



Social Media

Like, Follow, Connect, Join, and Now You Can Add us to Your Circle!



We live in a very small world these days. You can connect with people from across Canada, North America, Europe, and beyond with just a simple tweet or a post. Markham Foot Care Clinic offers regular tidbits of information through Facebook, Twitter, LinkedIn, our blogs, and now on Google+.

Have YOU visited our social media sites?

Each week we post information on foot and ankle health care ranging from a short tweet, to a moderate Facebook or Google+ post, and up to a short article in our blogs. Our goal is to provide information to help you better understand your specific foot condition as well as to learn helpful tips on general foot health care — and to share it with your family and friends.

We want to hear from you!

- Let us know what foot and ankle health care information would be most helpful to you? Diabetic foot care? Bunions? Heel Pain? Tips for runners? What orthotic you should buy?
- Share your photos with us — before and after toenail fungus treatments, the race finish line after recovery from heel pain, etc. Or upload a video review of your experience at Markham Foot Care Clinic.
- Comment on our posts and blogs to let us know what you've found helpful or where you'd like more information.

Your foot and ankle health care is important to us! Social media is one way for us to connect with you. See you on our sites!

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Brian Cragg

D.Ch., BSc (Hons) Podiatric Medicine

Chiropodist Foot Specialist

Ashgrove Medical Centre

Suite 102 6633 Highway 7 East

Markham Ontario

L3P 7P2

www.MarkhamFootCare.com



Connect With Us on the Web!

Markham Foot Care Clinic Is Carrying the Torch in the Fight Against Diabetes!



In honour of the **2012 Summer Olympics**, we're holding a special contest beginning Friday, July 27 and ending on Sunday, August 12. Foot health care is especially important for those with diabetes so we will be donating \$1.00 (up to \$250) to the **Canadian Diabetes Association** for

every person who adds our Google+ business page to one of their circles. **Join with us** in the fight against diabetes and the foot complications that develop as a result of this disease!

July 27 — August 12

The Professor's Payback

A professor handed out his quarterly exam and returned to his desk. When the students handed them back, the professor saw Jack's had a \$100 bill and a note saying, "A dollar per point."

When the professor handed out the graded exams, Jack eagerly looked for his grade and found, instead, \$64.

Physical Activity Generates Feelings of Enthusiasm

Everyone knows that habitual exercise is good for you, especially in the long term. But when considering physical activity, many people wonder what's in it for them right now. Immediate gratification would be a big plus.

You can have it, right now, today. A new study shows that people who get at least 15 minutes of physical activity during the day are more likely to be enthusiastic and excited about almost everything. So if you are looking for more gusto in your life, physical activity is one way to get it.

The study, reported in the *Journal of Sport & Exercise Psychology*, found that people tend to be more excited and enthusiastic just on days when they are more active. That should offer encouragement to those who are intimidated by the idea of starting an exercise program. Instead of wondering about long-term goals, they can think about the benefits for today.

The research involved 200 people who reported their activities, sleep quality and



quantity, and their mood or mental state throughout the day. Those who were more active also tended to sleep better, the study found.

Other research links physical activity with levels of norepinephrine, dopamine and serotonin in the brain, which can lead to these positive emotions.

Though the 200-person study was small and short, only eight days, there's little risk in getting some exercise to see how it affects your own inner zest.

At the very least, it will be good for your heart and help to tone you up. If you get an enthusiastic exercise high, so much the better.

It happens the same day, not just in the future.

Ask Brian — Question of the Month

*I want to start a walking program
and possibly learn to run as well.
What do I look for when I buy a shoe?*

Generally I recommend a jogging shoe for both walking and running. Here is what I suggest you consider.

1. The uppers of the shoe should be made of a light material that breathes well
2. The tongue should be padded to protect the foot from pressure from the laces.
3. The shoe should have a firm heel counter (the firm area that supports the sides of your heel) to provide support and stability.
4. The shoe should be torsionally rigid. In other words you should not be able to twist the sole.
5. The shoe should bend where the toes bend but should be firm from the heel to the ball of the foot.
6. Make sure you get the right length and width. Remember that shoe sizing is not standardized so make sure you have a bit less than a thumb width between the end of the longest toe and the end of the shoe. The width should not allow for any movement but should not be too tight or too loose. The majority of foot problems will come from a shoe that is too short and too tight not too long and too loose. Length and width should be checked standing not sitting as your foot elongates and spreads out when you stand up.
7. Finally, purchase your shoes from a store with knowledgeable staff who are trained to fit shoes, have knowledge about the shoes that they sell and can identify your foot type so you are sure to get the right shoe. We suggest the [Running Room of Markham](#).



**Good luck
with your
training!**



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.



905.294.8087

Brian Cragg
D.Ch., BSc (Hons) Podiatric Medicine
Chiropodist Foot Specialist
Ashgrove Medical Centre
Suite 102 6633 Highway 7 East
Markham Ontario
L3P 7P2
www.MarkhamFootCare.com

Scrabble It

DORMITORY: When you rearrange the letters: DIRTY ROOM

THE MORSE CODE: When you rearrange the letters: HERE COME DOTS

SNOOZE ALARMS: When you rearrange the letters: ALAS! NO MORE ZS

A DECIMAL POINT: When you rearrange the letters: I'M A DOT IN PLACE

ELEVEN PLUS TWO: When you rearrange the letters: TWELVE PLUS ONE

Logic Lesson

A fourth-grade teacher was giving her pupils a lesson in logic. "Here is the situation," she said. "A man is standing up in a boat in the middle of a river, fishing. He loses his balance, falls in, and begins yelling for help.

His wife hears the commotion, knows he can't swim, and runs down to the bank. "Why do you think she ran to the bank?" A girl raised her hand and asked, "To draw out his savings?"

The Lighter Side