



Celebrating!

As you can see from this photo, we celebrated our 25th Anniversary on the 1st June with a team lunch. It was a bit of a cloudy day, but we certainly did not let it get our spirits down, and we had a wonderful time!

Last month, I talked about the changes I have seen in the shire, so what have I seen in the past 25 years in the field of podiatry?

As you can imagine, quite a few changes, firstly the podiatry course has gone from a TAFE qualification to a university qualification, which is great for

the profession. Secondly, a lot of fantastic research about biomechanics is coming from Australian researchers. Being a small profession, us Aussies are making a big impact in better treatment protocols for our patients.

Technology is another innovation that has changed the face of podiatry. Scanners for orthotics, shockwave therapy for heel pain, not to mention software programs like physitrack are again improving the health of our patients.

I would like to say a big THANKS to readers, and watch out for our next 25 years!

Podiatrists: First Responders For Vascular Disease

Do You Know What Vascular Disease Is?

Vascular disease is the buildup of plaque and cholesterol in arteries throughout your body. Did you also know that your feet are an early warning system for vascular disease? It's true! Your feet are often the first place where signs and symptoms of vascular disease appear. That is why podiatrists are often the first physicians to spot and diagnose vascular disease.

What are some of the symptoms of

vascular disease?

Common symptoms include the following:

- ✓ Fatigue, tiredness, or pain in your legs, thighs, or buttocks that always happens when you walk but goes away when you rest.
- ✓ Foot or toe pain at rest that often disturbs your sleep
- ✓ Skin wounds or ulcers on your feet or toes that are slow to heal (or that no not heal for 8-12 weeks)

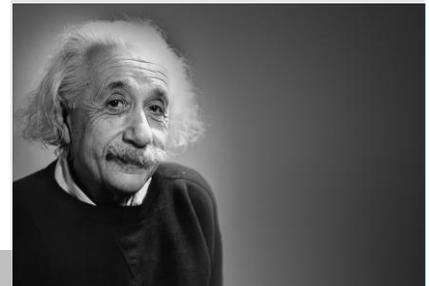
Weird Facts

- If you attempted to count the stars in a galaxy at a rate of one every second it would take around 3000 years to count them all.
- Animals that lay eggs don't have belly buttons.
- Elephants are the only animals that cannot jump.

"There are only two ways to live your life. One is as though nothing is a miracle.

The other is as though everything is a miracle"

Albert Einstein



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

Podiatrists: First Responders For Vascular Disease (Part 2)



Your nails should look this good, all the time!

Although these are common symptoms of vascular disease, many individuals with vascular disease do not experience typical leg symptoms such as cramping, pain, or fatigue known as claudication.

Vascular Disease Can Also Manifest Itself In The Form Of Ulcers

Here is what you need to know about the two common types of ulcers associated with vascular disease:

Common signs of a venous ulcer	Common sign of an arterial ulcer
<ul style="list-style-type: none"> • Shallow or superficial in appearance 	<ul style="list-style-type: none"> • Punched out appearance
<ul style="list-style-type: none"> • Irregular shape 	<ul style="list-style-type: none"> • Smooth wound edges
<ul style="list-style-type: none"> • Small to large 	<ul style="list-style-type: none"> • Cool to the touch
<ul style="list-style-type: none"> • Brownish in appearance 	<ul style="list-style-type: none"> • Skin is pale, shiny, taut and thin
<ul style="list-style-type: none"> • Skin tends to be thick 	<ul style="list-style-type: none"> • Minimal to no hair growth on the limbs
<ul style="list-style-type: none"> • Painful, usually related to swelling 	<ul style="list-style-type: none"> • Painful, especially at night



“I’m an elephant podiatrist—what do you do?”

Kanin