



## Welcome to 2019

Welcome back to 2019! This newsletter is a little late, as we have been extremely busy in the clinic with our 'Back to School' promotion, and helping everyone with cracked heels!!

As a new year starts, I would like to thank everyone who reads this newsletter! I was reminded the other day when one of our patients asked had I sent it out yet, and no, I hadn't as I let life get in the way!

Anyway, now I am back in writing mode, here we are. This year I hopefully (fingers crossed) will have my

book published, which will be exciting, we will also be celebrating 25 years at Sutherland Podiatry Centre. And we do plan to celebrate, so keep tuned to what we will be doing (I am sure it will involve a lot of cake!).

This month's newsletter talks about how to pick a good school shoe for your child, and what to do about cracked heels. If you are on Facebook, like us, so you can see a series of Facebook videos I have done on children's school shoes. Perhaps you can share with someone who could do with the information. Let us know if you would like any other informational videos.

## How To Fix Your Cracked Heels

As I said earlier, we have been very busy at the clinic cleaning up a LOT of cracked heels. Why do we get so many at this time of year? It is the heat, and everyone wearing open shoes like thongs or sandals.

When you wear these type of shoes, your skin dries out. Considering you lose up to a cup of water a day from your feet, you can see why they dry out.

There are also other skin conditions that can cause dry heels, this includes

psoriasis and eczema, also severe tinea outbreaks can cause it as well.

So how can you stop this from happening? You can either: a) stop wearing your thongs or sandal (that is not going to happen), b) moisturise your feet daily.

If your feet are just dry, creams like sorbolene are perfect for your feet, but if you have cracks in your feet, only a thick heel balm like Eulactol will help. Best option is to come into the clinic and we can clean it up and have you walking pain free in 30 minutes! Just give us a call on 9542 3491 and let us help you.

## Weird Facts

- Even though they broke up over 35 years ago, the Beatles continue to sell more records each year than the Rolling Stones.
- Rats can swim for a kilometer without resting. They can also tread water for three days straight.
- By raising your legs slowly and lying on your back, you cannot sink in quicksand.

**"The lover of life  
makes the whole  
world into his family."**

**Charles Baudelaire**





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

## School Shoes For Kids



If you are in that position where you have to buy school shoes for your child, I feel for you! Having done this myself for the past 16 years, I thought we could give you a few tips:

1. Measure the feet: make sure your child's feet are professionally measured for length and width. When checking the shape of the shoe, check that there is approximately one centimetre of growing room past the longest toe.
2. Look at heel support: make sure that you cannot bend the heel counter of the shoe. It needs to be firm to hold little heels in a shoe properly. This is the little plastic insert used to reinforce the heel cup of the shoe.
3. Match the shoe style to the activity: while formal school shoes are good for general purpose, a running shoe or cross-trainer are better for if your child does a lot of physical activity.
4. Look at a supportive shoe: the shoe should have secure buckles, laces or Velcro to fasten them, it should also be supportive around the midfoot. You can tell that if you try and bend the shoe in half, and it doesn't flex.
5. Seek advice from a Podiatrist: if you notice the following issues – your child has skin or nail problems, like ingrown nails, blisters, corns or calluses. Your child has ongoing pain the feet or legs or you have concerns on how your child walks.

Call us on 9542 3491 if any of these areas concern you about your child.