

# PODIATRY

C A N A D A

CPMA  
Canadian Podiatric Medical Association  
L'association médicale podiatrique canadienne

THE LEADING EDGE PUBLICATION FOR PODIATRISTS IN CANADA | FALL 2017



## In this issue:

- Metatarsalgia: A Footwear Prescription
- Provincial Reports
- Upcoming Events



## Contents

Welcome	3
CPMA AGM Update	3
Metatarsalgia: A Footwear Prescription	4
Canadian Podiatrist Receives Distinguished Service Award	5
Ontario AGM and Canadian Podiatry Conference 2017 update	6
Provincial Reports and Updates	7
Upcoming Events	9

## Welcome

Welcome to the Fall 2017 edition of the CPMA newsletter. Please enjoy this edition.

### Call for articles

Do you have information or knowledge you would like to share with your colleagues? Write to us and submit your suggestions!

### Students

Share your perspective! Have something to say? We'd especially like to hear from you.

### Member Benefits

Member benefits continue to be reviewed. There is currently a subcommittee working on reviewing the Malpractice Insurance coverages. Details will be shared once the review has been completed.

Is there a product or service you use, would like to see a preferred rate for and it added to the list of member benefits? If so, write to us and let us know. We would be happy to check it out and see if there is any added value for the membership. We want to hear from you.

### Have Questions?

Contact the CPMA office at: 1-888-220-3338 or [info@podiatrycanada.org](mailto:info@podiatrycanada.org)  
We are here to answer your questions.

## CPMA AGM Update

The Annual General Meeting of the CPMA membership was held in conjunction with the Canadian Podiatry Conferences and the Ontario Podiatric Medical Association's annual meeting. The AGM was well attended with representatives from Alberta, British Columbia, Manitoba, Nova Scotia, Quebec, and Ontario.

Prior to the AGM there was a Board meeting held, at which point Dr. James Hill President of the OPMA was appointed as Secretary of the CPMA. The CPMA welcomes Dr. Hill to this position and looks forward working alongside him.

Bylaw changes were tabled. The changes allow for the CPMA to expand and grow our membership.

The Strategic Plan, which is a work in progress, was presented to the membership. The Executive continues their work on this Plan which forecasts where we want to be and what we want to do in the next five years.

Canadian Podiatric Medical Association ■

### BOARD CONTACT INFORMATION

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## Metatarsalgia: A Footwear Prescription

As shoe retailers, we often receive footwear prescriptions from podiatrists for patients suffering from metatarsalgia. On many of these prescriptions, the referring doctor makes note of a few footwear features that are expected to help in managing the patient's overall foot discomfort.

These features generally include:

- The ability to accommodate a custom orthotic
- Provision of a deep roomy toebox

More recently the prescription has also requested:

- A stiff-rockered sole to help minimize loading at the ball of the foot.

The purpose of this article is to provide a brief overview of key models and designs that have proven useful in managing patients suffering from metatarsalgia.

### Hoka:

These stiff-rockered, lightweight, ultra-marathon running shoes offer both a stiffness and rocker profile that is unmatched in athletic footwear. Hoka's are also extremely useful for patients transitioning from an unloader walking boot back into day-to-day footwear. They have produced excellent results for patients recovering from a recent ankle fusion/ replacement or for those suffering from plantar fasciitis.

### Hiking and Trail shoes:

Many trail running shoes have rock plates lodged into the midsole of the shoe in an effort to limit rock bruising at the ball of the foot. Many hiking and light hiking boots incorporate stiff shanks as well in an effort to increase torsional rigidity. The resulting stiffness makes them an excellent option for any patient diagnosed with metatarsalgia.

### Tennis shoes:

A tennis shoe's high density midsole, firm upper, and hard rubber outsole helps create a durable board-like stiffness. This can prove useful for any metatarsalgia sufferer who might benefit from stiffness with little or no need for additional shock absorption.

### ON Footwear (pictured below):

These new Swiss designed shoes include stiff propulsion plates, making them less flexible from heel to toe.



