

Welcome!

We warmly welcome you to our day program:

Program Highlights

Jan. 3rd The ADC is **Closed** today.

Jan. 4th The ADC **resumes** service today

Jan. 12th January Birthday Party
Steve Warner, guitarist

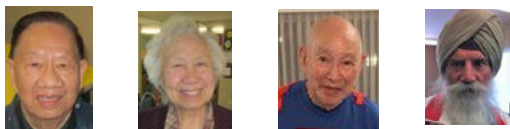
Jan. 18th Health Talk: Foot Health
(in English)

Jan. 20th Health Talk: Foot Health
(in Chinese)

January Birthdays

We wish our following friends a very Happy Birthday!

Mr. Henry Ho	January 8 th
Mrs. Teresa Kong	January 9 th
Mr. Alex Ong	January 10 th
Mr. Hari Mann	January 15 th
Mrs. Yuet Sim Ho	January 20 th
Mrs. Ayako Tamai	January 20 th
Mrs. Bidia Mate	January 26 th
Mrs. Amy Chan	January 27 th



歡迎

我們溫暖地歡迎您到我們的中心:

節目聚焦

一月三日: 中心休息

一月四日: 中心 今天 恢復 服務

一月十二日: 一月份生日會
Steve Warner, 吉他手

一月十八日: 健康講座: 足部健康 (英語語言)

一月二十日: 健康講座: 足部健康 (漢語)

一月生日會員

生日快樂對我們的朋友

Mr. Henry Ho	一月八日
Mrs. Teresa Kong	一月九日
Mr. Alex Ong	一月十日
Mr. Hari Mann	一月十五日
Mrs. Yuet Sim Ho	一月二十日
Mrs. Ayako Tamai	一月二十日
Mrs. Bidia Mate	一月二十六日
Mrs. Amy Chan	一月二十七日



SVNH Adult Day Centre 南溫哥華成天中心 January 2022 Newsletter

2022年01月 月報



Happy New Year!

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FOOT HEALTH

The human foot has 26 bones and 33 joints that are held together by muscles, tendons and ligaments. These different parts work together to control motion. Your feet are subject to a lot of pressure each day from walking and are more prone to injuries than any other part of your body. Foot discomfort and pain are not normal and do require medical attention. It is important to take care of foot problems right away, especially for persons with circulatory disorders, diabetes and arthritis. You should consult your physician or a doctor of podiatric medicine (DPM) for evaluation.

COMMON FOOT PROBLEMS

Athlete's Foot Athlete's foot is a skin disease caused by a fungus that often starts between the toes or on the bottom of the feet. It can spread to other parts of the body through contact with your hands and towels that have touched the feet. Symptoms include dry skin, itching, peeling, redness, and blisters. A warm, dark, damp environment promotes fungal growth. To prevent infection, keep your feet clean and dry, especially the area between your toes and change your socks and shoes regularly to decrease moisture. Treatment for Athlete's foot includes over-the-counter antifungal foot powder or cream and/or prescription oral or topical medication

Corns and Calluses Constant pressure and friction on the skin produce hardening and thickening of the skin. Improperly fitted shoes and deformed bone structures are the major causes. Corns usually occur between, on top or on the side of the toes while calluses form on the soles of the feet. To relieve discomfort and pain, wear shoes that fit properly and place non-medicated foam pads over corn to cushion them. Do not attempt to self-treat by cutting the dead layers of skin or by applying over-the-counter medicines which contain acids that destroy the tissues. If the problem persists, a doctor can surgically remove the corns and calluses.

Ingrown Toenails

Toenails normally grow straight out. When corners or sides of the nail curve or grow into the flesh of the toe (often the big toe), pain, swelling and redness can occur. Improperly trimmed nails and crowding of the toes from poorly fitted shoes are the primary causes. To prevent ingrown toenails, cut the toenails straight across and do not cut them too short; wear shoes that fit properly. If the tissue around the nail becomes infected, a doctor can remove part of the nail that has grown into the toe and treat the infection with prescription oral or topical antibiotics.

