



Mr. Paul A. Scotti

Certified Podiatrist
 Registered Chiropodist
 Foot Specialist

Quote of the Month...

"Stretching his hand up to reach the stars, too often man forgets the flowers at his feet."

Jeremy Bentham

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!

Cracked Heels Got You Down?

They're certainly not pretty, and if you like to wear open-backed shoes or sandals, cracked heels, also known as *heel fissures*, can make that a thing of the past.

There are quite a few causes of cracked heels which include:

- Dry skin (xerosis)
- Standing for long periods of time, particularly on hard surfaces
- Being overweight – extra weight puts pressure on the fat pad under the heel, causing it to expand sideways, which makes the skin crack
- Open-backed shoes, which also cause the fat pad under the heel to expand, cracking the skin
- Certain medical conditions such as diabetes and an underactive thyroid
- Certain skin conditions, such as eczema or psoriasis

- Deficiencies in zinc and omega-3 fatty acids
- Circulation problems

Many people suffer from this condition more often in the winter months when dry skin is a common problem that doesn't just affect the feet. However, sandals, flip-flops and open-backed shoes, traditionally worn in warmer weather, can also exacerbate cracked heels.



Dry, cracked heels, also known as *heel fissures*, are unsightly and they may require special attention.

Treatment for dry, cracked heels? It's important to get on top of it early – once the problem takes hold, moisturizers can't penetrate the dry, thick skin on your heels.

Common treatments include:

- Using a pumice stone to reduce the thickness of the hard dry skin, then applying moisturizer at least twice per day.
- Applying a Urea based moisturizer that is especially made for dry cracked heels – especially after showering.
- Drinking plenty of water to keep your body and your skin hydrated.
- Avoiding socks that have a higher percentage of cotton over polyester.
- There are prescription grade treatments available for the really severe cases.

Please contact our office immediately to schedule an examination and receive proper treatment if the cracks in your heels are thick and bleeding.

WEST TORONTO FOOT & ANKLE CLINIC

781 The Queensway
Unit N
Toronto, Ontario
Canada M8Z 1N4

Phone

416.253.6400

Fax

416.253.0079

Website

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.

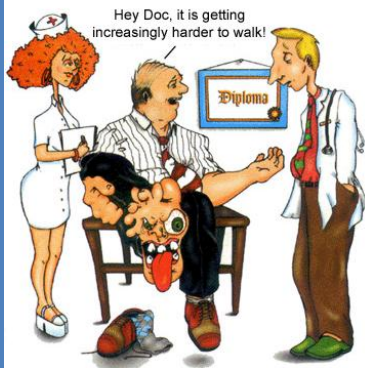
Mr. Scotti is a member of the Pedorthic Association of Canada and has earned accreditation as a Certified Pedorthist from the Canadian Pedorthic Certification Board.

Mr. Scotti completed the Chiropody program at The Michener Institute of Applied Health Sciences (Toronto) and is 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.

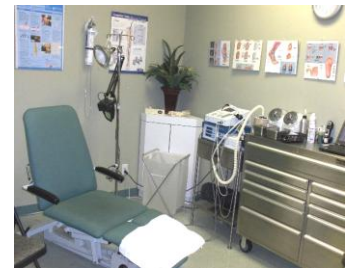


Keeping you active and on your feet!

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