



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

Quote of the Month...

"You can't put your feet on the ground until you've touched the sky."

Paul Auster

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!

Cold Feet are Not Cool!

If you suffer from chronically cold hands and feet, the winter weather may not be your only concern. Raynaud's phenomenon (RP) is a common, benign vascular disorder characterized by episodes of constriction of very small arteries in the toes and fingers, usually in response to cold temperatures or stress. Symptoms in the fingers and toes include unusual paleness and/or a red or bluish color to the skin. Occasionally other parts of the body are affected including the nose, ears, and/or tongue. RP does not usually occur in association with any other underlying disorder and may also be referred to as primary Raynaud's disease.

RP most frequently affects women, especially in their 20s, 30s, and 40s. The causes of RP are unknown. Commonly, RP manifests itself when you see your fingers and toes go through a three-phase color sequence.



Initially, the digit(s) involved turn white due to a diminished blood supply. They then turn blue because of prolonged lack of oxygen, and finally, the blood vessels reopen, causing a local "flushing" phenomenon, which turns the fingers and toes red. This sequence (white to blue to red), most often occurring due to exposure to cold

temperatures, is characteristic of RP. A secondary form of the disorder, known as Raynaud's disease, affects a small number of individuals and is usually found in association with another underlying systemic disorder. The symptoms are similar to RP, however, they tend to be more severe, and in rare instances, tissues may break down to form an ulcer. Your podiatrist is an excellent source for diagnosis and treatment. People with Raynaud's phenomenon or Raynaud's disease should take extra precautions to protect themselves from cold exposure.

WEST TORONTO FOOT & ANKLE CLINIC

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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 Chiropody/ Podiatry 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.



Other modalities include:

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

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

