

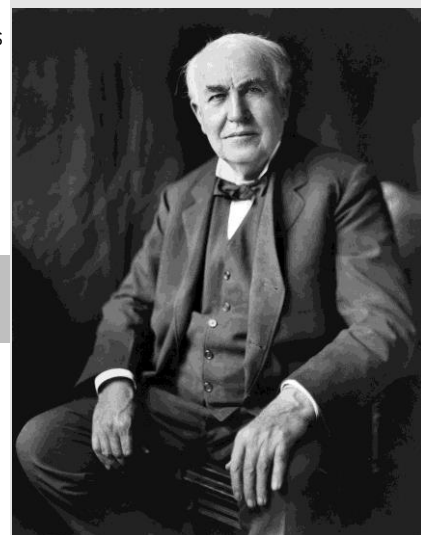


## Weird Facts

- Bananas grow on plants that are giant herbs, and are related to the lily and orchid family.
- The average weight loss of a racehorse during a race is between 6-10kg.
- A 500g loaf of bread requires 2 tonnes of water to grow the wheat to produce it.

***“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time”***

**Thomas Edison**



## Welcome To Foot Health Month

Did you know that October is Foot Health Month? So you may be seeing some advertising about podiatry on facebook, twitter, Instagram, and the mainstream media like TV and radio.

This year's focus is urging parents to take big steps for their children's feet to help Aussie kids grow up living an active and pain-free life.

Australian podiatry group, Balance Podiatry, has this month released new research revealing 81% of parents have never taken their child to a podiatrist.

A staggering 61% of their children (ages up to 17 years) had also not had their feet professionally measured within the last 12 months, despite many parents purchasing as many as three or four different pairs of shoes each year.

Children's feet grow rapidly, and it is difficult to know what is normal and what is not normal. Conditions like flat feet, toe walking, delayed walking, plantar warts, shin pain, all should be addressed as soon as you see it. But who do you turn too? Try your local Podiatrist,

Take care, Narelle ☺

## Foot Care For Outdoor Workers-Part 1

Most of us would agree that outdoor workers have it hard. They are exposed to the heat of the sun for hours. Carrying heavy piles of inventory, materials and equipment is never an easy walk in the park.

Outdoor workers often overuse their muscles to the extent that they become sore. Not just their arms; their feet may also get worn out! And yet, the feet are equally important to an outdoor worker's livelihood.

There are times when outdoor workers do not take good care of their feet.

Many people only experience minor foot problems related to work, but it is always better to be safe than sorry.

### Tips

Here are some tips for taking care of your feet, while working outdoors:

- Invest in high quality footwear. Do not settle for anything less. Wear something that will protect your feet at work. If you are working at a construction site, be sure to get the necessary safety boots.



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

## Foot Care For Outdoor Workers – Part 2



- This is especially for someone who is diabetic. While most workers can get rid of blisters easily, those who suffer from diabetes will not be able to.
- After a long, tiring day, make it a habit to remove your footwear immediately. Consider that your feet were cramped in your shoes, and have not been out in the open for hours. Take time to wriggle your toes and move your feet to get your blood circulating.
- Make sure your feet get enough breathing space. If you are working in a hot and humid environment, it may cause your feet to sweat and you may develop a fungal infection, so be careful.
- Be familiar with the place you are working in. You will be amazed by how awareness can prevent injuries from happening. Know the dangers and limits of the area!
- Needless to say, you should consult your podiatrist if you are experiencing any foot problems, whether at work or at home.
- We can also advise you on footwear and socks if you are having difficulties in this area, just give us a call on 9542 3491 and come in and see us.

