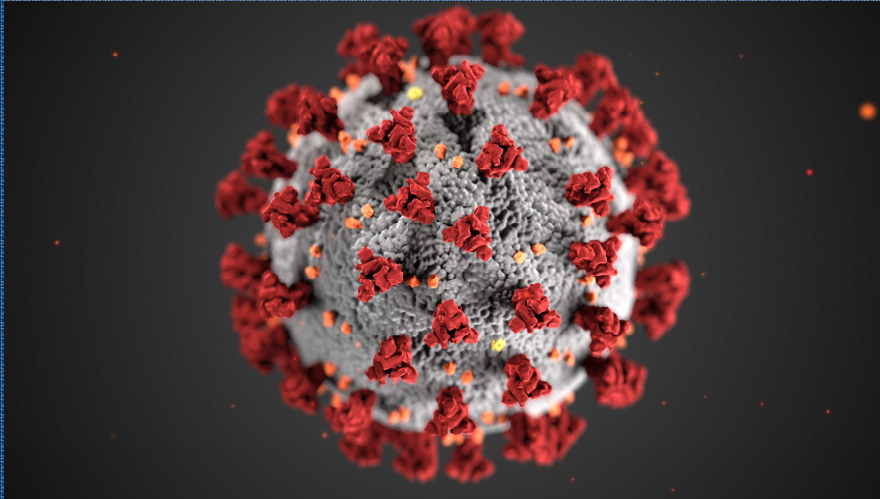


# Monthly Newsletter

Free please take a copy



Contact Your Podiatrists

**The Footcare Centre**

**01932 849373**

[info@thefootcarecentre.co.uk](mailto:info@thefootcarecentre.co.uk)

8 Monument Green  
Weybridge  
Surrey  
KT13 8QS

Web:

[www.thefootcarecentre.co.uk](http://www.thefootcarecentre.co.uk)

## Update

**We are currently treating essential/emergency patients.**

**Please call reception to book for your current needs or pre-schedule a future appointment.**

## The new normal?.....

It has certainly been extraordinary over the last few months as stories of an outbreak of respiratory illness grew into multiple centres of epidemic, to become a global disease pandemic named COVID-19.

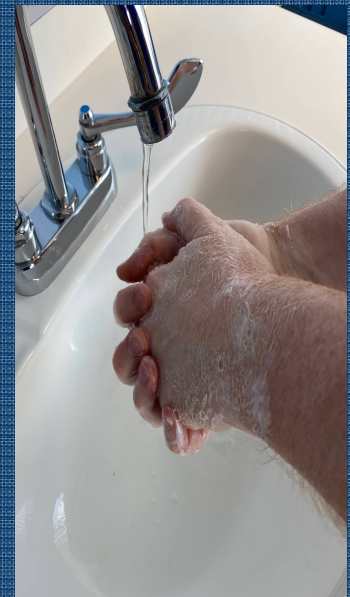
### ***Do you know what the difference is between an outbreak, epidemic and a pandemic?***

An **outbreak** is "a sudden rise in the incidence of a disease" and typically is confined to a localized area or a specific group of people." An **epidemic** is "an outbreak of contagious disease that has become more severe and less localized. It is "an outbreak of disease that spreads quickly and affects many individuals at the same time." <https://www.merriam-webster.com>

The World Health Organization (WHO) declared COVID-19 to be a pandemic. A **pandemic** is "an epidemic occurring worldwide, or over a very wide area, crossing international boundaries and usually affecting a large number of people". <http://www9.who.int/bulletin/volumes/89/7/11-088815/en/>

As a local and global population we collectively have our role to play and we should be proud of our efforts when we sacrifice our inherent needs to interact with friends and family by socially distancing ourselves from others, or when we self-isolate at home if we have returned from travel, or if any of us in our households show flu-like symptoms such as fever or persistent cough.

As a workplace, The Footcare Centre has had to adapt and change how it is able to deliver care over this time as we consider the wellbeing of our patients and staff and follow directives from our regulator and Government. This has led to a skeleton service, postponing our routine care and treating the most at-need such as urgent cases or those with emergency needs.



