

## HOW CAN YOU PROTECT YOUR FEET FROM FUNGAL NAIL INFECTIONS THIS SEASON?

Fungus gets under our toenails and makes a home. It can be contracted a multiple of ways. Whenever a nail is damaged, by an injury or tight fitting shoes for example, it can make it easier for the fungus to move in. It can be picked up at any age, given the proper circumstances and is contagious. People with sweaty feet, poor circulation and the elderly also have an increased chance in contracting a fungal toe infection. Also be careful in nail salons that don't properly clean their instruments, public locker rooms and swimming pools.



Before After

During the hot summer months, it's a good idea to wear open or ventilated shoes as often as possible. If closed shoes are necessary, wear cotton socks that wick away moisture. As well, alternating your footwear will allow time for shoes to dry between wears, reducing the likelihood of fungal growth inside the shoes.

If your nails are yellowy-green or brown, thick and flaky or have a bad odour, chances are you may have contracted a fungal nail infection and should contact our office immediately for a consultation. Our Chiropodist Tony Abbott can provide you with options to rid your toes of this unpleasant and painful fungus.

Wishing you and your family a safe and happy summer!

Reminder that our office will be closed the week of  
July 1st and reopening July 8 at 9:30 am



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## DON'T PACK AWAY YOUR ORTHOTICS

### BECAUSE IT'S SUMMER!

There is a common misconception that orthotics can only be worn with closed shoes, such as runners. With our summer heat, it is crucial that our feet and toenails breathe and are exposed to the air. Many summer sandals are now available with a removable foot bed to accommodate your custom orthotics and keep your feet, legs and back feeling their best.

Summer footwear with removable insoles allow for a custom orthotics to fit easily and comfortably. Abbott Foot and Ankle Clinic also offers patients a second pair at a discounted price when ordered within 2 months of the initial pair. Don't let sweaty summer feet hold you back this summer and contact our office to review your options.



## JOKE OF THE MONTH

A man and his wife walk into a dentist's office. The man says to the dentist, "Doctor, I'm in one heck of a big hurry! I have two buddies sitting out in my car waiting to play golf...So forget about the anesthetic and just pull the tooth and be done with it! I don't have time to wait!"

The dentist thought to himself, "My goodness, this sure is a very brave man, asking me to pull his tooth without using anything to kill the pain." So the dentist said to the man, "Which tooth is it, sir?"

The man turned to his wife and said, "Open your mouth, Honey, and show the doctor which tooth hurts."



### When should you call a Chiroprapist:

If you have foot or ankle that won't go away.

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, blisters or bunions.

If you need help finding proper fitting shoes.



**705-444-9929**

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