



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

Quote of the Month...

“Power and speed be hands and feet.”

Ralph Waldo Emerson

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!

Guidelines for Diabetic Foot Care

Most people with diabetes know that their feet are at particular risk for infection due to nerve damage that causes a lack of feeling in the feet.

Diabetes can also restrict blood flow to the feet, making it difficult to heal a foot injury if one does occur.

There are several guidelines that we recommend you follow, if you have diabetes, to help you avoid serious injury that could result in the loss of a toe, foot or leg:

- Make a visual inspection of your feet every night before going to bed. Look for any signs of swelling, redness, cuts, blisters or bruises and report problems to our office as soon as possible.
- If trimming your toenails yourself be careful and cut them straight across to avoid the formation of ingrown toenails. Or consider letting us care for your feet.

- Don't soak for feet but wash them daily
- Dry feet well after washing; don't forget between toes.
- Use a daily moisturizer to prevent cracks that could split and bleed, however don't use between toes where a fungal infection could develop.
- If your feet are cold at night, wear socks to bed. Never use a heating pad!
- Don't "operate" on corns or calluses on your own. If you have problems with corns or calluses, make an appointment so we can safely remove them - under proper conditions.
- If your feet get wet in snow or rain, dry them immediately.
- Never go barefoot, even in summer. An accident or injury is more likely to occur when feet aren't covered, so always wear a protective covering on your feet.
- Wear clean, dry socks and change them if feet perspire heavily or if your feet get wet.
- Quit smoking – smoking restricts blood flow.
- Be sure to have periodic foot exams to check for any problems that might be present and to prevent complications that can arise from diabetes.



Visually inspect feet every night to check for cuts, bruises, redness or swelling.

We understand the risks associated with the diabetic foot and we are here to offer advice, diagnosis and treatment of foot conditions related to your diabetes. Please let us know how we can help you.

WEST TORONTO FOOT & ANKLE CLINIC

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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.

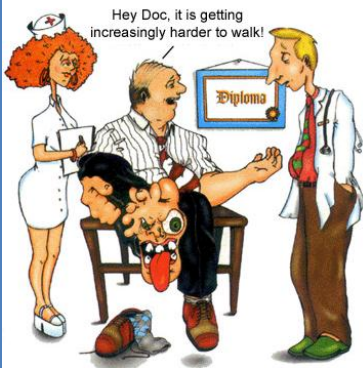
Mr. Scotti is a member of the Pedorthic Association of Canada and has earned accreditation as a Certified Pedorthist from the Canadian Pedorthic Certification Board.

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

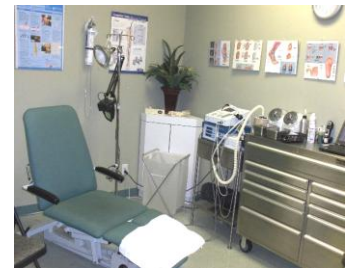


Keeping you active and on your feet!

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