



# Footnotes

September 2011

## WARNING FOR HIKERS NATURE CAN TAKE ITS TOLL ON FEET

As fall approaches, many of us welcome cooler nights for comfortable sleeping. It is also a perfect time to get outside and enjoy the fresh crisp air. Many fall fairs will be starting soon and the multiple varieties of apples in our area will be ripe for the picking. September is also an ideal time to hike along our vast network of trails but precautions need to be taken.

This past summer we had the opportunity to revisit the White Mountain region of



Cannon Mtn, New Hampshire - Elevation 4100 feet

New Hampshire, where hiking is very popular. There were constant reminders for hikers of the potential dangers, especially as you get higher up the mountains where weather patterns can shift in mere moments. A similar shift can occur in the Georgian triangle area due to the effects of Georgian Bay and Blue Mountain.

Proper footwear was another item that was continually stressed. Hikers and others who love the outdoors often do not realize how strenuous it can be to withstand constant vigorous walking on uneven terrain. Each season, poor

physical training and inappropriate footwear lead people to their chiropodist or podiatrist for treatment of foot problems.

The most common ones include blisters, ankle sprains, heel pain, Achilles tendinitis, nail injuries (ingrown nails or blackened nails) and even fungal infections due to the increased sweating.

Common sense tells us that making an investment in a high quality hiking shoe or boot that is properly fitted to your foot will drastically reduce the potential of a debilitating foot injury. This means a strong moisture proof boot with a stiff shank if you can bend it in the middle, don't buy it. Look for a shoe that supports your arch to decrease the strain on along the bottom of your feet. There should also be excellent ankle support to prevent you from rolling over on your ankle when you step on a stick or stone. Be sure that you have adequate length so that you toes do not hit the front of the boot while going downhill.

If you do experience foot pain after a long hike, let that be a sign that something is wrong. The risk of permanent injury escalates significantly if you ignore the pain. Ignored injuries can worsen over time and take a nature lover off the trail indefinitely. When foot pain develops, see your foot and ankle specialist to discuss the best treatment for you.

### what's inside

2 Staying Well

2 Back to School Shoe Shopping

3 *Myth:* AGING CAUSES FOOT PAIN  
*Find out the Truth*

4 Keeping Kids Active

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# Staying Well

How to reduce Parkinson's disease risk

Extensive research published by Tufts University gives some important information about preventing Parkinson's disease, a brain disorder that leads to tremors and difficulty in movement and coordination. About 60,000 new cases are diagnosed each year in the U.S.

Eat berries, such as blueberries, strawberries and blackberries. They contain protective flavonoids, which are also found in tea, apples, red wine and oranges, according to Harvard University.

Take ibuprofen for pain. A study in Neurology shows it will make you 40 percent less likely to develop Alzheimer's.

Get vitamin D. A study in the Archives of Neurology shows that almost 70 percent of patients with early Parkinson's disease had very low levels of vitamin D. Fatty fish contain vitamin D as do fortified foods such as milk.

Exposure to sunlight helps the body to produce vitamin D, but without sunscreen, only 10 to 15 minutes of exposure per day are recommended.

## Back to School Shoe Shopping

When purchasing children's shoes, it is **critical** that the size is correct!



Be sure to have your child's feet measured at a shoe store that is well qualified in fitting children's shoes. Here is what to look for:

**\* Make sure the shoe length is accurate!**

There should be a little extra space to grow but the shoe should not be sloppy. A shoe that is too big will lead to tripping and potential injury.

**\* Check for proper arch support.**

Your child's foot should be fully supported in the arches. Even with children's shoes, it's never too early to check the arch length in addition to the more common overall foot length measurement.

**\* Check the width of your child's feet.**

A shoe that is too narrow can be uncomfortable, but worse, it can lead to permanent damage in the future like hammertoes.

**\* Make sure the shoe matches the activity.**

There is a wide variety of shoes now available for specific activities, which are designed to offer maximum comfort and performance.

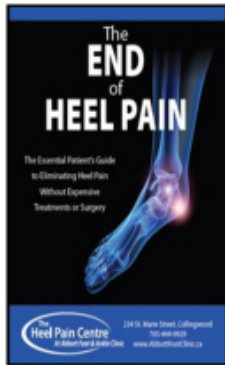
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There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member.





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Collingwood U8 League Champions – 2011

↑  
It's true!

Sponsorship of local sports teams has always been important to me. This past season, I was delighted to sponsor the team that my oldest daughter played on and my wife coached.

The energy and spirit that the girls displayed was phenomenal! It was great to see how their skills and confidence levels improved through out the season. I am very proud of them for winning the league championship with a record of 6 wins, 3 ties and just 1 loss. Isn't that cool?

Establishing healthy habits at an early age with our children increases the likelihood that they will pursue a lifestyle of physical activity. What small thing can you do today to promote this in your children or grandchildren?