## The new normal?.....

(Cont'd from previous page)

### Our pledge to our patients

*We know our adaptations might mean that some of our patients who are used to regular or frequent maintenance foot health care may struggle to be seen during this period, but rest assured we are here for you should your needs become urgent, and we will ensure that when our normal treatment with you resumes, we will work with you to ensure we plan the most appropriate care going forwards.*

After this pandemic, there will be a return to normal (or a new-normal) and our collective tenacity, adaptability and courage as we battle the spread of this virus day-by-day, overcoming the impact it has on us, our family, our work, finances and health & wellbeing will be a testament to us all.



Our adaptations to our reception area.....

### Daily Foot Care Routine

Our feet deserve the same care we give to the other parts of our body. Many people are fastidious about taking care of their skin, hands, hair, and body, but foot care is often neglected.

When daily footcare is neglected, they may suffer from bacterial or fungal infections, cracked skin, bad odor, skin irritation, swelling, peeling of skin or other foot problems.

Aesthetically, neglecting daily foot care routine could even lead to changes in the overall cosmetic appearance of the feet.

## Daily Foot Care Routine

The following practices are encouraged as a daily routine for foot care:

### *Wash and Dry Your Feet Regularly*

The skin of your feet is susceptible to bacterial and fungal infections since feet are covered in socks and shoes for a major part of the day, may pick up opportunistic infections in locker or shower rooms.

The skin between the toes is a perfect place for bacterial and fungal infections to flourish if not washed and cleaned properly. It is

therefore very important to wash and dry your feet with at least once daily, always changing for clean dry socks each day.

### *Moisturize Your Feet*

Don't just moisturize your hands and face! Lack of moisture can leave your feet skin dry and scaly. The feet can become extremely cracked or hard especially on the heels. This could also become infected if not moisturized daily.



### *Removing Dead Skin*

It is important to look after thickened or hardening skin. Exfoliate once every month with pumice stones, foot files or loofas. It also helps remove the dirt stuck to the hardened dead skin. Follow it with a hydrating moisturizer and leave it overnight.

### *Wearing Socks*

Wearing socks is not only important to protect you from the cold but also to protect your feet against environmental

damage. Socks shield the feet against the elements, dirt and friction. They also may protect against ultraviolet radiation. Ensure you change your socks every day to avoid foot odor.

### *Wearing Comfortable Shoes*

Always remember to wear shoes that you are comfortable in. Avoid wearing tight shoes as this may lead to skin infections or sores.



## Daily Foot Care Routine

(Cont'd from previous page)

Also, avoid wearing high-heeled shoes every day to prevent damage to the tissues and ligaments of the feet.

Finally, trim your toenails regularly using proper nail clippers and consult your podiatrist whenever you encounter problems with your feet. ♦

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If you would like a copy of this newsletter emailed to you every month, then please let reception know and they will ensure that your email address is added to our distribution list.

*The Care,  
Professionalism and  
Time that your feet  
deserve*

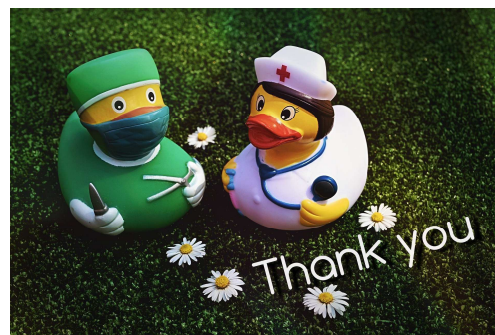
**The Footcare**  
CENTRE

## Special Thanks

We REALLY appreciate your support over this time and for continuing to spread the word how The Footcare Centre can continue to offer you and your friends footcare into the new normal! Keep safe, keep healthy and see you in the not too distant future.

Your friends at The Footcare Centre

Thanks for your support!



<https://goo.gl/rN1MEF>

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