



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

Quote of the Month...

“Forget not that the earth delights to feel your bare feet and the winds long to play with your hair.”

Kahlil Gibran

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!

Foot Pain and Obesity: Age Doesn't Matter

You're overweight and your feet hurt. Do you think that maybe the two are related?

Of course they are! Your feet are the foundation of your body. If you put too much weight on any foundation, what happens? It cracks! Your feet and body are no different.

But when you're overweight and your feet hurt, it makes it difficult to exercise so you find it hard to lose weight! And obesity threatens to worsen the progression of serious health issues, such as diabetes and heart disease. It's a vicious cycle...

Common foot problems with obesity include:

- Pain in the tendon that runs along the inside of the ankle and the foot, known as *posterior tibial tendonitis*
- Inflammation and irritation of the thick tissue on the bottom

of the foot, from the heel to the ball of the foot, known as *plantar fasciitis*

- Inflammation in the back part of the foot, known as *hindfoot arthritis*



Obesity in children and adults can cause a myriad of foot problems.

And foot problems related to obesity aren't just limited to adults. According to the American College of Foot and Ankle Surgeons (ACFAS), an estimated 16 percent of U.S. children ages six to 19 are overweight and podiatrists are starting to see more overweight and obese children with foot and ankle pain.

The heel bone in children isn't completely developed until at least the age of 14; so many overweight children are prone to Sever's disease, an inflammation of the growth plate in the heel due to muscle strain and repetitive stress. Childhood obesity can also bring about stress fractures (hairline breaks) in a child's heel bone.

Overweight or obese children may also experience calf or arch pain, caused by arch collapse or flatfoot, which makes it difficult for a child to walk or run.

If you or your child is overweight and experiencing foot pain, we have suggestions for treatment that can put you out of pain so that you or your child can start to exercise. Break the cycle by coming in to see us for a full evaluation and recommended treatment plan.

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.

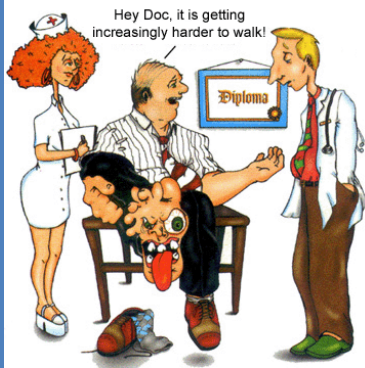
Mr. Scotti is a member of the Pedorthic Association of Canada and has earned accreditation as a Certified Pedorthist from the Canadian Pedorthic Certification Board.

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

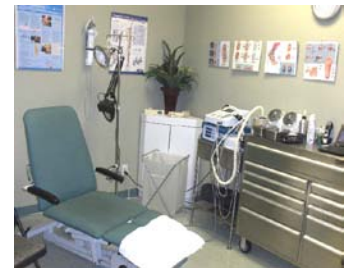


Keeping you active and on your feet!

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