



New Laser Treatment for Toenail Fungus

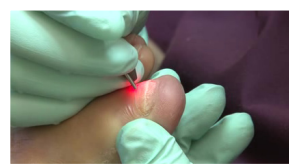
- Do your toenails appear yellow, brittle or thickened?
- Do you avoid swimming at the beach or pool because of the appearance of your toenails?
- Are you embarrassed when you go barefoot because of your thick yellow toenails?

It is likely that you suffer from a common infection of the toenails – toenail fungus. Many people face this challenge daily resulting from unsightly, and often painful, toenail fungus. Up until now the most common treatments for toenail fungus were topical medications or prescription oral drugs which have potential side effects.

For the last year The Markham Foot Care Clinic has been offering Laser Fungal Nail Treatment...the latest technology in the treatment of thick, unsightly, yellow nails.

- ☞ Safe, painless treatment
- ☞ No side effects or drugs
- ☞ No recovery time – just walk in & walk out
- ☞ Quick & easy 15-min. procedure
- ☞ No harm to nail or surrounding skin
- ☞ Visible clearing occurs as nail grows out

HOW DOES THE Q-CLEAR Q-SWITCH LASER TREATMENT WORK?



Toenail fungus laser treatment involves the aiming of a focused beam of light in a narrow

range, more commonly known as a laser, into the fungal toenail. The laser penetrates the toenail and destroys fungus in the nail bed and nail plate.

HOW LONG IS THE TREATMENT?

The laser procedure takes approximately 15 - 30 minutes to treat both feet. There is no recovery period, and many patients have their nails polished immediately after the treatment.

IS THE TREATMENT PAINFUL?

The laser treatment is not painful however some patients experience a slight warming of the toes.

HOW SOON WILL I SEE AN IMPROVEMENT?

On average, a toenail will replace itself every 9-12 months. Healthy new growth will be visible within the first 2-3 months as your nail continues to grow following the Laser Treatment.

For more information, please visit www.markhamfootcare.com or call Wendy at 905.294.8087.

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Dieting with Whole Grains Reduces Abdominal Fat



When you calculate the calories in your weight reduction diet, be sure to include the value of whole grains.

An important clinical study of people age 20 to 65 shows that dieters who included plenty of whole grains not only lost more belly fat, but they also reduced an inflammation marker linked to diabetes, hypertension, and cardiovascular disease.

Over the 12-week study, all dieters got the same weight-loss advice, but half of them ate whole grains instead of refined grains. The two groups lost the same amount of weight, but the whole-grain group lost significantly more fat from the abdominal region than those who ate white bread and other refined grains.

The whole grain group also experienced a 38 percent decrease in C-reactive protein, an inflammatory marker linked to the risk of heart attack, stroke, high blood pressure, and diabetes. The reduction was similar to that seen with the use of statin drugs.

Senior researchers for the study say a lot of foods claim they contain whole grains but are not really major sources. They recommend finding products in which at least 51 percent of grain comes from whole grain. Examples of such foods include oatmeal, whole grain cereal, brown rice, granola bars, popcorn and whole-wheat crackers.

**51% should
come from
whole grain**

If only they could talk...

What would your bones want to tell you? If your bones could talk, they would first say that they are living things and becoming stronger by responding to diet and exercise.

Until age 20 and up to age 30, bone mass accumulates and grows, peaking in the third decade of life. After that, your bones would say that it's up to you to keep them strong. If you don't, bone mass will decrease, year by year, for the rest of your life.

No matter what your age, regular weight-bearing exercises can not only prevent the loss, but can also make bones stronger. They include walking and exercising with hand weights.

Calcium and vitamin D are important factors in bone strength. Adults generally should aim for at least 1,000 milligrams of calcium a day. Add 1,000 International Units of vitamin D from food or supplements. You can't absorb calcium without vitamin D.

