



## Christmas 2017

Another year has come and gone, where did it go? Looking back to the year that has just gone, and as usual we have all seen a lot of change.

We saw Scott Kennedy married around April, so sorry girls, he is off the market. Kimberly became a puppy mummy, so if you are in a consult with her, just ask about Ruby, she will be delighted!

My daughter decided that Canada was the place to study for 1 semester of her degree, and has been experiencing what it is like to be really cold!! hit a milestone, with turning 50 earlier this year (and

sometimes I really feel it). We welcomed Rebecca Cerqui to our podiatry team, and although she barracks for Queensland during State of Origin, we will forgive her due to her close ties to the Cronulla Sharks!

Tina, Stefan, Gillian and Carissa have successfully kept a low profile, but are the quiet achievers of our group, and Ruth has enjoyed watching her grandson grow into a gorgeous young boy.

On a sad note, we will be saying goodbye to Kerryanne who will be moving to Brisbane at the end of the year. We will miss her enormously, and wish her the best for the future. ☹️

## 7 Things That Happen To Your Feet As You Get Older

I hate to admit this, but I am now starting to go down this path, so I thought an article about what happens to your feet as we get older might be due.

1. Fat disappears – yes it does, but from the wrong places. The natural cushions under our feet thin out as we age (and goes and sits on your stomach or thighs!!) Without this cushioning your feet start to ache by the end of the day, as you are essentially walking on bones.
2. Arthritis appears – we have more than 30 joints in your feet, so you will get some wear and tear on
3. Toes curl up – years of stuffing your feet into high heels elevates your risk of hammer toes. What can start as mild discomfort turns more painful over time, and unsightly corns and calluses appear as your bent toes rub against your shoes.
4. Circulation slows – Diabetes, arterial disease and other conditions are more common as we age. These slow the blood flow to your feet.

these joints, especially the big toe joint and the mid-foot. Besides pain, you will feel stiffness in the morning that will improve as you get moving, then it worsens again at night.

## Weird Facts

- Only two animals can see completely behind themselves without turning their heads: the rabbit and the parrot.
- The rush of air produced by a cough can approach 1000km an hour.
- It takes a tonne of ore to produce one gold wedding ring

**“Accept the challenges so that you can feel the exhilaration of victory.”**

**George S. Patton**





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

## 7 Things That Happen To Your Feet As You Get Older



Aging can cause multiple problems for your feet

4. Circulation slows (continued) - that makes each cut from stepping on a sharp object or new-shoe blister slower to heal. Combine that with nerve damage – which often goes hand in hand with the same health conditions – and you might not even notice a worsening infection, resulting in an ulcer that just won't heal.
  5. Tendons tighten – not as limber in yoga classes these days? One reason – the water content in your tendons declines with age, stiffening the tendons in your ankles, among other places. This places you at a greater risk for tears and rupture.
  6. Ligaments lengthen – on the flip side your ligaments can stretch over time, leaving your arches aching and make your foot flatter. What's more, the sensors that typically alert your brain that your ligaments are overstretching, start to go on the fritz. This throws you off balance and leaves you prone to a recurring cycle of ankle sprains.
  7. Skin dries out – besides cushioning the bottom of your feet, collagen also plumps up your skin. A shrinking supply leaves your feet parched and prone to dryness and cracking.
- Now if you suffer from any of the above ailments, guess what? We can help you! Call us now on 9542 3491 or book online at [www.sutherlandpodiatry.com.au](http://www.sutherlandpodiatry.com.au), so we can get you comfortable and functioning again!

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