person with Charcot might not even realize that anything is

wrong until he or she starts to notice symptoms, such as:

- Instability or dislocation of joints in the mid or forefoot
- Redness
- Heat
- Foot and ankle swelling
- Misalignment of the bones that form the joint
- Deformity that develops when the arch of the foot starts to collapse

Charcot foot can lead to even more serious complications, including massive deformity, ulcers, amputation, and even death.

Primary care doctors may notice the swelling of the foot and diagnose infection, without any further testing, such as x-rays, to examine the joints in the foot.

With the increase in the number of people being diagnosed with diabetes, concern about the rise in the number of patients diagnosed with Charcot foot is certainly justified.

Initial treatment requires complete immobilization of the foot to stabilize it.

The patient may require a cast or brace and crutches or a wheel chair. After the acute stage is over, special orthotics may be necessary.



Charcot foot can lead to severe complications, if left untreated.

If you are diabetic, please be sure to check your feet every night. Don't put yourself in situations that can cause trauma to the feet.

If you notice any type of swelling or feel heat on one of your feet, it is important that you take action immediately. Delay could be serious and can make all the difference in the severity of treatment options and likely outcomes.

And remember, we are always available to answer any of your questions or concerns.

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Website

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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.

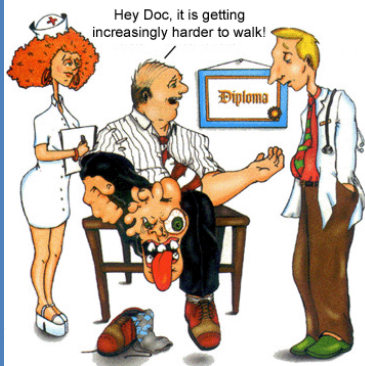
Mr. Scotti is a member of the Pedorthic Association of Canada and has earned accreditation as a Certified Pedorthist from the Canadian Pedorthic Certification Board.

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.

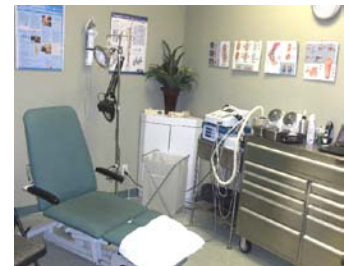


Keeping you active and on your feet!

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