



## Yee Hah, They Are Back To School

As I still have a child at school, I still do a little dance on the first day back at school, although by the time you get this, the kids have been back a few days, I am writing this during the last week of the school holidays, and can't wait they he gets back!

For those of you who forget, remember the fun in getting the back to school stuff? The uniforms, the stationery, the school shoes! No it wasn't fun then, and it still isn't fun now! The reason I bring this up, is I heard some very interesting conversations when I was doing the back to school rounds. Things like the child

dictating to the parents that those thin flimsy black canvas shoes are ok (they aren't), the more expensive the shoe the better (no necessarily), and letting the child fit their own shoes (big no, no). There are just a few basics when it comes to looking at school shoes, and I did a video for it, so if you go over and look at our Facebook page, [facebook.com/sutherlandpodiatry](https://www.facebook.com/sutherlandpodiatry), and look at the January 16th post, it will get you up to speed on what to look for. Also while you are there, follow us and like the page, as you will get some great content this year.

Take care til next month, Narelle ☺

## Protect Your Kid's Bare Feet This Summer

Kids, summer and bare feet – can't have one without the others. While your kids may love to go barefoot during the summer, doing so may expose their feet to numerous potential injuries that can ruin the rest of the season for them.

What lies hidden in the grass or sand can definitely wreak havoc on bare feet. From nails, shards of glass, slivers of wood, pieces of seashell at the beach, thorns from trees and plants or sometimes discarded toothpicks, each can puncture the skin of the foot and

cause serious injury. Even after the object is completely out of the foot, any dirt or bacteria pushed into the wound from the puncture can lead to an infection, painful scarring or even a cyst. Any puncture wounds should be treated promptly in our office within 24 hours.

Besides the hidden dangers, 'everyday kid injuries' can also interrupt a summer break. Protect your kids' feet from traumatic injuries, such as bicycle injuries and lawn mower accidents, by making sure they wear sturdy shoes while riding a bike or when cutting the grass.

## Weird Facts

- In the band ZZ Top, the only guy without a beard has the surname Beard.
- Professional ballerinas use about twelve pairs of toes shoes per week.
- The cruise liner, QE2, moves only six inches for each gallon of diesel that it burns.

***“With the new day comes new strength and new thoughts.”***

***Eleanor Roosevelt***





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

## Have You Checked Your Feet For Skin Cancer?



You are vigilant about checking your face, scalp, limbs and torso for suspicious moles, but do you also check your feet? Skin cancer is on the rise in Australia, with one of the 3 most serious forms of skin cancer – melanoma – ranking as the most common foot malignancy. Melanomas on the foot are often misdiagnosed and more dangerous because they go undetected and untreated longer than those in easier-to-spot locations.

Melanoma can occur anywhere on the foot, including under a toenail. They most often appear as pigmented lesion. Similar to other skin cancers, excessive unprotected sun exposure, a family history of skin cancer, numerous moles on the body, and having fair skin, blue eyes or red hair can put you at risk. Even people normally at low risk for skin cancer can develop melanomas on their feet.

If you notice any pigmented or unusual lesion on your foot, under a toenail or on the bottoms of your feet, make an appointment immediately with us or your General Practitioner. To be safe, moles or lesions on the feet that change colour and shape should be removed and biopsied. Left untreated melanomas can have serious consequences.

### The ABCDs of Melanoma Detection

**A: Asymmetry** – the shape of one half does not match the other

**B: Border** – The edges are often ragged, notched, blurred or irregular, and the pigment may spread to the surrounding area.

**C: Colour** – the colour is uneven or varies from one area to another. Shades of black, brown or tan may be present

**D: Diameter** – Melanomas are usually larger than the eraser of a pencil (6mm)

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