



Welcome To Our Winter Edition

Welcome to our winter edition of our newsletter, hasn't time flown? It wasn't that long ago we were sweltering in the longest summer I could remember.

In this edition, I talk about potential problems with cold weather and your feet. On the back page is an article about frostbite, which is not a common problem in Sydney, but if you are visiting the snowy areas of the

country over the next few months, that article may come in handy.

And because of the cold, we decided to give everyone a chance to get a great deal this month, our Bamboo socks are on sale. You are getting 3 pairs of these amazing socks for the price of 2! I swear by these socks, if you have stinky, sweaty feet these are ideal, and even cold feet over winter (which I do), these are great socks for that.

Til next time, Narelle 😊

Avoid Ankle Pain This Winter

Residents in the snowy parts of our country are now enjoying the season of snow, ice and sleet – all of which can contribute to ankle injuries. Even those who live in warmer areas can suffer sprains and fractures during the winter while playing indoor court sports or holidaying in snow resorts.

If you hurt your ankle, one of the first things you might wonder is 'is it broken or sprained?'. The old saying, 'if you can walk on it, it's not broken' isn't always true. With a fracture, you may hear a sound when the injury occurs and experience 'pinpoint' pain at the break site.

If you experience an ankle injury, follow the RICE method (rest, ice, compression, elevation) to help reduce pain and control swelling around the joint. If the injury doesn't improve within a day or two, come in to our office to have it evaluated.

Tips for Avoiding Winter Ankle Injuries

- Avoid wearing high-heeled shoes outdoors
- Wear shoes or boots with a traction sole to prevent slipping
- Stretch and warm up before recreational sports activities
- Check for slippery sports before getting out of the car

Weird Facts

- Between the ages of 30 and 70, your nose may lengthen and widen by as much as 1.5cm
- The electric chair was invented by a dentist
- 6% of men propose over the telephone

***"I will love the light
for it shows me the
way, yet I will
endure the darkness
for it shoes me the
stars."***

Og Mandino





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

Protect Your Feet From Frostbite



For all the folks who love the snow, this article is just for you. Don't let Jack Frost nip at your toes this winter. When your feet, hands, nose and cheeks are exposed to extreme cold, you are at risk for frostbite, which can result in tissue damage and possible tissue loss.

Frostbite occurs when a body part is exposed to extreme cold. If conditions are cold enough for the water within the tissues to freeze and form ice crystals, cell death can occur. Frostbite in the foot typically develops in stages beginning with cold toes that turn bright red in colour. Overtime, the colour in the toes continues to change and darkens into purples and blues and eventually black, indicating severe frostbite. Those with diabetic neuropathy, or loss of feeling in the feet, are especially at risk and should check their toes regularly for signs of frostbite.

Frostbite can also cause numbness in the toes, but numb toes can indicate other conditions. If you are experiencing numbness or discolouration in the tissue of your toes, call our office to schedule an appointment. If you suspect the numbness is due to frostbite, seek medical attention immediately.

Preventing Frostbite:

- Limit your exposure to extreme cold
- Keep your feet as warm and dry as possible
- If frostbite is suspected in your feet, immerse them in warm water (approx. 37 degrees)

**1 - 30
JULY**

**BAMBOO
SOCKS**

Christmas in July

SALE

3 PAIRS FOR \$30!

(SAVING \$15)

**WHILE
SUPPLIES
LAST!**