


320 Garage Sales MULTI - FAMILY GARAGE SALE SAT. MAY 1 8AM-NOON 929 MAPLE AVE. RAIN OR SHINE!!	320 Garage Sales SAT. MAY 1 9AM-3PM 203 ELMWOOD CRES. Everything from a-z, from microwaves to wall unit, washer & dryer. DON'T MISS THIS ONE!! - RAIN OR SHINE	320 Garage Sales TWO FAMILY GARAGE SALE SAT. MAY 1 8AM-2PM 737 BANTING CRT. (MAIN ST. /WILSON AREA) RAIN OR SHINE - NO EARLY BIRDS PLEASE!!	320 Garage Sales SAT. MAY 1 8AM-NOON 5193 TREMAINE RD. (BETWEEN LOWER BASE LN & BRITANNIA) Household moving sale with childrens books and toys	320 Garage Sales GARAGE SALE SAT. MAY 1 8AM-1PM 681 HARRISON RD. Toys, books, household items.
YARD SALE SAT. MAY 1 7AM 87 MAIN ST. N. (GUELPH LN.) CAMPBELLVILLE Vintage painted furniture, old prints/frames...	STREET SALE SAT. MAY 1 8AM-2PM FREEMAN TRAIL (THOMPSON BETWEEN DERRY & BRITANNIA) LOTS OF GREAT STUFF - RAIN OR SHINE!!	GARAGE SALE SAT. MAY 1 8AM-12PM 650 CHILDS DR., UNIT #18 "Barbies", kids toys, household goods, table & chairs, books, & much more, RAIN OR SHINE!!	HUSBANDS GARAGE SALE SAT. MAY 1 8AM-1PM 9214 DUBLIN LINE (N. OF 5 SIDE RD., W. OF HWY 25) 25 yrs of collecting, lawnmower, tools, screen door, some household goods.	GARAGE SALE SAT. MAY 1 7AM - NOON 732 COULSON AVE. MILTON
PACK RAT PARADISE - 3 FAMILY GARAGE SALE SAT. MAY 1 8AM-NOON 756 TURRELL CRES. (MATTAMY SUBDIVISION) Microwave, crib, highchair, tv/stereo stands, speakers, bookshelf, many household items. DERRY TO TRUDEAU S. LEFT ON DOCKRAY. RIGHT ON TURRELL. FREE COFFEE - NO EARLY BIRDS PLEASE	MULTI-FAMILY GARAGE SALE SAT. MAY 1 8AM-1PM 900 HEMLOCK DR. Baby clothes/gear, new/used items, wedding dress. Sale for all. RAIN DATE: SUN. MAY 2	GARAGE SALE SAT. MAY 1 8:30-NOON 24 ROBERTS DR. (THOMPSON & MAIN ST.)	GARAGE SALE MAY 1ST & MAY 8TH 9AM-12PM 4193 20TH SIDEROAD, RURAL MILTON Antiques, furniture, original quality art, linens, tools, no toys, clothing and other asst. items etc...etc.. INDOORS RAIN OR SHINE - NO EARLY BIRDS	

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Elisabeth Hibbert B.Sc. D.Ch.
 Chiropodist - Foot Specialist

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 "A BODY IN BALANCE HEALS ITSELF"

May is...Foot Health Month!

Feet: The most important yet often neglected part of the body.

By Elisabeth Hibbert B.Sc. D. Ch. Chiropodist - Foot Specialist

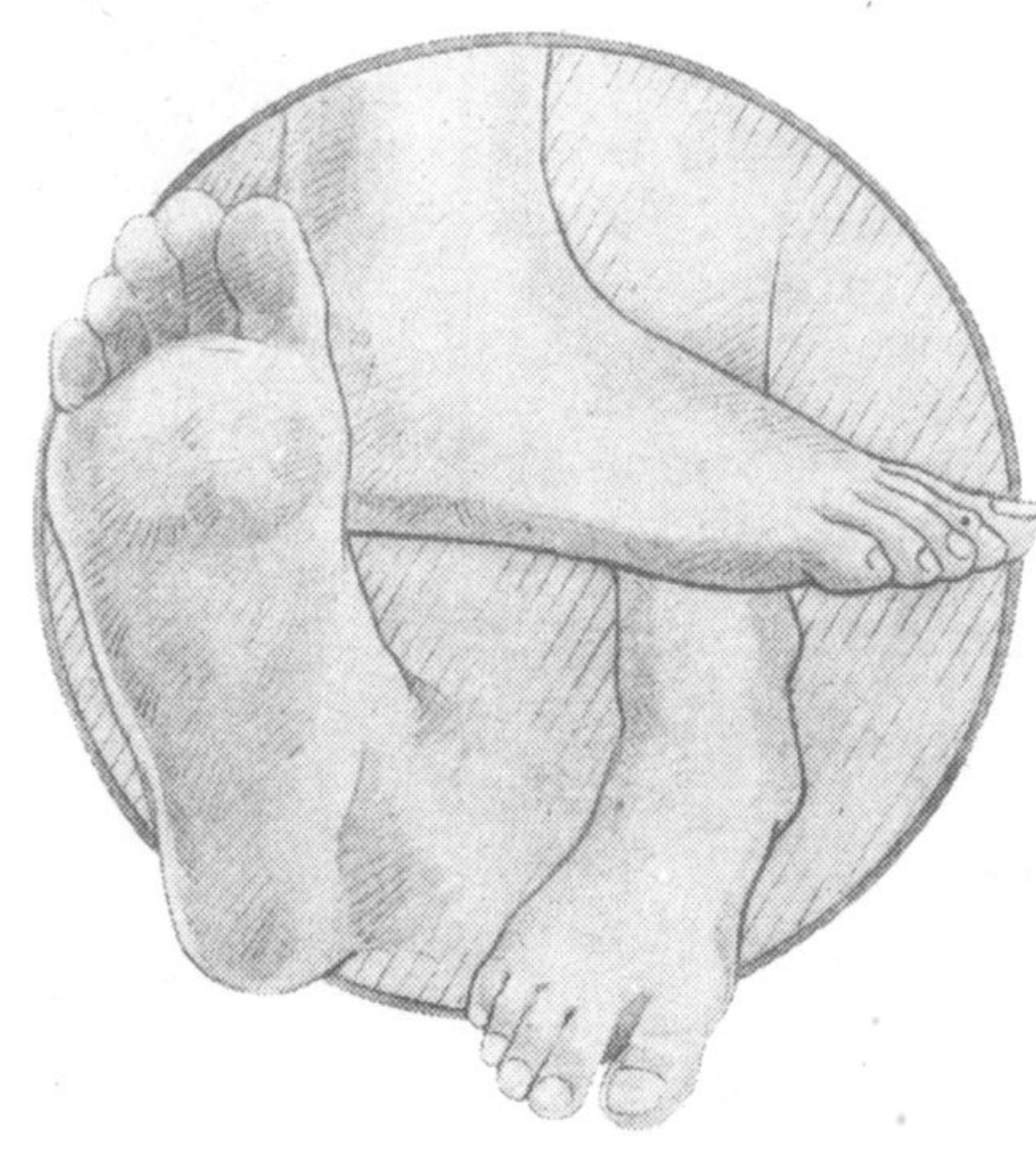
The foot was once described by Michelangelo as "a masterpiece of engineering and a work of art." The foot is a marvelous structure but perhaps it was not designed with today's footwear fashion and manmade surfaces in mind.

