



Postcards from the Mediterranean

I have just returned from holidays in Rome and Greece, and I have found it hard to get back to Sydney time and the cold weather. I left Athens last Sunday which was 35 degrees, to come home and go to work on Thursday which was 2.5 degrees. But what a great time I had!!

What were the main things I got out of my holiday (apart from a tan?)

1. The bus drivers in Europe are the most skillful I have ever come across, how they manage to drive through those narrow streets without killing any one, or smash parked cars is beyond me!
2. There does not seem to be any road rules. Everyone drives where ever they want, the lines in the middle of the road are only a guide, you don't necessarily have to stay on the right-hand side, you can drive on the over the lines or on the other side of the road.
3. Everyone parks like they have come home after a big night out. By that I mean no one parks parallel to the gutter, they either have their front tyre up on the gutter and their bum hanging out in the street, or vice versa, with the back tyre up the gutter, and the front of the car sticking out into the street.

4. Tourists think thongs are walking shoes. I cannot tell you how many people I saw on my day trips that were wearing thongs and we were walking for miles, up and down stairs, over ancient ruins with rocks everywhere on uneven ground. No wonder they looked extremely cranky by the end of the day, their feet must have been killing them.
5. Sunscreen, hats, sunglasses and water are not important things to take when you go on all day excursions in 35-degree heat!! Again, I was shocked by how many people were poorly prepared when they were off to see the sites. How you don't have a hat in that heat was beyond me, there were a lot of very red-faced people at the end of the day, and again looking cranky.

On the whole, it was a trip of a lifetime for me. I had a ball, and would recommend everyone to go to the Mediterranean sometime through their life, and drink in the culture and history, but be PREPARED!

Take care til next time, Narelle ☺

Weird Facts

- A tightrope walker is called a funambulist
- Flounders swim sideways.
- The human eye can, given enough time to adjust, see almost as well as an owl's.

“Life is 10% what happens to you and 90% how you react to it.”

Charles R. Swindoll





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

My Opinion On Slippers



I had a patient in recently who was complaining about how her feet had suddenly started aching. I get this comment quite a bit this time of year. And the culprit for the sudden rise in foot pain – SLIPPERS! Yes the humble slipper can cause foot pain.

So why do slippers cause foot pain? It is because slippers do not have much support in them. The upper is either fabric or lambskin, but flimsy, so that your feet tend to slide in them, or roll inwards. When your feet do this, they pull on ligaments, muscles and joints, and fatigue your feet. Or if you have osteoarthritis in your feet, this form of footwear will aggravate this as well.

Another thing that slippers cause, are falls. A family friend recently had a nasty fall at home because of the slippers she was wearing. Again, this unstable shoe clipped the top of a stair, and over my friend went. Luckily for her there was no bad injury, just a bruised hip, but it could have been so much worse.

Slippers are only suitable for wearing at night when you retire for the night, that is, when all the dishes are done, and you are sitting down to watch some TV before you go to bed, or first thing in the morning when you get up and go and have breakfast. Slippers are only built to keep your feet warm, NOT to be worn all day long around the house (or even worse, out to do your shopping!).

So tomorrow, just keep your slippers on for short periods, not all day.

