

# Monthly Newsletter

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## Stuart Berry and Des Armstrong gain their Canadian Citizenship.

Many of our patients will recall the directors of The Footcare Centre, moved to Canada back in 2012.

They set up a new branch of The Footcare Centre in beautiful Niagara Falls, Ontario.

Well, just over 5 years after they moved, on Tuesday 12<sup>th</sup> December, they completed the final stage of their transition to Canada and gained their Canadian Citizenship – we should clarify that they have now hold dual citizenship British and Canadian.

The event was held at the Rainbow Bridge within sight of the Horseshoe Falls (The Rainbow Bridge is one of the land crossing between Canada and the USA).

They along with 17 other people from 10 different countries, took the Oath of Citizenship.

They were even featured on local TV and in the local paper. The TV piece can be viewed on YouTube at:

<https://youtu.be/MpbYJ-htLsA>

and the newspaper article can be viewed at:

<http://www.niagarafallsreview.ca/2017/12/12/welcoming-new-canadians>



## Oh No!!

*In Dec, we had 14 patients that failed to attend their appointment!*



## Stuart Berry and Des Armstrong gain their Canadian Citizenship. (Cont'd from previous page)

The presiding official Dr Dorothy Griffiths said at the ceremony “We proudly welcome tens of thousands of new Canadians every year, in fact welcoming newcomers is the story of Canada.” The Ceremony was also attended by the Mayor of Niagara Falls, Jim

Diodati. He urged the new citizens to “make this place better than when you arrived. I challenge you to bring your culture and customs and everything this is unique about where you come from and share it with us”

Quoted from Niagara Falls Review article, December 13<sup>th</sup>, 2017 by Alison Langley, [alangley@postmedia.com](mailto:alangley@postmedia.com)



## Foot Care for Athletes

Playing sports professionally or recreationally can take its toll on your legs and feet. There are many injuries associated with sports like torn ligaments, sprains, muscle pains etc.

Other than these common problems are some of the other issues that athletes commonly face; for example, athlete's foot, corns, calluses and ingrown toenails.

## Foot Care for Athletes (cont'd from previous page)

These issues can be caused by poor footwear or poor running style. Given below are some useful tips that can assist you in getting back on your feet, or at least minimizing the risk of foot problems.

### Tips for Athletic Foot Care

- Cleanliness is key; you should wash

your feet properly daily and dry them accordingly.

- High quality socks should be worn that fit your feet properly and are highly absorbent or designed to wick moisture.

- Using the right shoe for the right sport is very important



- People who are overweight may suffer from more foot problems. It is highly recommended that you keep in shape and exercise regularly. You should make time to do 20-30 minutes of cardiovascular exercise daily – which can even include brisk walking.

- The shoe should have the right amount of support from fastening uppers and the appropriate grip relevant to each surface.

Thus, choosing the right-shoes for sport and surface and keeping your feet clean and dry can help prevent many sports injuries.

The tips here are useful for everyday foot care if you're an athlete, but if you encounter any foot problem, be sure to consult a qualified podiatrist. ♦

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The Care,

Professionalism and

Time that your feet

deserve



## Spotlight on..... Steven Castillo-Pinel – Podiatrist

### Tell us a little of your history before you joined The Footcare Centre?

I was born in Australia. During high school, I worked in a shoe shop called The Athlete's Foot where the podiatrist would recommend our footwear to their patients. I decided to move to Spain to complete my degree in Podiatry. I thought it would be great to move to England and see a different part of the world.



### How long have you worked at The Footcare Centre?

Four months.

### What do you enjoy about working at The Footcare Centre?

The great friendly and professional team I work with and the new skills I am rapidly acquiring as a podiatrist.

### What aspect of your job provides you with the most satisfaction?

When a patient leaves with a smile on their face!

### What have you learnt from patients at The Footcare Centre?

Every patient is different. Every patient has a story and experience behind them and I listen to the patient to completely understand and treat according to their needs.

### What do you enjoy doing when you are not at work?

I like to walk and discover new towns, meeting up with friends and going to festivals, museums and cultural events. I try to head home to Barcelona every so often to see family and friends.

### So.....what are your feet like?

I am getting more callus now as I am more active now! I had nail surgery, so I do not have to think about an ingrown toenail.

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