



Mr. Paul Scotti
 Certified Podiatrist
 Registered Chiroprapist
 Foot Specialist

Quote of the Month...

"I just put my feet in the air and move them around."

Fred Astaire

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!

Those All Too Common Corns and Calluses

Corns and calluses are one of the most common reasons for a visit to the podiatrist office. In fact, we see quite a few cases each and every day!

A *callus* is a hardened area of skin on the foot that forms as the result of pressure or continuous rubbing from shoes or socks. It is usually raised and painless and appears on the bottom of the foot or heel.

A corn usually forms on the tops of toes, in between toes or on the tips of toes. Like a callus, a corn is a hardened area of skin, but it is smaller with a harder center that is surrounded by inflamed skin. Corns usually cause pain because they get pushed into the skin, affecting sensitive nerve endings.

Both corns and calluses form as a means for the foot to protect itself from ongoing pressure. The more persistent the pressure, the thicker the corn or callus!

What types of pressure or other types of foot conditions cause corns and

calluses to develop?

- Shoes that are too tight, causing pressure on the foot, or too loose, causing the foot to move around within the shoe (can also cause blisters)
- Going sock-less or wearing socks that are too loose-fitting
- Hammertoes – the top of the bent toe is a likely area for increased pressure against a shoe
- Improper gait (manner of walking) that causes pressure on the bottom of the foot, making it easier for calluses to develop
- Pre-existing deformity of the foot or biomechanical problem, such as a bone spur



Calluses on the undersides of your feet are common.

Although there are numerous over-the-counter (OTC) corn and callus remover products available, many of these products contain different types of acid that can burn the skin and may cause infection.

For patients who are diabetic, elderly and unable to feel different sensations, these OTC preparations may prove especially dangerous.

The best (and safest) way to treat corns and calluses is to make an appointment for a complete foot and ankle examination. Treating corns and calluses on your own may provide temporary relief but it doesn't address the cause of the corn or callus.

"Bathroom surgery," using a razor or knife to "trim" or remove the corn or callus is dangerous and may lead to additional problems.

Some things like psychiatry, cardiology and podiatry are best left to professionals. Please give us a call if you are having a problem with corns or calluses and let us help – we know just what to do!

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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.

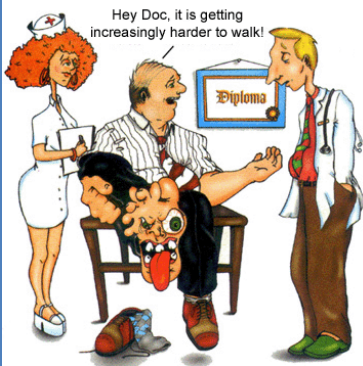
Mr. Scotti is a member of the Pedorthic Association of Canada and has earned accreditation as a Certified Pedorthist from the Canadian Pedorthic Certification Board.

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:

Other modalities include:

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

- 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