Fungal Nails

Fungal nails are a fungal infection of the nails. The infection can cause discoloration and thickening of the nails. Persons with impaired immune system, a history of athlete's foot or heavy foot perspiration and diabetics are especially prone to fungal nails. To prevent fungal nails, practice good foot care habits; disinfect nail clippers; avoid nail polish that can trap moisture below the nails and promote fungal growth. Over-the-counter topical antifungal products are often ineffective in the treatment of the problem. Prescription oral antifungal medicines are more effective but need to be taken for several months. These medications may also have some unwanted side effects. In some cases, the permanent removal of the infected nail may be necessary if other treatments fail.

Heel Pain

When the heel bone and the attached soft tissues are stressed, heel pain can occur. This is usually the result from walking, running or jumping on hard surfaces, wearing improper footwear, or being overweight. People with flat feet, very high arches or excessive inward motion (pronation) of the foot when walking are also more prone to developing heel pain. Constant stretching, pulling, and tearing of the connective tissue that runs along the bottom of the foot can lead to inflammation, pain, and a bony growth at the heel (heel spur). Wearing shoes with appropriate support and losing weight can help to prevent heel pain. Treatment of heel pain includes rest, special stretching exercises, use of heel pads or custom-made shoe inserts, anti-inflammatory medication, and steroid injection.

Tips for a Proper Shoe Fit

1. Have your feet measured regularly and do so at the end of the day when your feet are largest.
2. Select a shoe that is shaped like your foot.
3. Fit your shoe to your larger foot.
4. Stand up during the fitting process to ensure that there is enough space at the end of the shoe (about half an inch) for your largest toe
5. Walk in the shoes to make sure that they do not slip or feel too tight.
6. Choose low-heeled shoes (less than 2"), made of soft leather, with thick non-slippery soles. They are safer, more comfortable, and less damaging to your feet.

Good Foot Care Habits

1. Wash your feet daily with warm water and soap and dry them thoroughly.
2. Inspect your feet every day or have a family member check them for you.
3. Wear properly fitting shoes.
4. Change socks and shoes daily.
5. Do not go barefoot.
6. Avoid exposing your feet to cold temperatures.
7. Maintain good circulation to the feet:
 - Do not smoke
 - Have a foot massage
 - Take a warm footbath
 - Avoid prolonged sitting, especially with your legs crossed. Stand up, stretch and walk periodically.
 - Put your feet up while sitting Do not wear tight stockings

<https://www.cchrhealth.org/foot-health/>

https://www.cchrhealth.org/sites/default/files/files/t_foot_health.pdf



足部健康

人的腳是由肌肉、筋腱及韌帶等包裹著二十六根骨頭和三十三節關節所組成。這些不同的關節和組織相互協調工作，使腳能發揮行走的功能。我們每天走路，腳承受著很大的壓力，而且是身體上最容易受到損傷的部位。如腳有不適或疾病應加以注意並及時治療，不要掉以輕心。尤其是那些血液循環不良的人、糖尿病及關節炎患者，若發現腳部有問題，更應馬上請醫生或足部專科醫生檢查治療。

常見的足部疾患

足癬（俗稱香港腳）(Athlete's foot) 足癬是一種由真菌（fungus）引起的皮膚感染疾患。通常從腳趾間或腳底開始發病。足癬可通過接觸過患處的手或毛巾等傳播至身體其他部位。其症狀是皮膚爆裂、痕癢、脫皮、紅腫和長皰。溫暖、濕潤及黑暗的環境最適宜真菌生長。為防止感染，應保持雙腳清潔乾爽，尤其是腳趾間，並勤換襪子和鞋子。治療足癬可用不需醫生處方的消真菌粉末或藥膏，或請醫生處方口服或外用藥物。

雞眼及胼皮厚 (Corns and Calluses)

