

footnotes



Our Team

Autumn - Winter Newsletter 2013

Podiatrists

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Monday - Friday
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The journey to our new rooms!



A 'face lift' for The Foot Clinic - that's right!

We've moved to the **ground floor** at Corinna Chambers.

No more stairs!

Our rooms are looking fresh and bright, and most importantly, we have airconditioning!

Moving day saw the efforts of many come to fruition, working to a tight deadline. Many thanks to all who have contributed and helped us with the move.

We're delighted with our new look and hope you are too!

Our commitment...

Is to provide our patients with consistent high quality care. We aim to exceed their expectations and give them value for money.

By continually advancing our skills we aim to be able to identify and effectively treat our patients foot problems.

Most importantly, we will keep our patients informed and involved in the management of their foot health.





NEWSFLASH...

CONGRATULATIONS.....



To the winners of our Mothers Day Competition, the Prentice Family pictured with their podiatrist Paul Fleet. According to the girls their mum likes wearing a **pink** pair of shoes and has over 30 pairs of shoes. Well done, enjoy the hamper!!!

We hope that every Mum at The Foot Clinic had a wonderful Mothers Day surrounded by friends and family.

For those of you who entered our competition, we thought we would share a bit of trivia with you. It appears that 64% of our mothers at The Foot Clinic prefer shoes to 36% who prefer chocolate! Our mums at The Foot Clinic also like wearing comfortable, high-heeled, **red, pink** and **purple**, sensible, expensive, flat, **running, flashy, elegant**, soft, sporty, fashionable, beautiful, asics gel shoes...who would have thought!!!!



WHAT ARE CHILBLAINS AND HOW ARE THEY CAUSED?

Chilblains are caused by exposure of the feet or other parts of the body to excessive cold. The most common locations on the feet for chilblains to occur are:

- At the ends of the toes
- Over the big toe joint (1st metatarsophalangeal joint)
- At the heels

They occur due to an abnormal response of the body to the cold. Adequate levels of blood fail to reach the small blood vessels in areas such as the ends of the toes, leading to a build up of toxins (no oxygenated blood).

This produces inflammation at the area that can in turn leads to a blister developing.

A burning or itchy sensation is often experienced with a chilblain.

With the continued occurrence of chilblains in one area, a discoloured area may be produced that when exposed to cold can produce a burning/itching sensation.

Treatment

To avoid the development of chilblains adequate protection through the use of woollen socks should be carried out. Feet should also be warmed slowly after being exposed to cold in order to reduce the risk the chilblain development.

It is best to apply warm layers (eg. socks.) to achieve this. Restrictive footwear should also be avoided to allow for adequate circulation to the feet.

Chilblain creams can be of benefit even after a chilblain has developed as they can take away the stinging that occurs with this condition.

DO

Do keep feet at a constant temperature

AVOID

Warming feet up or cooling them down too quickly

Avoid vasoconstrictors such as smoking

Sleeping with the electric blanket on

Placing feet near heaters

Bare feet on cold floors

Thin soled shoes



Contrast Baths

Do not use if toes are purple or the skin is broken around the chilblain.

Alternate several times between hot and cold foot baths to stimulate circulation.

Have the water as hot and as cold as can be tolerated. Submerge the affected parts for a minimum of one minute or until the discomfort eases.

FEET ABROAD



COMPETITION

Where in the world have your **feet** and or your **orthotics** been?

Take a picture of you and your orthotics in an amazing location for your chance to win a \$50 footwear voucher!

Please email your photo to info@thefootclinic.com.au