### Dress casual shoes:

Most Dansko models, as well as select Naot and Aravon shoes have stiff inflexible soles. Unfortunately the resultant thick bulky profile may not be popular with female patients looking for a more fashionable dress shoe.

### Sandals:

Birkenstocks are a good rigid sandal option, but with a lower rocker-profile and permanent insole they can be

somewhat limiting. Cambrians on the other hand have a noticeable forefoot rocker as well as a removable cork footbed to accommodate even the deepest custom orthotic! The Wolky Jewel is another key style featuring a stiff wedge sole and removable insole with numerous colour options.

Without a doubt finding a store with a decent selection of stiff-rockered shoes is not easy.

Take time to visit your local retailers and see if they have the styles recommended above. Discuss with them your

prescription needs and make stiff soled shoes part of your metatarsalgia management programme.

*Content from **Phil Moore***

*Owner LadySport and FitFirst Footwear,  
Vancouver and Burnaby, BC*

*For a comprehensive review of stiff shoe options you can visit: [www.ladysport.ca](http://www.ladysport.ca) and review a live up to date article called “Metatarsalgia and Stiff Shoes”. ■*

## Canadian Podiatrist Receives Distinguished Service Award

Dr. Joseph Stern, DPM, past president of the Canadian Podiatric Medical Association was presented with the “Distinguished Service Award” for his Exceptional Leadership in serving the profession. He is pictured here receiving the award from current CPMA President, Dr. Brad Sonnema at the annual general meeting held in October in Toronto, Canada.

Dr. Stern served for six years as the CPMA president, and his dedication and hard work were most productive at the local, national, and international levels.

**Pictured L-R:  
Drs. Joseph Stern and Brad Sonnema**



## Ontario AGM and Canadian Podiatry Conference 2017 update

Dear Colleague,

As I review the events of the OPMA conference, the AGM and the CPMA AGM, I have renewed enthusiasm and optimism for the future of our profession in Ontario and across Canada.

Congratulations to Dr. Hartley Miltchin for producing an outstanding event that showcased the most relevant clinical information. Feel free to follow up with the excellent roster of exhibitors that we were fortunate to have in attendance in Toronto. They deserve to have our business

A highlight of the weekend was our ability to meet directly with the CPMA Executive. We will continue to help them advocate for Podiatry across the country and internationally in exchange for their commitment to assist us here in Ontario. I am looking forward to increased personal participation as I have been appointed Secretary of the CPMA.

I spent quite a bit of my time this weekend answering questions from member and non-member colleagues regarding the benefits of OPMA membership. I fondly recall coming to Toronto for the OPMA meetings over 20 years ago with my wife, Dr. Millicent Vorkapich-Hill. When we joined the OPMA, Podiatry in Ontario had just been kicked in the shins and this group immediately began to work tirelessly to get us in the position where we are today. The dedication of these members to the profession and to each other is truly amazing.

We have also been very fortunate to have had Don Gracey, Nancy Coldham and The CG Group with us on our journey. The value of their guidance, intimate knowledge of our profession and detailed strategic planning are an absolute bargain.

With a sustained presence over the years we have been able to set the standard of competency in the province for which all other foot care providers are compared. Our members work within our organization, across Canada and around the world shoring up the case to

remove the podiatric cap in Ontario and move to a podiatric model of foot care in Ontario.

We have had many successes, among them being able to gain access to diagnostic X-rays for our DPMs who are registered as Chiropracist members. We've maintained OHIP coverage for podiatrists, while other professions have been delisted or had their coverage cut back. We managed to achieve a regulation change under the Health Insurance Act allowing podiatrists to co-bill OHIP-**-the only profession in Ontario allowed to do so.**

We worked and continue to work with the WSIB to make the diagnosis and treatment of worker claimants accessible and attractive to podiatrists. We are invited by the government to participate in a range of "tables" responsible for developing healthcare policies. We engaged with CPMA to have podiatrists enabled under federal legislation to prescribe and administer narcotics and other controlled substances. We have forged improved working relationships with other healthcare associations, including the Ontario Medical Association. Perhaps most importantly, against all the odds we kept the profession alive in Ontario and now we are closer than we have been in over 40 years to realize the goal of transitioning to a podiatry model of foot care.