起因是腳部皮膚受到反覆摩擦及施壓，造成皮膚增厚和變硬。長期穿著不合適鞋子和腳骨構造畸形是其發病最主要的原因。雞眼通常生在腳趾間或腳趾邊或上部，而趾皮厚則長在腳底。減低不適或疼痛的方法包括有，穿著舒適的鞋子或放置非藥用的貼布以保護雞眼免生摩擦。切莫自己嘗試割除死皮，或自己塗抹非處方的藥膏，因為有些藥膏含有酸性可破壞皮膚組織。如症狀不見好轉，可請醫生將雞眼及趾皮厚割除。

內生腳甲 (Ingrown Toenails)

腳甲通常是往外直生的，但若指甲的角或兩邊彎曲或向肌肉內倒生，(常見於大拇趾)則會造成疼痛和紅腫。起因通常是由於剪指甲的方式不正確或穿著太窄的鞋子所致。為防止發生內生腳甲，剪腳甲時應平剪並不要剪得太短，同時要選擇合適的鞋子。如果趾甲周圍的組織發炎，醫生會將部分倒生的腳甲割除並用處方口服藥物或外用消炎藥治療感染。

甲癬（又稱灰趾甲）(Fungal Nails)

灰趾甲是指趾甲受到真菌感染，使趾甲變色及加厚。免疫功能有障礙，糖尿病患者，或曾患過足癬或腳汗大的人士較容易患灰趾甲症。為免患灰趾甲症，應養成良好的足部護理習慣，每次使用修趾甲剪刀時要消毒，盡量避免塗抹趾甲油，以免水分儲留助長真菌生長。在藥房可買到的非處方外用灰趾甲藥物通常療效不夠理想，而醫生處方的口服灰趾甲藥物則效用較好，但需要服食數月後才見成效，況且，這些藥物可能有副作用。在某些情況下，若其它治療方法無效時，必要時可考慮將感染的趾甲割除掉。

腳跟痛 (Heel Pain) 當腳跟骨及鄰近的軟組織受到過度的壓力負荷時就會產生疼痛。起因通常是由於在堅硬的地面上步行，跑步或跳躍等，以及穿著不適當的鞋子，又或身體肥胖過重所造成。扁平足、高足弓或過度內翻腳的人仕最容易得腳跟痛。長期對連接腳底的組織過度拉扯會造成發炎，疼痛和腳跟骨增生（骨刺）。穿著支撐性能良好的鞋子以及減磅都有助於減輕腳跟痛。治療腳跟痛的方法除了讓腳得到充足休息，做一些特別的伸展運動之外，使用腳跟墊或特製的鞋墊，採用消炎藥和激素注射等均有幫助。

選擇適當鞋子的一些建議：

1. 定期量度腳的尺寸，並最好在晚間當你的腳最脹大的時候量度。
2. 選擇適合你腳形狀的鞋子。
3. 選擇不要過窄，最好比你的腳稍大一些的鞋子。
4. 試穿鞋子的時候應站起來試，並讓拇趾前頭留有半寸左右的隙間。
5. 走幾步看看鞋子是否太鬆或太緊。
6. 選擇低跟的鞋子，（不要超過兩寸），用軟皮製造，不滑型厚底鞋穿著起來安全且舒服，並對雙腳較少傷害。

良好的足部護理習慣：

1. 每天用溫水加肥皂洗雙腳，並徹底抹乾。
2. 每天檢查雙腳，或請家人幫你檢查。
3. 穿著合適的鞋子
4. 每天替換襪子和鞋子。
5. 不要赤足走路。
6. 避免將腳暴露在寒冷的溫度下。
7. 為保持你的雙腳有良好的血液循環，應做到：
 - 不要抽煙
 - 按摩雙腳
 - 溫水淋浴雙腳
 - 避免坐得太久，尤其不要翹起腿來坐。坐久了應不時站起來，伸展一下或走一走。
 - 坐的時候應將腳擡高。
 - 不要穿太緊的襪褲。

腳是我們身體非常有用的肢體，我們應好好地保養和關心我們的雙腳，使我們能每天健步如飛。

https://www.cchrhealth.org/sites/default/files/files/t_foot_health.pdf

