



Sharp, Stabbing Heel Pain in the Morn-

Heel pain has become almost epidemic in our area and throughout Canada and is the #1 reason patients come to see me -- by far. At the Markham Foot Care clinic, we will work with you to design a customized heel pain treatment program that fits your lifestyle and schedule -- whether you are **an active baby boomer** struggling to enjoy the sports you've always loved, **a retail clerk or factory worker** whose feet are in constant pain because of standing all day, or **a concerned parent** worried because your child can't play with his or her friends on the playground because of terrible heel pain.

You may have suffered with heel pain for a long time because you thought the pain would go away on its own. But you discovered that just the opposite happened -- not only did the heel pain not go away on its own, it actually got worse. Even routine things like getting up in the morning and taking a few steps became excruciating.

Patients often ask me what causes heel pain.

Well, let me start by telling you that most heel pain is **not** caused by heel spurs, as many people mistakenly believe. Instead, the vast majority of heel pain is caused by a condition known as Plantar Fasciitis.

The Plantar Fascia is a strong fibrous tissue that runs along the entire surface of the bottom of your foot and helps to support and maintain your arches.

With prolonged standing or activity, the excessive tension on the fascia causes the attachment to the heel bone to deteriorate. The outer lining of the heel bone eventually tears away and, voila, you've got terrible pain in your heel.

The good news is that there are several things that can be done immediately for heel pain to get you on the road to recovery. If you're fed up with waiting for heel pain to go away on its own and are ready to re-claim your life, call us now to schedule an appointment. In many cases, we can fit you in on the same day that you call.

*Get rid of your heel pain.
Call today!*

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Connect With Us on the Web!

Vitamin B12- Not Enough Can Slow Your Thinking

If you're not getting enough B12 in your diet, your ability to think and process information might not be as good as it could be. Doctors at Tufts University say evidence vitamin B12 and thinking ability have been linked for a long time. Some of the earliest research at Tufts Neuroscience and Aging Laboratory connected low B12 levels to central nervous system problems. A new study reported in the journal *Neurology* shows that a low B12 score is connected with performance in organization, speed of thought and memory. In older people, it also predicted decreased total brain volume. The National Institutes of Health say the richest source of B12 is beef liver, which has eight times the recommended daily value (DV) requirement; 3 ounces of clams have more than five times the daily value.



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Other sources of B12 include:

- trout with 90 percent of the DV
- 3 ounces of salmon with 80 percent.
- 1 cup of plain yogurt has 23 percent
- 3 ounces of broiled sirloin steak has 23 percent
- 3 ounces of tuna has 17 percent
- 1 cup of milk has 15 percent
- 1 large egg has 10 percent.

People age 50 and older are advised to eat foods fortified with B12 or take supplements. At that age and beyond, they absorb less from natural sources. Fortified foods and supplements use a form that is more easily absorbed.

Celebrate Earth Day By Recycling in New Ways!

Here are seven ways to protect the earth by creating less garbage.

- 1) Recycle paperboard. It's the thin cardboard packaging that holds many of the items we buy, like cereal and tissue.
- 2) Recycle more paper. That includes school papers, junk mail, magazines and catalogs. Even window envelopes and colored paper can be recycled.
- 3) Don't put leftover food into the trash. About a third of what goes into the trash is food. Compost it instead.
- 4) Recycle electronics. E-waste is the fastest growing disposal problem in the country. Its components are both dangerous and valuable. Dropboxes for electronic wastes are available at many Home Depot locations.
- 5) Think about how items can be reused. Glass jars are ideal for storing leftovers. Old holiday cards can be turned into gift tags. Sell sporting equipment in a yard sale.
- 6) Save outgrown or out-of-favor clothes so others can use them. Sell nice things on eBay or through a consignment shop. Even torn or worn-out clothing can be donated to Goodwill, which sells them to recyclers.
- 7) Buy food and drinks in larger packaging. For example, if you must drink bottled water, buy large refillable containers instead of individual bottles.



Canada's Earth Day!

Earth Day Canada (EDC), a national environmental charity founded in 1990, provides Canadians with the practical knowledge and tools they need to lessen their impact on the environment. In 2004 it was recognized as the top environmental education organization in North America, for its innovative year-round programs and educational resources, by the Washington-based North American Association for Environmental Education. In 2008 it was chosen as Canada's "Outstanding Non-profit Organization" by the Canadian Network for Environmental Education and Communication. EDC regularly partners with thousands of organizations in all parts of Canada. You can learn more at www.earthday.ca What can you do today to make a difference?



When Should You Call a Chiropodist?

- If you are experiencing pain in your feet or ankles that will not go away
- If you have heel pain that is limiting you or making your daily activities difficult
- If you have thick, yellow nails that are hard to cut
- If you are diabetic and have poor circulation or limited feeling to the feet
- If the skin on your feet is severely dry, peeling or cracking
- If you are developing corns, callous or blisters
- If you want to avoid painful bunions and hammer toes like your grandmother
- If you need help finding proper fitting shoes

Ask Brian... Question of The Month

How do you do impressions of the feet for custom foot orthotics?

Taking the impressions of the feet is the most critical part of manufacturing custom foot orthotics. After all, how can we make a proper orthotic from a bad impression or cast of the foot?

The gold standard method of casting is to do a non-weight bearing cast (either sitting or lying on your stomach) with your foot held in the neutral position. In my clinic, I take non weight bearing plaster casts. This allows me to place the feet in the position that it will function most efficiently when you are walking or running.

In my opinion, standing in a foam box is least effective. This will capture the feet in a flat deformed position. When the lab receives the impressions, they will not know what the feet should look like when corrected – so there will be a certain amount of guess work involved. Usually, the orthotics made using this method are lower in the arch and therefore not able to provide your feet with the full correction that they need.



Remember...if there is no cast it can't be custom.



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Every month we receive a few emails from patients who are enjoying our newsletter. Here is a copy of one we received last month:

Hi Brian

Thanks for the very interesting news letter. I have had Fibromyalgia and Rheumatoid Arthritis since 1974 and back then there was very little information about FM and it was called by another name. I don't think it was even recognized as being a legitimate disorder even though diagnosed by a Rheumatologist.

Can you discuss in an upcoming news letter what causes the thick yellow toe nails that I am now dealing with? I have been told by my GP that it is not a fungus.

I will be in to see you and Wendy in the spring for some new "runners"

-Gale

Well Gale...be very happy that it is not a fungus because it can be very hard to get rid of. As we get older our nails tend to get a little thicker and therefore appear yellow and opaque. This can be caused by a single major trauma like a severe stubbing or repeated minor trauma like pressure from footwear over a lifetime. It can also result from a combination of factors such as poor circulation or conditions such as psoriasis or eczema.



**Remember Earth Day
on April 22!**