



ABBOTT
FOOT & ANKLE CLINIC
Tony L. Abbott D.C.H.
234 St. Marie Street
Collingwood, ON
L9Y 3K5
Mon - Tue: 9am to 5pm
Wed: 9am to 12pm
Thu: 10am to 6pm



☎ 705.444.9929

I'm Here Because:

Click the buttons below to see the related video

"My Heels Hurt"

"I Have Diabetes"

"I Have Questions About My Feet"

www.abbottfootclinic.ca

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Cracked heels

Cracked heels, also known as **heel fissures**, are cracks that occur in the back of the heel, usually on both heels. For some people this can be a chronic problem, which is more annoying than dangerous. However, for diabetics and people with poor circulation, it is essential that heel fissures be treated immediately. At times, the cracks can be very painful and may get infected.



Most people with heel fissures will start out with dry skin on the heels. Other causes may include living in a dry climate or with low humidity, which occurs during winter, genetics, obesity, inactive sweat glands or improper footwear. Consistently walking barefoot or wearing sandals / open-backed shoes will increase the twisting at the heels, causing the dry tissues to split.

Treatment and Prevention

Moisturizing the feet regularly is critical in preventing heel fissures. Once they occur, you can use a pumice stone daily to gently decrease the thick and flaky layer of skin. Avoid going barefoot or wearing open-backed shoes, sandals or shoes with thin soles. Shoes with a good shock-absorbing sole will help to improve the condition.

For really thick callous and painful fissures, you will need to come into our clinic to have your feet attended to. The excess skin is reduced by the chiropodist which should be followed by moisturizing your feet twice a day with **Calicylic Exfoliating Cream** and wearing a **Dr. Jill's Gel Heel Sleeve** while you sleep. This will restore moisture to the tissues and allow the cracks to heal. After the initial problem settles, you need to use a good moisturizer like **Amerigel Premium Care Lotion** to maintain your silky soft heels.

January is National Soup Month!

Did you know that **January** is **National Soup Month!** That's right...an entire month to celebrate one of our favourite comfort foods.



Save money, lose weight and eat well. If you've overspent or overeaten during the holidays, now is a good time to start tightening your belts. Soup is an inexpensive and nutritious meal. Many of us make resolutions in the New Year to lose weight, spend less, or just try to eat healthier. Throughout the month of January we will be handing out a variety of soup recipes. Be sure to stop in, or email us, to receive a healthy soup recipe to try this month.

Calicylic Creme

Calicylic Creme is effective in treating callous, cracks and fissures, and rough dry skin especially around the heels. When used 1-2 times daily, it works to break down or dissolve the dead, scaly skin so new healthy skin can grow. It can be combined with a Dr. Jill's Gel Heel Sleeve that is lined with a vitamin-enriched gel that releases mineral oil to repair the damaged skin on the heels. It is a great combination!



Money Tips with Ski Tips

Do you feel out of balance with your mutual fund portfolio **and** on snow?



Whether it is a fall on snow or in the market it can hurt. Check out Money Tips with Ski Tips sessions hosted by local Investment Funds and Insurance Advisor, Lisa Warll. For upcoming dates and more information please contact info@lisawarll.com or www.lisawarll.com



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Cash for Clunkers Program

For February we have our very own CASH FOR CLUNKERS program!



Abbott Foot & Ankle Clinic Cash for Clunkers Program

Here's how it works:

Trade in your old, beat up orthotics or insoles...whether we made them for you or not...and receive \$50 off a new pair of custom orthotics. This can be a 5 year old pair of orthotics or a beat up Dr. Scholl's gel insole from Walmart...you bring it in and we'll replace it with a brand new custom orthotic!

We'll reevaluate you with a comprehensive lower extremity biomechanical exam, evaluate your gait, and take the laser images to have an orthotic made just for you.

If we recently made orthotics for you, we'll have a second pair made for you at a special discount. This second pair can be convenient to keep in your athletic shoes, or can be made to fit dress shoes, golf shoes, bike shoes, or any other shoe with a closed-in heel. We can even do orthotics for your sandals if they have a removable footbed!

Don't wait!!! This program will end on Feb 28, 2011

Continue on top of right side column...

Remember: tell your friends and family... you do not need to be a current patient to participate in this program! Just say "I have a clunker to trade in" when you make the appointment and we'll handle the rest!

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feet killing you?
A User's Guide to Foot and Ankle Health



Order a **FREE COPY** of feet killing you? A User's Guide to Foot and Ankle Health by visiting our website at www.abbottfootclinic.ca or by calling 1.888.435.3667 ext.105.

"I wrote this book because too many people suffer needlessly with foot pain."

Tony Abbott D.Ch.