

Our Team

Summer Newsletter 2012 - 13

Podiatrists

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8am - 5pm

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With the arrival of the warmer weather, many of us will be baring our feet that have spent all winter hidden inside shoes and socks. We would like to share with you some common problems that occur with your feet in the heat, and some simple solutions of how to look after them:

Sweaty and Smelly Feet

Did you know that there are more sweat glands in our feet than anywhere else in our body!!!
Anyone can get sweaty feet, but here are a few things that you can do to minimise the problem:

1. Wear shoes made from natural materials i.e. Leather, as they will let your feet breathe unlike shoes made with synthetic materials.
2. Leather lining also helps to absorb perspiration, stopping your feet from becoming too hot.
3. Wear cotton or wool socks whenever you have shoes on. They will help absorb perspiration and allow your feet to breathe.
4. Try to avoid wearing the same pair of shoes two days in a row.
5. When drying your feet after the shower or bath don't forget to dry in between the toes.
6. Antiperspirant deodorant can be sprayed on your feet where there is no broken skin to manage excessive sweating.
7. Use products that can help excessive foot perspiration such as Akileine Green lotion or Akileine Green Shoe Spray which neutralise bad odours, deodorises, refreshes and disinfects boots and shoes which are both available at **The Foot Clinic**



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.

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

CRACKED HEELS

During the warmer months many of us have the problem of cracked heels; open backed footwear worn in summer months greatly increases the chance of the skin on the heels cracking. It is important to look after cracked heels as they can become very painful and even infected. Avoid cracked heels by:

- Routinely (daily) applying moisturiser (avoiding in between toes). Eulactol Heel Balm and Akileine Blue Lotion (available at The Foot Clinic) can be used daily to avoid those cracks appearing
- Wearing shoes with enclosed backs when possible
- Use of a pumice stone or foot file regularly on hard skin
- If you do find yourself with a large crack/fissure in the skin bathe it in salt water and apply Betadine and a dressing
- If the crack does not heal or continues to cause pain it will require debridement (scraping away of hard skin) in order for the skin to heal.



Remember apply sunscreen to the top of your feet when spending time in the sun as your feet get sunburnt too!

Enjoy the warmer weather but remember if you have any foot problems, such as hard skin that you can't get rid of, it's best to seek professional help.



INTRODUCING ...

Frances Sowden - Receptionist

After spending 13 years in Queensland I've now returned to Canberra with my family. Maddie, our daughter is commencing her university studies this year. So lots of change happening for our family this year.

Joining the front office team at The Foot Clinic has been wonderful and I'm looking forward to meeting you all.

My interests outside of work hinge on being on the tennis court and reacquainting myself with Canberra.



Recently we held our annual **"Foot Clinic Master Chef"**. We were all excited, recipes in hand and were looking forward to sampling all the food. The winning recipe is by Neil Perry and on the day, cooked by Caroline.

RASPBERRY PANNA COTTA

(Panna cotta is a classic summer dessert. Serve it with mixed berries or any seasonal fruit you desire)

Ingredients

1 litre thin cream
160 g caster sugar
150 g frozen raspberries, thawed, pureed and strained through a sieve
3 gelatine leaves
Fresh raspberries and icing sugar to serve

Method

Place the cream and sugar in a saucepan over medium heat. Bring to the boil, then reduce the heat to low and simmer gently for 5 mins, then remove from the heat, stirring continuously. Add the strained raspberry puree to the cream mixture and combine well. Pour the cream mixture into plastic moulds or ramekins. Place in the refrigerator to set for 4 hours or overnight. To serve dip each mould into a bowl of hot water. Run a knife around the inside edge and turn the Panna Cottas out onto plates. Place the fresh raspberries around and sprinkle with icing sugar.

Tip: spray ramekins lightly first to help with removal of Panna Cotta



Disclaimer: Information contained in this newsletter is for general information only, and is not to be taken as prescribed treatment solutions for your foot health concerns.