It has been said that seventy five percent of people will experience some sort of foot pain at one point in their life. The foot walks an average four times around the world over the course of a lifetime. It's no wonder that things go wrong from time to time. What can we do to protect them? If we take proper care of our feet we can dramatically reduce the chances of problems occurring.

You can take care of your feet on a daily basis by wearing proper footwear and by providing preventative care. When self-care is not enough a chiropodist can provide general care, prescribe specialized medications, provide prescription orthotic inserts, or perform surgery to correct foot problems.

The Ontario Society of Chiropodists (OSC) is a non-profit professional association representing chiropodists throughout the province. The society is dedicated to promoting foot health excellence through public education. The OSC sponsors a foot health month in Ontario in May. Let's all take a look at our feet this May and treat them to some much-deserved care.

The first step is to put your feet into shoes that fit properly. When buying your shoes make sure they are comfortable in the store. Take a walk around, shoes should not be purchased if a break-in period is required. Shop for shoes at the end of the day when they are slightly



swollen from the day's activities. A proper shoe is one that is made for the activity you wish to perform in them. Guidelines for qualities to look for when purchasing a general walking shoe are:

- soft breathable uppers
- low heel (under 1 inch)
- rubber non slip soles
- firm sole in the arch area and flexible in the toe area
- strong heel counter (back of shoe)
- laces of Velcro to keep the foot in the shoe
- a round toe area with enough depth (toes should move easily)
- wide enough to fit all the toes (no bulging at the sides)
- a half inch gap from the longest toe to the end of the shoe

A quick trick to establish if your shoe fits is to take a piece of paper trace your foot and then put your shoe over the top of the drawing, the foot tracing should not be visible. The most expensive shoe is not necessarily the best but it often means it will last longer. Shoes do wear out. The length of time you should wear your shoes depends upon how active you are in them. Once the sole loses its cushion it will no longer absorb the force of walking and your body will suffer.

Sometimes custom-made orthotics or shoe inserts are necessary to create proper foot function and relieve foot pain symptoms. The feet are the foundation of the body. If the feet are out of alignment, then the knees, hips and back can also be affected. Prior to getting orthotics you should have your feet evaluated by a foot specialist. If you need orthotics, a prescription should be written for the devices and the foot should be cast using a plaster cast. The orthotic should then be fitted properly into the shoes you have selected. Orthotics should be prescribed

and manufactured under the direction of a primary care professional who is licensed in this field and who will follow up with orthotics on a regular basis to make sure the devices are functioning optimally.


General care is required to keep your feet in good shape and free of problems. Special care should be given to the feet on a regular basis. These are some guidelines:

- Cut your toenails straight across to prevent ingrown toenails
- Use a nail file if you have thick nails or sharp edges.
- Check your feet everyday for blisters, cuts, scratches and nail problems. You can use a mirror to see the bottom of your feet.
- Wash daily to decrease the chance of bacterial infection occurring.
- Dry completely after bathing especially between the toes, this will decrease the chance of getting a fungal infection.
- Rotate your shoes from day to day to allow them to dry out completely and to change the potential pressures on the foot.
- Soak your feet and file off callus (dead skin), do not use acid medications.
- Use emollient creams to soften skin and protect from cracks

Foot exercises and stretches are also necessary to keep the foot healthy and functioning at its best. Use massage techniques to relax the foot. Stretch the bottom of the foot by holding the heel and pulling the ball of the foot towards the leg. Rolling the foot on a rolling pin or can will help relax the muscles on the bottom of the foot. While sitting use one foot and rotate the ankle to spell the letters of the alphabet. Point and flex the toes holding each position as far as you can go for 10 seconds. While standing raise your heels, hold the position and the lower, always stretching afterwards.

Chiropodists are regulated health care providers in Ontario educated exclusively in the assessment, treatment and prevention of foot disorders. Foot conditions include structural deformities, complications of diabetes, sports injuries, and ingrown toenails. If you have any questions regarding your foot health, contact a professional.

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