



He Is Finally Married!

Well the end of April was an exciting time for us in the clinic. Scott Kennedy, our resident (very) cheeky podiatrist finally got married! Unfortunately, that is the only picture we received with both Scott and his beautiful bride Elise. They are now off to England and Europe for their honeymoon, with 9 month old James, so it will be an eventful 4 weeks! We wish them all the best for their lives together, and will find the next 4 weeks at the clinic very quiet without him. Not to mention easy access to the coffee machine that he permanently stalks.

For the rest of us who have to work on without him, we have a podiatry student, Emily Simpson from Western Sydney University sitting in with us until mid – May. We take in student placements through the year to show them how private practice works, standard treatment protocols, and they get to see the fantastic patients we see. We enjoy having the students in, as it keeps us sharp (they ask a lot of questions), and we get to see the caliber of students that are coming into the profession.

So if you see Emily, say hi, I am sure she will appreciate it.

Avoid The Shame of Having Athlete's Foot (Part 1)

One of the many foot problems that you definitely want to avoid is having Athlete's foot or Tinea Pedis. It is a fungal infection that is caused by having improper foot hygiene; characterized by itching, redness and crusting. It can also develop blisters containing clear fluid to pus. Aside from the discomfort that it brings, it also poses great restrictions to the person affected. Since most of Athlete's foot is wet in nature, a person is not able to wear every kind of shoes that you want. Wearing the same shoes that

you wear everyday may no longer be advisable because it may worsen the foot condition. You will not be able to buy shoes from shoe stores freely as well because research shows that there is a higher percentage of Athlete's foot being contagious. Just imagine the pitfalls of having Athlete's foot. But why suffer when this foot condition is highly preventable?

Preventative measures for Athlete's foot are very basic. These are activities that you do every day so there's nothing really new. However, you need to take proper care of your feet. First up is ensuring that

Weird Facts

- 53% of women will not leave the house without makeup on
- Most newborns cry without tears until they are three to six weeks old
- Eggplants aren't vegetables, they're really fruits

"Problems are not stop signs, they are guidelines."

Robert H. Schuller





Sutherland Podiatry Centre
Shop 2/17-19 East Pde
SUTHERLAND NSW 2232
Phone: (02) 9542-3491
Fax: (02) 9545-5393

E-Mail:
info@sutherlandpodiatry.com.au
Web Site:
www.sutherlandpodiatry.com.au

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

Avoid the Shame of Having Athlete's Foot (Part 2)



Use shoes alternatively every day

(continuing from the previous page) your feet are dry and clean all the time. After taking a shower, people always forget to wipe the feet as thorough as possible; this poor practice can lead to Athlete's foot. It's very important to keep your whole feet dry, especially between your toes. After drying them feet you can apply an antifungal foot powder.

The type of shoes you wear also plays a great role in keeping your feet healthy. Wearing tight and closed shoes will not do you any good. Choose footwear that is slightly looser than your normal size. Make sure that there's space for your feet to breathe and move. In this way, your feet do not get too sweaty thus avoiding the growth of fungus. It is also best if you alternate your shoes every day. The previous shoes that you wore should be exposed to a little sun and air.

The appropriate socks that you should wear are those made of cotton, or bamboo. These materials are highly absorbable so it can definitely make the skin on your feet dry; as much as possible, try to change your socks twice a day, and avoid nylon, or polyester in your hosiery as they tend to trap the moisture around your feet.

Lastly, it is always best to wash and clean your feet with an antibacterial soap and water so that it is free from any microorganisms.

If you are having any trouble with Athlete's foot, please give us a call on 9542 3491, and we can help you out.



**DO YOU SUFFER WITH
AGONIZING HEEL PAIN?**



**Does Every Step
Feel Like You Are
Walking On Glass?**

**WE CAN SOLVE
YOUR PROBLEM!**

**We Have A New Revolutionary
Treatment For Heel Pain.**

ASK US NOW!