All of these benefits accrue to both OPMA members and non-members alike. Without the OPMA, Podiatry as we know it surely would have ceased to exist in Ontario, rather than being at the cusp of success

I am asking those of you who are non-members to join us in creating a legacy that we can all be proud of here in Ontario. Now is the time for you to come to the aid of your profession!

I am proud to be your colleague and very fortunate to call you my friend.

*Fraternally,*

**Dr. James Hill, DPM FACFAS**

*President, Ontario Podiatric Medical Association ■*

## Provincial Reports and Updates

### British Columbia

#### A quick update of the BCPMA happenings;

- The BCPMA hosted the 2017 Region VII conference at the Radisson Hotel in Richmond, BC on November 15 - 17<sup>th</sup>. This conference lead directly into the BCPMA co-sponsored Live Well with Diabetes conference at the same venue. The event was successful and well attended. Further details will be provided once the conference wrap-up is completed.
- Ongoing discussions with the Ministry of Health and Workers Compensation (WorkSafe BC) regarding issues with fees for Podiatrists in province. Talks are slow, but progressing very well.
- We continue to host successful journal clubs approximately every 6 weeks, but took a break over the summer – resumed in September. BCPMA also hosted a number of journal clubs concurrently in two or three locations in the province. Past articles are available on the website in the Members Area.

- Approximately 91% of the DPM's registered in BC are also members of the BCPMA. We continue to encourage our colleagues who have not joined and stress the importance of belonging to our organization.
- Dr. Green attends the Region VII Board of Directors meetings, and continues to represent BCPMA on the CPMA Board.
- BCPMA will continue to assist the ShoeRenu (formerly Harbour Lights) Podiatry clinics.
- Membership perks continue to evolve and are all listed in the Members area of the BCPMA website.



*Fraternally,*

**Dr. Howard D. Green, DPM, DABPS, FACFAS**

*President* ■

### Nova Scotia

#### Nova Scotia Podiatry Association report

Representatives of the NSPA had meetings with the department of Health (DOH) regarding regulation of podiatry. The DOH agreed that the NSPA should make a formal application using the new (2017) Policy respecting self-regulated Professions process. The NSPA is currently carrying out this exercise.

As part of this exercise the NSPA may be requesting a list of the complaints (and related resolutions) received by the college for the past 5 years. This is intended to establish that in the normal course of carrying out the profession, the public is at risk of harm and that regulation of the profession is an appropriate safeguard.

The NSPA has entered a reciprocal membership agreement with the New Brunswick Podiatry Association. This will allow the jurisdictions to recruit members from a larger pool for committee duties as well as other regulatory/professional/educational initiatives.

The NSPA presented a one day CME accredited workshop/seminar in April that was well attended.

The NSPA looks forward to participating in the national summer Special Olympic Games in 2018, to be held in Nova Scotia.





Herewith an unauthorized version of the NSPA meeting November 5, 2017

## Election of officers:

**President:** Brendan Bennett  
**Vice President:** Deborah Ackland  
**Secretary:** Rebecca Bennett  
**Treasurer:** Jeremy Lewis  
**Registrar:** David Smith

CPMA membership certificates distributed and update from CPMA AGM. CPMA willing to provide support for the regulatory initiative of the NSPA. Consider involvement of the CLHIA.

Communications with the Department of Health (DOH) regarding regulation of Podiatry discussed. Committees formed to fulfill the documentary requirements of the DOH.

Discussions on opportunities for CPD in 2018 (start of a new two-year cycle) and registration of completed CPD for current cycle.

Bylaw changes proposed to reflect relationship with New Brunswick podiatry association.

New protocols for Association Communication (at least 2 members involved in all correspondence).

Bylaws, code of ethics and complaints process to be updated and published online.

Malpractice insurance renewal (many members have January 1 renewal) options discussed (Beazley and Intact). Members will have to renew at their discretion as the CPMA review has not been completed.

