



Mr. Paul A. Scotti

Certified Pedorthist
 Registered Chiroprapist
 Foot Specialist

Quote of the Month...

"The journey of a thousand miles begins with one step."

Lao Tzu

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!

A Weighty Issue For Feet

There's an epidemic that's brewing worldwide – and it's not H1N1, better known as Swine Flu. Actually it's much more sinister than that and it threatens the health of millions of people worldwide. Its obesity... and it takes a toll on the feet that have to support all that extra weight.

People with a body mass index (BMI) in the range of 25 – 29.9 are considered to be overweight. Those with a BMI over 30 are considered to be obese. For most people, BMI is considered to be a reliable indicator of body fatness. BMI is calculated based on a person's height and weight.



People who are overweight or obese exert a lot of extra pressure on their feet!

According to anecdotal (informal) evidence, twice as many patients suffer from serious foot problems as compared to 10 years ago.

According to a survey of patients with past or current foot and ankle pain, or those who have undergone previous foot surgery, a higher BMI or a weight gain prior to the onset of pain seemed to be a fairly consistent factor.

Many people worry about the way they look when they are overweight instead of focusing on the more critical aspects of their health, including the toll that their weight takes on the musculoskeletal system, which includes the ankles and feet. Think of all that additional pressure on your feet and ankles – especially when you walk or climb stairs!

How do excess weight and obesity affect your feet and ankles? Too much pressure on the foot may cause a weakness in the muscle that supports the arch in the foot. This changes the way in which you walk, which changes your posture, which can lead to back problems, bone damage and osteoporosis.

Foot and ankle pain usually affect the weight-bearing parts of the feet, along with tendons and ligaments. Some of the more common foot conditions

include *posterior tibial tendonitis*, which causes pain in the tendon that runs down the inside of the ankle and the foot.

Another common problem that is aggravated by weight is *plantar fasciitis* – heel pain caused by inflammation of the ligament that supports the arch.

Osteoarthritis of the ankle joint is another frequent problem caused by obesity.

And then there's the fact that obese people find it hard to even reach their feet, so they can't see if anything is amiss; they usually wear low-heeled shoes with very little support; and they rarely get any exercise because of their weight, which helps them to pack on more pounds!

If you are overweight, we can help design a specific plan that addresses the problems in your feet to help you to walk more easily and exercise more. And that's a great start at getting the load off your feet!

WEST TORONTO FOOT & ANKLE CLINIC

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416.253.0079

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 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.

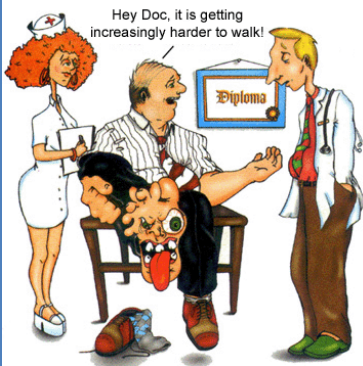
Mr. Scotti is a member of the Pedorthic Association of Canada and has earned accreditation as a Certified Pedorthist from the Canadian Pedorthic Certification Board.

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.



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