

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 |

SUMMER 2018



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Welcome! President's Message

Dear CPMA colleagues,

It is my honour and privilege to have been recently elected as CPMA President at the Annual General Meeting in April held in Calgary. We all owe big thanks to Dr. Brad Sonemma for his service and leadership. I am excited for you to learn that we have assembled a diverse group of representatives from across Canada to serve on the CPMA Executive Board and I am looking forward to working together with them as well as the Provincial Representatives.



Our first order of business will be a comprehensive review and update of the CPMA bylaws. We will then be looking to expand and strengthen the CPMA Seal of Approval Program as this remains a priority. Another goal is establishing a central planning mechanism for seminars, workshops and conferences. The CPMA hopes to support our Provincial Representatives in their regional meetings and aid our generous sponsors in consolidating their resources to help us all across the Country.

Our Friendship Protocol with our colleagues at the APMA and in Great Britain will be reinforced and I am looking forward to reviewing our commitment to the FIP-IFP.

We have an organization that has a very broad reach and your involvement across Canada is paramount. I promise to do my very best to communicate with you all and enrich your experience in the Canadian Podiatric Medical Association.

Faternally,

James Hill, DPM FACFAS

President, Canadian Podiatric Medical Association ■

BOARD CONTACT INFORMATION

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Executive Director's Update

Here in the CPMA office, we have just finished promoting Foot Health Awareness Month. In addition to social media outreach, we sent out weekly media releases on four themes: general foot health, diabetes, arthritis, and footwear. You can view them on the blog, at: podiatrycanada.org/category/in-the-news/media-releases/, and If you aren't already following us on social media, check us out at: twitter.com/PodiatryCanada and facebook.com/PodiatryCanada

In other news, we held our Annual General Meeting in Calgary, Alberta in April. We would like to thank the CPPA for hosting the Board and our out-of-province members. During the AGM we had a change in guard. Dr. Bradley Sonnema stepped down as President. The CPMA would like to thank Dr. Sonnema for his years of leadership on the Board, for the last two years as president. With Dr. Sonnema's leadership the CPMA has continued to move forward in promoting the profession of Podiatry and working to unite the profession.



We would like to introduce you to our new Board:

Our new Executive:

- Dr. James HILL (Ontario), President
- Dr. Brendan BENNETT (Nova Scotia), Secretary
- Dr. Jenny LING (British Columbia), Treasurer
- Dr. Joseph STERN (British Columbia), Past President
- Dr. Howard GREEN (British Columbia)
- Dr. Karim MANJI (Alberta)
- Dr. Bhishma PATEL (Alberta)
- Dr. Alicia SNIDER (Manitoba)
- Dr. Peter STAVROPOULOS (Ontario), Member at Large, and
- Dr. Darren WOODRUFF (Alberta), Member at Large.

- Dr. James HILL (Ontario), President
- Dr. Brendan BENNETT (Nova Scotia), Secretary
- Dr. Jenny LING (British Columbia), Treasurer
- Dr. Joseph STERN (British Columbia), Past President
- Dr. Peter STAVROPOULOS (Ontario), Member at Large, and
- Dr. Darren WOODRUFF (Alberta), Member at Large.

As always, we'd love to hear from you! If you have questions or comments, call us at the office at: (780)-720-8771 or (888)-220-3338. If you have news or articles you want to share with your fellow podiatrists, email them to info@podiatrycanada.org.

Joel Alleyne

Executive Director, Canadian Podiatric Medical Association

jalleyne@podiatrycanada.org ■

Midwest Podiatry Leadership Breakfast Update

I attended the Midwest Podiatry Leadership Breakfast on behalf of the CPMA and OPMA in Chicago, IL.

The APMA Board of Trustees sponsored a leadership breakfast with APMA representatives, Region Five executive directors, presidents and chief delegates. APMA President, Dennis Frisch, DPM and other APMA board members were in attendance.

