



Katelyn Cartwright Podiatric Assistant



I was born and raised in Stouffville, Ontario, and graduated from triOS College in 2010, as a Physiotherapy Assistant. Previous to that I attended two years at the University of Guelph for Biological Science. I realized while I was there that my passion was with anatomy, and I wanted more hands-on experience with that. So I changed to the program at triOS, and loved it!

Some of my interests include hockey and the musical arts. I did many musicals in my youth and have been active in hockey since the age of 8.

I love working at Markham Foot Care Clinic because I enjoy the opportunity to learn and grow; as well as helping people. The staff that work here and the patients that come through this clinic, have all been extremely welcoming and have made me feel as though I am a part of a team.

~ Katelyn Cartwright



Katelyn joins Brian Cragg, our chiropodist and Wendy, who handles our front office responsibilities. We're excited to have Katelyn on board to assist in performing ultrasounds, providing laser treatments, and handling a multitude of other services for our patients.

Please join us in welcoming Katelyn to our practice!

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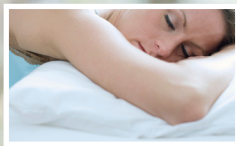
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Staying Well



A report in *Mental Health and Physical Activity*, shows that people who get 150 minutes a week of moderate exercise (or 75 minutes of vigorous exercise) feel less fatigue during the day and sleep better at night.

Researchers studied 3,081 men and women between the ages of 18 and 85 to determine night-time sleep patterns. Those who met these National Institute of Health exercise guidelines were less likely to report sleepiness during the day, less likely to experience leg cramps while sleeping, and less likely to have difficulty concentrating when tired.

The doctors also concluded that those who were more active during the day fell asleep faster at night.

Exercise brings better sleep and less daytime fatigue



Ask Brian — Question of the Month

I love wearing flip flops in the summer. Is it true that they are not good for your feet?

With summer fast approaching, many people can't wait to get out of their shoes and into flip flops. Flip flops are great for the beach, around the pool, or in the gym locker room; however, they are not ideal for walking any great distances and can actually cause damage to your feet, knees, hips, and back.

So what is wrong with the humble flip flop? For starters, people tend to grip their toes when wearing them so they don't fall off. This can cause a shorter stride length and increased force when the feet hit the ground resulting in stress in the muscles and joints of the lower body. Flip flops are generally made of soft foam and lack support which can cause the feet to roll in resulting in heel and arch pain (plantar fasciitis).

Those aren't the only problems. Uncovered footwear in general, can result in stubbed toes, cuts, bruises, bug bites, and dirty feet! Flip flops lack support and a tight fit around the heel and usually have no tread, which can cause slips and falls resulting in sprained ankles and other serious injuries.



If you are going to buy flip flops or sandals, look for sandals and flip-flops with good arch support, and an indented heel cup to hold the heel in place when the foot strikes the ground. A slight heel is always better than a flat sole and I recommend that you not purchase flip flops made from cheap, flimsy foam. A good pair of sandals or flip flops will cost as much as a good pair of athletic shoes — and they're worth it!

Remember to wear your flip flops in moderation...
your feet will thank you for it!

What You Can Do for Your Core...

Core exercises can prevent back pain, fight incontinence, and make breathing easier.

Strong core muscles make it easier to do most physical activities, including everything from swinging a golf club, to getting a glass off the top shelf, to bending down to tie your shoes.

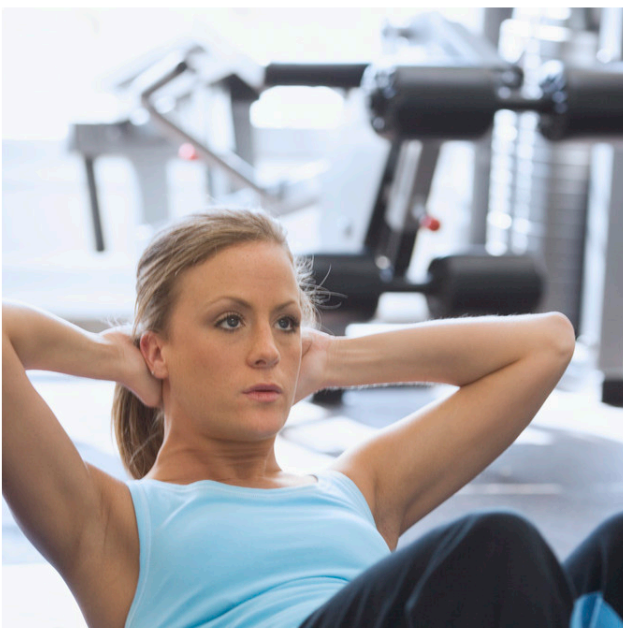
One strong-looking man suffered a serious injury just lifting his suitcase from the overhead baggage bin. It's just one example of weak core muscles.

Your core runs the length of your trunk and torso, including the abdominal muscles, the three muscles that run from your neck to your lower back, and the muscles along the vertebral column that extend and rotate the spine.

Weak and unbalanced core muscles are linked to low back pain.

The core also includes the external and internal obliques, the hip flexors, muscles at the sides of the hips, and the hamstring group located in the back of the hip and in the upper thigh.

Strengthening them helps maintain good balance and posture. They include the breathing diaphragm and pelvic floor muscles. The pelvic muscles are key to lower back stability and continence. They can be strengthened by exercises, including contracting and releasing the muscles that stop the flow of urine.



Tighten Those Abs!

With all these important muscles included in the core, it's surprising that, aside from a few sit-ups and push-ups, core muscles are often neglected, even though they require no special equipment or a gym membership. Ask your doctor today what specific exercises would suit you.



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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Did you know that there are over 50,000 strokes in Canada each year? That's one stroke every 10 minutes.

What is a stroke anyway? A stroke is a sudden loss of brain function. It is caused by a break in the blood flow to the brain (ischemic stroke) or when blood vessels in the brain rupture (hemorrhagic stroke). The interruption of blood flow or the burst of blood vessels causes brain cells (neurons) in the affected area to die.

Help lower your risk! There are a number of conditions that we can control to help reduce the risk of stroke and heart disease such as:

- High blood pressure
- High blood cholesterol
- Diabetes
- Being overweight
- Excessive alcohol consumption
- Physical inactivity
- Smoking
- Stress

Maintaining a healthy diet and regular exercise routine will help reduce your risk of stroke and heart disease.

Know the warning signs! Having a stroke is very serious so knowing the warning signs and getting medical attention immediately can help increase your survival and recovery. Stroke can be treated so remember warning signs.

The more you know the better you can help fight against heart and stroke disease. Take time for yourself by planning heart healthy meals and snacks and getting regular exercise so you can live a long healthy life.

