



Hyperhidrosis

J. Turner

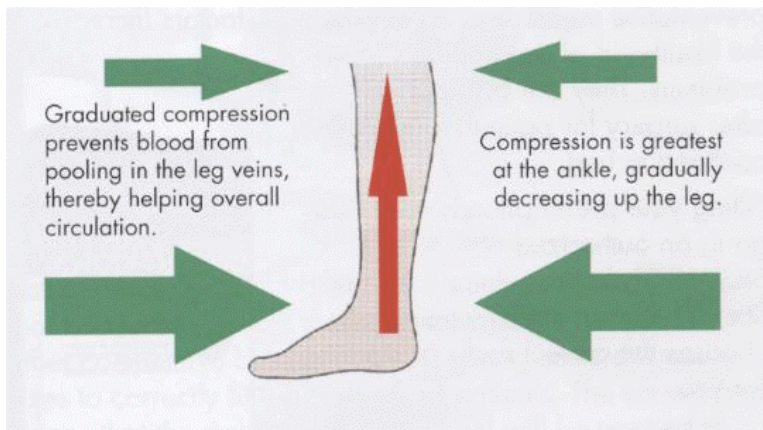
Hyperhidrosis is a disorder in which an excessive amount of sweat is produced. In the foot, the excessive moisture and heat provides an ideal breeding ground for many organisms that can cause infection and odour. Hyperhidrosis can be caused by hyperthyroidism, anxiety disorders, heat, pain, and even a diet of hot and spicy foods.

In addition to the embarrassment of excess sweat and odour, the moisture can lead to painful fissures between the toes. To help manage this condition a person should alternate shoes each day. Try foot powder or an antiperspirant; rubbing alcohol between the toes and on the soles of the feet once a day will cool and dry the foot. If these simple solutions do not help, seek advice from your physician.

Compression Therapy

D. Choi

Did you know about 90% of leg disorders originate in the veins? If you have tired, aching legs or are starting to notice varicose veins, you may need to learn about improving your venous circulation. Compression therapy refers to wearing socks/stockings specially designed (gradient compression) to support your veins and improve circulation. They are



typically worn first thing in the morning and removed at night. The compression offered helps prevent blood from pooling in the veins and thereby helps overall circulation. Gradient compression has the tightest fit around the ankles and gradually decreases up the leg. This compression is measured in mmHg (millimetres of mercury). Over-the-counter compression therapy typically starts at 8-15 mmHg. Any greater compression or possible history of arterial problems should be discussed with your physician.

Foot Care Centre

The **Foot Care Centre** is dedicated to providing excellent service, quality products, and expertise in the treatment of foot problems. The range of services we offer includes:

- Biomechanical foot assessment and treatment
- Fitting and modification of orthopaedic shoes
- Education and advice on proper footwear and foot care
- Retail sale of foot care products, compression garments, specialty socks, orthopaedic shoes, insoles, and orthotics

The Foot Care Centre includes a store, which is open to the public. Specialty retail products can be purchased here without an appointment.

Clinic/Store Hours

Mon – Fri 9:00 a.m. – 5:00 p.m.
(Closed Noon - 1 p.m.)

Saturdays 10:00 a.m. – 4:00 p.m.
(by appointment only)

Additional appointments may be made outside the regular store hours.

Foot Massage Cream \$9.99
Soothes and refreshes hot,
dry feet – non greasy.



This moisturizing massage cream soothes tired feet. Your feet deserve the relief provided by this special blend of beneficial vitamin E, aromatics, exotic calendula and arnica oils, plus the finest camphor and menthol enhanced with refreshing mint. Actively restores moisture to dry skin.

Massage with this cream as often as you like.

Toe Separators \$8 - \$9



To help relieve pain caused by friction or pressure between toes. Helps eliminate pain and discomfort caused by soft corns between toes.

All Intelligel® products help to soften and lubricate the skin, with medical grade mineral oil and Vitamin E.

2 per package – Sizes Small or Large
Can be cut for a more customized fit.

Have you ever wondered what is involved in getting custom-made foot orthotics? *J. Giroux*

The Foot Care Centre has been providing foot care for more than 20 years. We employ certified foot care specialists with expertise in the area of foot biomechanics and orthotics.



The first step in obtaining a custom made orthotics, is to have a biomechanical assessment of your feet by one of our foot care specialists.



If orthotics are recommended, the next step in the process is casting. We take a three-dimensional mold of your feet. The cast captures the structural alignment of your feet.

Based on your assessment, the foot care specialist designs your orthotics specifically for your symptoms, foot structure, and footwear.

The next step is the fabrication process. There are numerous steps involved in fabricating orthotics completely from raw materials and they include:

- negative casts are converted to positive models of your feet
- the orthotic shell is heated and vacuum molded over the cast
- the shells are then ground to their finished shape
- any additions, extensions, or special accommodations are added at this point as ordered by your foot care specialist
- the top cover is then glued to the orthotic shells



Your foot care specialist will dispense your orthotics to check fit and provide wearing instructions.