



Welcome to 2018

Well a New Year is here, I hope you have a wonderful Christmas, and Santa was kind to you. What will you be doing this year? I have asked that myself over the holiday break, and had a spark of brilliance (well maybe not brilliance), but a way to help our clients with some new services to help them.

Last year my Mum and Mother-in-Law had bad falls which left them not only out of pocket to the tune of thousands of dollars for medical expenses, but also emotionally devastated from the falls. So I was doing a bit of research over the break, and I found some fantastic research in this area, and how Podiatrists

can help in the prevention of falls. So this year, we are going to offer clients a falls prevention program to help stabilize and strengthen people over 65.

We will do a free pre-screening to see if you are at risk of a fall, to see if this program will help you. So keep this space free as more information comes to hand. As I said before, the emotional backlash from a fall can be considerable, and I don't want anyone to go through that if it can be prevented.

So I will finish on a high note, let's make 2018 a great year, and we look forward to helping you during the year. Narelle 😊

6 Summer Hints For Your Feet

During the summer months, your feet take a bit of a battering, and tend to be the last thing you think about, until pain sets in. So what can you do to avoid problems with your feet:

1. Use sunscreen on your feet. Yes your feet also get sunburnt, and if you have ever tried to wear a pair of closed in shoes with sunburn, it is very painful.
2. Moisturise your feet daily. DAILY, not once a week, or once a month, but daily.

Wearing the favourite Aussie footwear in summer, leads to your skin drying out (especially around your heels), and cracks start to appear. These cracks can be very painful, and can get infected. Here the old saying 'Prevention is better than cure' is extremely accurate.

3. Use methylated spirits. Where you might ask, well between your toes. The heat and high humidity makes this time of year a great playground for finia. The metho will keep between your toes dry.

Weird Facts

- 214 crates were used to transport the Statue of Liberty from France to New York in 1885.
- Frozen lobsters can come back to life when thawed
- The longest one-syllable word in the English language is 'screched'.

"Don't watch the clock; do what it does. Keep going."

Sam Levenson





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!”**

4. Talking about the favourite Australian footwear, the thong, if you are on holidays where you have to use communal showers, like caravan parks, wear your thongs in the shower. This is another way you can prevent catching finea, or warts. We see a lot of these conditions in the New Year as a result of using these shared facilities.

5. If you have orthotics, wear them through your holiday. Wearing thongs, or sandals every day is not good for your feet, or your posture. You may get the symptoms back in your feet (the reason you got the orthotics in the first place) back if you don't wear them. You don't have to wear them every day (although that would be ideal), but if you could wear them at least 2-3 times a week that would be a great benefit to you.

6. As an extension of the above hint, how about you wear appropriate shoes during your break. As I said above, wearing thongs all day every day is not good for your feet or legs (I have had already 3 people in this month complaining of pain due to doing this). Wear your joggers or walking shoes a few days a week, and especially if you are going to the post-Christmas sales, thongs were never built for that type of punishment.

If you are having any foot pain problems, don't hesitate to call us on 9542 3491.



**DO YOU THINK YOUR
CHILD HAS A FOOT
OR ANKLE PROBLEM?
But you are not sure?**

Book in for a FREE 10 minute child assessment at
Sutherland Podiatry Centre and we will let you
know if your child needs podiatric care.

**But hurry we only have a limited number
of appointments available this January.**