*Respectfully submitted,*  
**Brendan Bennett, President** ■

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## Upcoming Events

**Mark Your Calendar and Plan to Attend!**

### December 1 - 3, 2017

**Windy City Podiatry Conference**

Marriott Schaumburg  
Chicago, IL

### December 4 - 8, 2017

**International Diabetes Federation Congress 2017**

Abu Dhabi, UAE  
<https://www.idf.org/our-activities/congress.html>

### 2018 Dates .....

### January 18 - 20

**The Mountain Foot & Ankle Conference, offering 15 CECH**

Sun Valley Inn, Sun Valley, ID  
<http://idahopodiatrists.org/the-mountain-conference/>

### January 26

**15th VDP-Qualitätskonferenz**

Flughafenstraße, Messe Stuttgart, Germany  
<http://www.verband-deutscher-podologen.de/vdp-qualitaetskonferenz/>

### February 21 - 24

**The 21st Annual Georgia Summit, offering 32 CECH.**

Atlanta, GA  
<https://gpma.memberclicks.net/physicians-program>

### February 22-25

**French Quarter Conference**

New Orleans, Louisiana

### March 8-10

**Directorate of Podiatric Surgery Conference**

Solihull, UK  
<https://www.scpod.org/conference/directorate-of-podiatric-surgery-conference-2018/>

### April 5 - 7

**Diabetic Limb Salvage Conference, a multi-disciplinary event**

Washington, DC  
<https://dlsconference.com/>

### April 7-8

**Pedorthic Association of Canada Annual Symposium**

Toronto, ON  
<https://pedorthicscanada.ca/education/2018pfa-annual-conference/>

### April 12-15

**Valley of the Sun Podiatry Conference**

Tempe, Arizona

### April 26-29

**Surgical Pearls by the Sea**

Newport, Rhode Island

### May 17-20

**Reconstructive Surgery of The Foot & Ankle: Update 2018**

Atlanta, Georgia

### May 18-20

**2018 FIP-IFP Annual General Meeting**

Hong Kong

### June 21-24

**Footprints in the Sand**

Hilton Head, South Carolina

### July 12-15

**APMA Annual Scientific Conference**

Washington, D.C.  
<https://www.apma.org/Events/TheNational.cfm?navItemNumber=698>



## September 13-15

### Stepping Forward - Leading the Way Women's Conference

Westin Westminster  
Denver, Colorado

## September 20-23

### Reconstructive Surgery of the Foot & Ankle: Update 2018

San Diego, California

## November 1-4

### Hallux Valgus and Related Forefoot Surgery

Fort Myers, Florida

## November 30 - December 2

### Windy City Podiatry Conference

Chicago, Illinois

## Other Important Dates

### May 2018: World Foot Health Awareness Month

With the World Foot Health Awareness Month, the FP-IFP wants to increase the awareness of the importance of foot health among the general public and other health professionals.

### November 2018: World Diabetes Awareness Month

#### November 14: World Diabetes Day

World Diabetes Day is the primary global awareness campaign focusing on diabetes mellitus and is held on November 14 each year. Led by the International Diabetes Federation (IDF), each World Diabetes Day focuses on a theme related to diabetes, a largely preventable and treatable non-communicable disease that is rapidly increasing in numbers worldwide. The theme for 2018 has yet to be announced.

The day itself marks the birthday of Frederick Banting who, along with Charles Best and John James Rickard Macleod, first conceived the idea which led to the discovery of insulin in 1922. This will be of special interest to Canadians, as the team was based here. ■

## GET ON YOUR FEET AND ON THE MOVE.

Saucony are passionate about making the most comfortable shoes for every foot type and gait cycle, we know that selecting the right shoe is an important step towards correcting foot problems and preventing walking or running-related injuries. We offer designs aimed at providing stability and cushioning, for people with high to low arches, as well as narrow or wide feet.

The following styles have been awarded the Seal of Acceptance from the Canadian Podiatric Medical Association:

Echelon 6, Echelon LE2, Integrity ST2, and Redeemer ISO2

