



LOOK
GOOD FROM
HEAD TO

TOE



The Holidays are fast approaching and it's time to find that perfect gift for your loved one. How about the gift of pretty feet? People are too embarrassed to discuss their ugly toenails. Their nails may be discolored, thick, brittle, and deformed. These are often signs of a fungal infection of the toenails called *onychomycosis*. Eliminating toenail fungus can be difficult.

Oral medications can be toxic to your liver and kidneys and using topical solutions alone is slow and has limited results. But there is hope.

Laser treatment for ugly toenails is painless, takes about 30 minutes, and all nails are treated, even the ones that do not appear to be affected. This ensures that even the fungus you don't see gets treated. You must remember fungus is contagious! It does not sit in one place. It gets in your carpet, your bath mats, your shower tile. And worst of all, if you have fungus, even in just one toenail, that fungus has already grossly contaminated your shoes! For your other nails there is often no escape!

Why treat now? It takes approximately 8 months for the nails to grow after treatment. Now is the best time to take care of those nails so they look better for next summer.

With the nail laser, you are getting what we know is safe and effective. Our complete protocol helps you get rid of that pesky fungus and prevents it from coming back.

We would love to see you have healthy beautiful nails. Call us today!

905-294-8087

You can also visit our nail laser page at www.MarkhamFootCare.com

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Connect With Us on the Web!

Dr.'s Remedy

Enriched Nail Polish and Treatments

Discover the healthy, **doctor-formulated** alternative to traditional nail polishes



Dr.'s Remedy nail polish doesn't contain toxic ingredients and it's enriched with naturally-occurring elements — like tea-tree oil and garlic bulb extract; wheat protein and Vitamins C and E. These ingredients strengthen and protect your nails against fungus, discoloration, cracking and brittleness.

Dr.'s REMEDY®
Enriched Nail Polish
and Treatments

FREE

bottle of Dr.'s Remedy
nail polish remover

With the purchase of 2 bottles of Dr.'s Remedy
nail polish colors, top coat, or base coat.

Offer good until October 31, 2012.

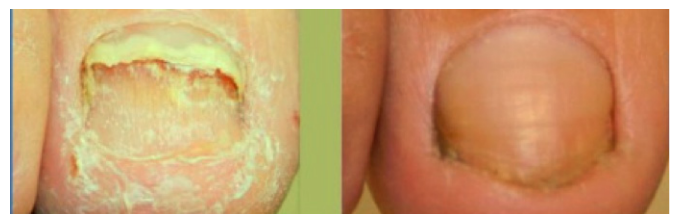


If I ignore my toenail fungus, will it go away?

Toenail fungus does not go away on its own. In fact, in many cases, it spreads to your other toenails. You must remember that fungus is contagious so you can also pass it on to family members and friends. If left untreated, the nails can become quite thick, painful and difficult to cut. These are all good reasons to treat toenail fungus.

What are the dangers of oral anti-fungal medications?

Prescription oral anti-fungal medications can have various side effects in your body. The effects could be as minor as a skin rash or slight headache all the way to liver and kidney damage. Caution should be exercised not to combine these medications with certain other medications and regular blood tests should be done while taking oral anti-fungals. Clinical research indicates a success rate of approximately 50%.



***Are you embarrassed to let others see your toenails because they are thick, yellow or brown, or crumbling?
If your answer is yes, then laser treatment for your ugly toenails is a great option.***

Ask Brian — Question of the Month

What is that bump on the bottom of my foot?

If you have an unusual looking bump on the bottom of your foot, you may have a plantar wart. Plantar warts are common this time of the year after having our feet exposed more over the summer months. Warts are caused by the Human Papilloma Virus (HPV) which causes a hard growth that can be painful to walk on. They are often confused with corns but characteristically have small black dots (tiny blood vessels) and usually elicit pain if squeezed from the sides.



Warts are more common in children and young adults but may be present at any age. We offer a variety of treatments for warts to ensure that you, or your child, gets rid of the problem as quickly and painlessly as possible. If left untreated, warts may be spread to other body parts or to family members.

It is also critical to disinfect your footwear to prevent re-infection. We recommend that you use Biotext spray at home to help maintain healthy environment in your shoes.

Let's Take a Walk on the Funny Side

Did you hear about the American podiatrist and the Canadian chiroprapist?
They were arch enemies.



Centipede to physician:
"Doc, when my feet hurt,
I hurt all over."



Shoe Problem?

One evening after work John drove his secretary home after she was unable to start her car. Not wanting to bother his wife, Maureen, he decided not to mention it to her.

Later that night John and Maureen were driving out to eat when John spotted a high-heeled shoe hidden under the passenger seat. Pointing to something out the passenger window to distract his wife, he picked up the shoe and tossed it out of his window.

They arrived at the restaurant a short time later and were about to get out of the car when Maureen enquired, "John, have you seen my other shoe?"




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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A Personal Note...

Thanksgiving is a time for families and friends to gather together and express gratitude for all that we have been given, the freedoms we enjoy, and the loved ones who enrich our lives. We are blessed to live in such a great country!

I would like to thank all of you for your support in the past and I appreciate all the new patients that you may have referred, and continue to refer to our clinic. We will continue to treat them with the comprehensive care and compassion that they deserve.



Happy Thanksgiving to you and your families! Travel safe!

Brian

