



Watch Out for flip-flops!

The warm days of summer are finally here! As we bring out the summer footwear here is some foot care advice for the summer months.



While flip flops are popular and convenient to wear, they put us at risk of developing foot problems. They do not give us necessary support and, if worn for a prolonged period of time, they can cause severe arch pain or pain on the ball of the foot.

Keep in Touch!

Take a peek at our newly renovated website:

<http://www.gentlefootcare.ca/>

& don't forget to join our  Facebook group! Also, please follow us on Google plus we are looking forward to hearing from you

We are sure you will enjoy it.

"GENTLE FOOT CARE PATRONS"

<https://www.facebook.com/groups/footproblems/>



Gentle Foot Care

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Gentle Foot Care



Summer 2015 Newsletter

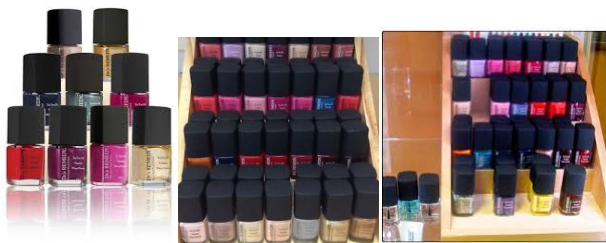


*"Better Feet to
Chase Your
DREAMS"*

Summer 2015 Newsletter Part 2



Summertime Fancy, Fun, Wild Nail polish



This summer we have just stocked up on some amazing colors that will brighten your daily lives. These nail polishes are made by tea-tree oil, garlic bulb extract, lavender, wheat protein and vitamins C and E. They are friendly with discoloured brittle nails, pregnant women, diabetics, vegans, and children. They do minimize dry brittle nails, hydrate nail cuticles and improve the wear-time of your nail colour. They do not contain formaldehyde, formaldehyde resin, camphor, toluene and DBP.

Don't forget to apply sunscreen to the tops of your feet and toes. If your feet are exposed, they will get burned.



Have a safe and enjoyable summer and
above all, keep those feet happy

News for the upcoming season:

We will be starting pedicures, nail arts, and nail designs within the upcoming months and we would love to hear from you.

From Us to You:

Dear Patients,

We are always open to new patients and are more than willing to help your family and friends with any foot problems they are experiencing. Bring them to our clinic and we will ensure they are receiving the best care!



THANK YOU ☺

Gentle Foot Care Staff!



Summer 2015 Newsletter



*We can provide many other great alternatives which are stylish, yet will not negatively impact your feet. Ask us how you can **order a pair of summer sandals** today!*

Prevent Fungal Infections:

If you are prone to sweaty feet, you are more prone to fungal infections. In the warm summer months, take time to expose your feet, without socks, to the air more often, especially if you wear shoes and socks all day. Have 2 or 3 different pairs of shoes that you rotate

It's SUMMER!

Injuries:

Going barefoot in the summer is only natural and has some benefits for short periods of time, but is not recommended for outside the home. Too often, injuries occur from punctures or cuts. **Always** wear footwear outside the home. If engaging in water activities, such as canoeing or kayaking, try to wear water shoes or sandals to protect your feet along rocky shorelines or river beds. If an injury has occurred, contact your chiropodist/podiatrist or doctor.

If you are a diabetic, shoes should be worn at **ALL times** to avoid injury. Even the slightest scrape can be cause for alarm among people with diabetes - healing can be difficult and may lead to limb amputation.

Heel Care:

During the summer, the skin on the bottom of your feet is prone to dryness and cracking due to excessive sweating. In extreme cases,

your feet can bleed or become infected. Use a pumice stone on your heels every day in the shower or bath. Apply softening foot care to the heels twice a day. If an over the counter cream doesn't help, talk to your chiropodist or podiatrist about a prescription product. We would be happy to provide one of our several products we offer to aid you in such endeavors.

Damaged Nails: Hydrosoluble nail lacquer

We now carry a product that will help relieve the symptoms of damage nails. This product will improve the symptoms of nail splitting and fragility along. The active ingredients provide strength and elasticity to improve the overall appearance of the nail. With this product it can also improve the appearance and texture of the nail due to damage caused by psoriasis