I was honoured to meet and speak with Congressman Dr. Brad Wenstrup. Dr. Wenstrup is a current member of the US House of Representatives and is also a Doctor of Podiatric Medicine. Last year he introduced the VA Provider Equity Act which would put Podiatrists on the same level as other VA doctors.

With my best regards,

James Hill, DPM FACFAS

President, Canadian Podiatric Medical Association ■



Save the Date

OPMA Annual Meeting | October 20 | P.M.

CANADIAN PODIATRY CONFERENCES

October 18 – 19 – 20 – 21 | 2018

PODIATRY IN THE NEWS

TOP NEWS

Foot clinics in Prince George offer free help for seniors:

<http://multibriefs.com/ViewLink.php?i=5ae85a0eeff13>

From CKPGToday.ca

Two feet and a heartbeat can't get you very far if you're not taking care of your feet. The Advanced Foot Care course is a continuing education program for registered or licensed practical nurses. It's a seven-day course that students from around the province travel to Prince George for, as it's the only northern college that offers it. Part of the program offers free clinics for the elderly. Clients get their nails trimmed, feet buffed, and shoe recommendations.

READ MORE:

<http://multibriefs.com/ViewLink.php?i=5ae85a0eeff13>

INDUSTRY NEWS

When a patient with a lower extremity infection develops vancomycin-induced neutropenia and fever

<http://multibriefs.com/ViewLink.php?i=5ae856dc2bf59>

Podiatry Today

Researchers detail the treatment of a rare case of drug-induced neutropenia and fever in a patient who was using vancomycin for infection following an ankle fracture.

READ MORE:

<http://multibriefs.com/ViewLink.php?i=5ae856dc2bf59>

Combined microvascular screenings effective in early detection of diabetic peripheral neuropathy

<http://multibriefs.com/ViewLink.php?i=5ae85941de408>

Healio

Adding a foot examination to an annual retinal screening for adults with diabetes may be an effective tool for the early diagnosis of peripheral neuropathy, according to data published in Diabetic Medicine.

READ MORE:

<http://multibriefs.com/ViewLink.php?i=5ae85941de408>



The use of cryotherapy for the prevention of wound complications in the treatment of calcaneal fractures

<http://multibriefs.com/ViewLink.php?i=5ae85b3d5c90c>

The Journal of Foot & Ankle Surgery

Researchers analyzed the risk factors for skin infection and necrosis after calcaneal fracture surgery and evaluated the effect of cryotherapy in preventing postoperative skin infections and necrosis.

READ MORE:

<http://multibriefs.com/ViewLink.php?i=5ae85b3d5c90c>

8 best shoes for flat feet, according to podiatrists:

<http://multibriefs.com/ViewLink.php?i=5ae859b7c72b7>

Prevention

An estimated 20 to 30 percent of the population has flat feet, a condition that occurs when the arches flatten, allowing the soles of the feet to completely touch the floor while standing. Many issues can cause the condition, and whether or not your flat feet cause you pain, wearing the right shoe is vital. So, what should you look for? From flats and sandals to boots and sneakers, here are eight pairs of shoes that fit the bill and will help keep you pain-free.

READ MORE:

<http://multibriefs.com/ViewLink.php?i=5ae859b7c72b7>

A closer look at mortality after lower extremity amputation:

<http://multibriefs.com/ViewLink.php?i=5ae85624e29fa>

PODIATRY IN THE NEWS (continued)

Podiatry Today

Are we saving lives by preventing major amputation? Does major amputation hasten death in patients with diabetes in comparison to limb salvage? Currently, it is evident that ulceration and amputation are associated with increased mortality. Five-year mortality following a first-time ulceration is approximately 40 percent in patients with diabetes and ranges from 52 to 80 percent after major amputation. In addition, proximal amputation is associated with death in multiple studies.