**CALCIUM &
VITAMIN D**

Your spine would have a lot to say, especially when it's hurting. It would tell you that its natural curve is a figure 8. As far as the upper back is concerned, your posture is important. If you stand round-shouldered and let your stomach sag, the upper back pays a price.

When the lower back is tight and hurting, other parts of the body might be responsible. The American Physical Therapy Association says almost all of the leg's thigh muscles are attached to the pelvis, which is interlocked with the spine. If thigh muscles don't keep the pelvis stabilized, the spine is prone to shifting. Lower back muscles become overworked and cause pain.

Stretching and strengthening thigh and hip flexor muscles can help to keep the spine in shape and pain free.

Ask Brian — Question of the Month

I want to go for a pedicure now that summer is approaching. How can I be sure I receive a safe pedicure?

Here are a few tips:

1. Make sure the spa generally appears clean.
2. Instruments should be sterilized in a steam sterilizer just like surgical instruments. If in doubt, bring your own instruments.
3. Ensure that the foot baths use disposable liners to avoid infections.
4. Disposable files and buffing pads should only be used once.
5. Take your own nail polish to ensure you do not get infected with someone else's germs or fungus, as many people use that same bottle of polish.
6. Make sure the technician washes his or her hands before treating you and wears disposable gloves during your pedicure.
7. Tell the technician if you have any medical conditions such as diabetes, neuropathy or numbness, Hepatitis or HIV. Inform them if you are on medications such as blood thinners.
8. Do not shave your legs 24 hours before your appointment. Small cuts from shaving can make tiny openings in the skin where bacteria can enter. Let any cuts heal before you go for your pedicure.

The majority of nail salons are trying to make your experience safe, but you must still be a savvy consumer. Infections from pedicures can be virtually eliminated if the technician uses autoclaved or disposable instruments, uses a pipe-less pedicure spa chair with disposable liners, washes their hands and wears gloves. Demand a safe pedicure next time you have a pedicure or you might be sorry.



When Should You Call A Chiroprapist?

- If you are experiencing pain in your foot or ankle that won't go away.
- If you have heel pain that is limiting you or making your daily activities difficult.
- If you have thick, yellow toenails that are hard to cut.
- If you are diabetic and have poor circulation or limited feeling in your feet.
- If the skin on your feet is severely dry, peeling, or cracking.
- If you are developing corns, callouses, or blisters.
- If you want to avoid painful bunions or hammertoes like your grandmother.
- If you need help finding proper-fitting shoes.



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While 75 % of people have foot problems, many don't know it.

Race car champions around the world know they have to keep their high-performance vehicles in top shape to win. But how many of us know that our feet also need regular check-ups to help us get where we need to go?

**4x around
the world!**

May is **World Foot Awareness Month**. The Markham Foot Care Clinic wants to make sure you are looking after a crucial part of the body many of us overlook. After all, the average person takes about 8,000 to 10,000 steps every day. Add that up over the course of a lifetime and it's the equivalent of walking four times around the world!

And while you are walking, your feet are taking a pounding; often enduring more than your body weight with each step. The pressure can be three or four times your body weight when you run. A child's feet may absorb one million kilograms/two million pounds over the course of a single day.

That's why it's so important to have your chiropodist check your feet regularly, the same way a dentist regularly checks your teeth. Chiropodists and Podiatrists are trained to diagnose and treat foot ailments and treat patients ranging in age from children to seniors.

Chiropodists and Podiatrists treat common ailments such as athlete's foot and plantar warts. They also treat bone deformities and can recognize the initial symptoms of serious diseases such as arthritis, diabetes and circulatory disorders, which often appear in the feet first.

Studies show that 75% of people experience foot ailments at some point in their lives, but many don't seek medical attention until the problem becomes more severe.

Our feet are complex instruments, containing one-quarter of the bones in our bodies. **With regular checkups, you and your chiropodist or podiatrist can keep them running like well-tuned race cars.**

**May is
Foot Health
Month!**

