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## We Have Made Some Changes

Can you believe that January has already disappeared? The older I get, the faster the time goes.....

Well we are into February, and we have had some changes in the clinic. Firstly, we have 3 new staff members who have joined our team. Stefan Di Perna, and Rebecca Cerqui have joined our podiatry team, and Brittany Ledwell has joined our admin team. Although Stefan and Brittany have been with us a little while, I am still chasing them for photos to put up on the website, and write a little blurb about them.

Secondly, we have just entered the 21<sup>st</sup> century, as we now have online bookings from our website. Isn't it amazing what technology can do? As you can see from the above picture, there is a 'Book Now' button at the top of our website ([www.sutherlandpodiatry.com.au](http://www.sutherlandpodiatry.com.au)), just go over and make an appointment.

And sadly, we lost a very cherished former team member last month, Chloe Abbott was one of our Podiatrists a few years ago, and suddenly passed away in January. I have written an article on the back page about Chloe, just remember to tell your loved ones that you love them. Take care Narelle

## Meet Our New Podiatrist – Stefan Di Perna

Stefan started with us late last year, but it has taken me a while to get his photo done to put him in our newsletter.

Stefan is another graduate from Western Sydney University, he has a Bachelor of Health Science and Master of Podiatry. Over the past few years he has worked in the city and at Hurstville in podiatry clinics that have a large Sports Medicine patient load. So Stefan's areas of interests are in Sports Medicine, nail surgery and Trigger Point therapy. When he is not playing tennis, he is learning to fly single engine aircrafts.



## Weird Facts

- Starfish do not have brains
- Giraffes cannot swim
- The average person spends 2 weeks of their life waiting for a traffic light to change

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**"At Sutherland Podiatry Centre we only have one goal, which is to have our clients walk out the door delighted!"**

## RIP Dr Chloe Abbott



Chloe Abbott started at our clinic in 2011 and finished with us in 2014 when she completed her medical degree, and started working as a doctor in Canberra hospital.

We nicknamed Chloe 'Cyclone Chloe' because of her enthusiasm, energy and her ability to take over everything! She graduated from QUT with her podiatry degree in 2009, and we had no end of fun giving her grief about coming from Queensland!

While she was working with us, Chloe wrote a lot of articles for our new graduates about unusual cases she saw in the clinic, and how to treat them. She was no end of interesting information, and I think the funniest thing she told us was how doctors were taught that cutting a 'v' into your nail will prevent ingrown toenails (it doesn't). She couldn't believe they were teaching old wives tales as medicine, and she let them know it!

She will be greatly missed by all of us who had the pleasure to know her, and she has left a huge hole in our hearts.

One thing that came out of this sad event was how many people have contacted us at the clinic through emails, phone calls, facebook posts, and turning up in the waiting room and sharing their condolences. I know the patients who knew Chloe were shocked, but it the sympathies we have received from people who did not know her, that have really touched us. It is wonderful that I get the privilege to work in an area with such incredible people. Thank You.

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