READ MORE: <http://multibriefs.com/ViewLink.php?i=5ae85624e29fa>

A minimal markerset for 3-D foot function assessment: Measuring navicular drop and drift under dynamic

conditions

<http://multibriefs.com/ViewLink.php?i=5ae858860ad1e>

Journal of Foot and Ankle Research

The validity of predicting foot pronation occurring mainly at the midfoot by surrogate measures from the rearfoot, like eversion excursion, is limited. The dynamic navicular mobility in terms of vertical navicular drop and medial navicular drift may be regarded as meaningful clinical indicators to represent overall foot function. This study aimed to develop a minimal approach to measure the two parameters and to examine their intra- and interday reliability during walking.

READ MORE: <http://multibriefs.com/ViewLink.php?i=5ae858860ad1e> ■

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*Survey results were obtained for TELUS Health through PMG Intelligence with 927 eClaims-enabled healthcare professional respondents across Canada (September 13 to 23, 2016).

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4th Annual EU interactive Symposium Held in Hungary

The European Symposium on Extra-Osseous Subtalar Joint Stabilization was held in Budapest, Hungary, on May 19, 2018. This was the 4th Annual EU interactive symposium sponsored by Graham Implant Institute. In attendance were 16 orthopaedic and podiatric surgeons. The orthopaedic surgeons were representing countries from eastern Europe, i.e.: Slovakia, Slovenia, Poland, Romania, and Hungary.

Podiatric surgeons from Canada (Robert Chelin, DPM) and the U.S. (Michael Graham, DPM) provided lectures and case presentations. All the lectures and case presentations focused on the

correction of subtalar joint instability using the only sinus tarsi implant currently available in Eastern Europe as well as other viable surgical options ■



SEAL OF APPROVAL UPDATE

The CPMA welcomes Dr. Jean-François Rivard, Président, Association des Podiatres du Québec to the Seal of Approval review committee. Welcome Dr. Rivard! ■



New Approved Product:



McGreggor Industries has been crafting high-quality socks and legwear. As a family operated company, McGreggor is rooted in a tradition of premium craftsmanship and innovation. We are the number one brand of better socks and legwear in Canada, as well as a marketer of socks and legwear in 85 countries around the world.

The following style has recently been awarded the Seal of Acceptance from the Canadian Podiatric Medical Association: **Non-Binding Wool Cushion Sole Crew - Ladies - Style No. MMF511.**

www.mcgregorsocks.com

Western University research shows long-lasting issues from inflexible clogs

Research teach us about repeated micro-trauma to our foot bones.

Bio-archaeologists have discovered a pattern of unusual bone chips in the feet of clog-wearing 19th-Century Dutch farmers -- injuries that offer clues to the damage we may unwittingly be causing to our own feet.

The unexpected prevalence of damage in the farmers' foot bones is more than just an historical curiosity; researchers believe their findings provide new insights into how some micro-injuries happen.

"What we choose to wear on our feet plays a big role in the injuries and trauma our feet can sustain," said co-author Andrea Waters-Rist, an associate professor of anthropology at Western University.

She has been co-leading a team from Leiden University in examining bones excavated during the relocation of a church cemetery in the tiny village of Middenbeemster, near Amsterdam. Using osteobiography and paleopathology methods as well as stable isotope analysis and mass spectrometry on about 500 skeletons from the dairy-farming area, they have been able to reconstruct the group's diet, disease and overall health.

Team member and former masters student Irene Vikatou needed only good observation to detect a high prevalence of a rare type of bone lesion called osteochondritis dissecans (OD) in the foot bones.

"They're like craters in the bones, at the joints, as if chunks of bone have just been chiselled away," Waters-Rist said. "We didn't need a microscope to see them, they were that obvious."

The incidence of OD in most populations is rare, less than one per cent. But in this group, fully 13 per cent had the injury and it was only in their feet.

Researchers concluded that wooden shoes --ubiquitous farmer clogs called klompen -- were partly to blame. "These shoes are hard and inflexible and are poor shock-absorbers. This was a time before

industrialization and you can imagine people using their clog-covered feet to hammer, stomp, or kick an object into place, inflicting impact injuries in their feet, Waters-Rist said. "Wearing these clogs, combined with heavy physical activity, these farmers suffered repeated micro-trauma to their foot bones."



Watch a video featuring Western bio-archeologist Andrea Waters-Rist explaining the research here: <https://youtu.be/rx9IJBhvzvw>

Now, almost 200 years later, researchers say it's a clear indication of how footwear can damage our bones in obvious and subtle ways. Said, Waters-Rist, "Look at what high heels do: the constriction of our toes, the strain it places on our joints. If bio-archaeologists were to come along in 100 or 500 years and look at the bones of our feet -- would they ask, what on Earth were these people wearing?"

The study is published in the *International Journal of Paleopathology*. ■

Obituary

Gerard Allart died on April 30th, 2018. He left his mark as a loyal builder of the profession.

Though he did not possess a DPM degree, he wanted the profession of podiatry to evolve to the standard (DPM degree) that it has attained today.

He represented his profession with equal pride as an administrator and as the President of the Order of Podiatrists of Quebec.

Moreover, for years, he was at the head of many academic and legal challenges in an effort to contribute to the growth of the profession, since its induction into the code of professions in 1973-74.

Gerard Allart inspired many. This is especially true of his son, who was at his side and helped to continue his father's legacy with equal energy and pride.

A guiding light has been extinguished and a page of history has been turned. He will be missed but his inspiration will never be forgotten.

He leaves behind his son, Francois Allart, DPM, his daughter, Annemarie Allart, DPM, MD, Louisa Goodyer as well as close family and friends.

~

Gérard Allart est décédé le 30 avril 2018. Il a laissé sa marque comme un loyal bâtisseur de la podiatrie en représentant la profession avec fierté en tant qu'administrateur et président de l'Ordre des podiatres du Québec.

De plus, pendant des années, il a été à la tête de nombreux dossiers afin de contribuer à l'épanouissement de la profession depuis son intégration officielle dans le Code des professions en 1973-74. Passionné jusqu'à la fin, quelques jours avant sa mort, il était encore soucieux de l'avenir de la podiatrie au Québec.

ALLART, Gérard

1936 - 2018



Gérard Allart en a grandement inspiré plusieurs, mais plus particulièrement son fils qui a été à ses côtés afin de l'épauler et qui a, par la suite, perpétué son héritage avec toute l'énergie et le dévouement que son père a su faire preuve envers la podiatrie qu'il aimait tant.

Un phare s'est éteint et une page de l'histoire podiatrique se tourne... Il sera manqué, mais son inspiration ne devra jamais être oubliée.

Il laisse dans le deuil François Allart podiatre, Annemarie Allart podiatre et médecin, Louisa Goodyer, ainsi que toute sa famille et ses proches. ■

Mark Your Calendar and Plan to Attend!

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 13-14

Podiatric Sports Medicine Conference 2018
Hallam Conference Centre, London, England
<https://www.scpod.org/conference/podiatric-sports-medicine-conference-2018/>

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

September 28-29

BCPMA Annual Scientific Seminar
River Rock Casino Resort, Richmond, BC
<http://www.bcpodiatrists.ca/annual-conference>

October 18-21

OPMA Canadian Podiatry Conferences | 2018 Annual Conference
<http://www.opma.ca/event-2827767>

November 1-4

Hallux Valgus and Related Forefoot Surgery
Fort Myers, FL

November 2-4

Symposium on Advanced Wound Care Fall (SAWC Fall)
Las Vegas, NV
<http://www.sawcfall.com>

November 9 - 11

**Association des Podiatres du Québec
Congres | 2018**
Montreal, QC
<http://podiatresquebec.com/>

Other Important Dates

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 2017 has yet to be announced. ■

À VOTRE
AGENDA

**CONGRÈS
2018**

9, 10 et 11 NOVEMBRE 2018
Hôtel Le Victorin et Centre de Congrès
19, boulevard Arthabaska Est, Victoriaville, Québec G6T 0S4



ASSOCIATION
DES PODIATRES
DU QUÉBEC