

# Monthly Newsletter

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**Contact Your Podiatrists**

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## Ready to think about the back garden yet?

Gardening is a hobby enjoyed by people of all ages. Although wearing shoes in the garden seems to be a no-brainer, proper garden footwear is essential in ensuring that your feet are well protected. The garden is home to various hazards such as thorns, rocks, sharp sticks, chemicals, insects and pests that may inflict nasty bites.

As many gardeners will know, gardening involves hard work such as digging, spreading compost, trimming shrubs, removing rocks and weeding. Sneakers or slippers do not provide adequate protection whilst gardening. Being flimsy, they are likely to get ruined under the harsh elements of garden work. Furthermore, such shoes do not offer adequate balance or cushioning vs protection whilst performing

tasks that require you to step down with force, such as digging. This leaves you prone to developing problems such as plantar fasciitis (inflammation of a thick band of tissue running from your heel to your toes), sprains and even fractures.

Good quality gardening shoes should be lightweight, waterproof, easily washable and durable against dirt, mud and garden debris. They should have good soles and fit well to ensure that you do not trip, and should fully cover your feet. It is essential that your feet remain dry and clean whilst gardening. Damp shoes predisposes you to foot fungal infections. Shoes that extend all the way up to mid-calves offer optimum protection, especially whilst working in water-logged areas and near thorny shrubs.

## Oh No!!

*In Nov, we had 13 patients that failed to attend their appointment!*



## Foot Hazards in the Garden

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Types of gardening shoes include gardening sandals, gardening clogs and wellington boots. It is important to wear the appropriate types of shoes for your gardening activity. For example, gardening sandals may be used for light work, whereas you may want to use sturdy wellington boots for heavier gardening tasks such as digging.

Taking other precautionary measures when gardening is also equally important. Ensuring that all gardening equipment (lawnmowers, chain-saws) are working properly is vital in preventing accidents. Another example is avoiding gardening in a wet garden so that you do not trip. Finally, having a neat garden that is well landscaped and organized goes miles in preventing trip hazards and foot injuries. Happy gardening!



## Good shoes make a difference in the elderly

Not changing your shoe size as you grow older may impair your balance, cause you to fall and might even cause you to suffer from anxiety and low mood. These were the findings of a recent study from the University of Cortunã, Spain.

The team looked at 100 elderly patients that were about 80 years old and found that as

high as 83% of them were not wearing the correct shoe size.

Those wearing inadequate footcare had a lower quality of life not only related to foot function and foot pain, but also extending to other important aspects of life such as social functioning, levels of physical activity and general sense of well-being.

## Good shoes make a difference in the elderly

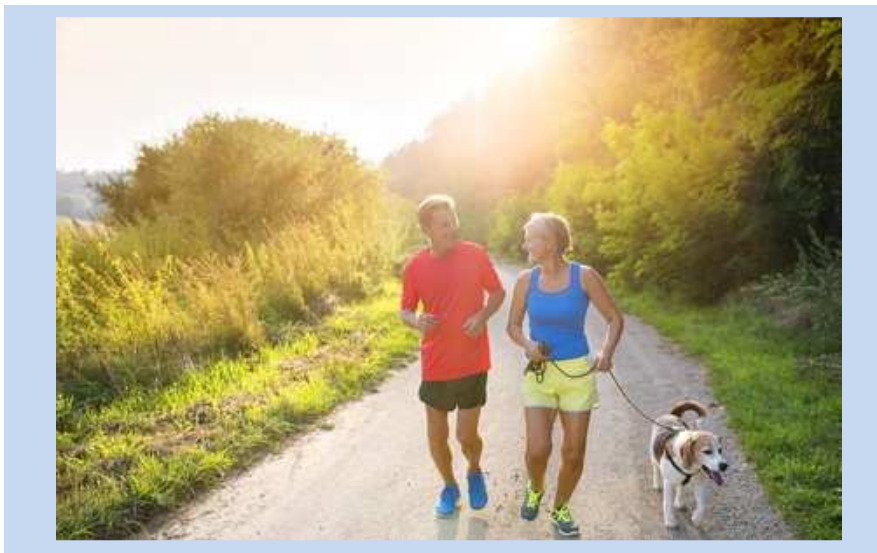
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Proper foot care is especially important in the elderly as they suffer from changes in their feet due to the aging process. Evidence has shown that the elderly undergo changes in their foot shape (loss of muscle mass and fatty tissue), possibly altering the foot width and length.

Despite this, foot care is an often-overlooked aspect of health.

Most of the older population tend to stick to their shoe sizes and preferred shoe type for years.

Furthermore, the elderly tend to choose shoes that are overly wide or long (such as slippers) either for comfort or because they are easy to wear. However, these habits are detrimental to foot health.



Not wearing the correct shoe size predisposes an elderly person to developing foot ulcers, bunions, foot bone and toenail deformities.

These conditions in turn cause chronic pain and mobility issues. Improper foot wear is also a major cause of falls in the elderly, which carry severe consequences such as fractures and bleeds in the brain.

It is without a doubt that proper fitting footwear is essential in the elderly. It is

important to get shoes that fit and have good soles as a person grows older.

Fortunately, getting advice from your podiatrist regarding appropriate footwear or custom insoles (orthotics) can help make a real difference. Besides that, regular visits to a podiatrist is the best way to monitor and maintain good foot health.



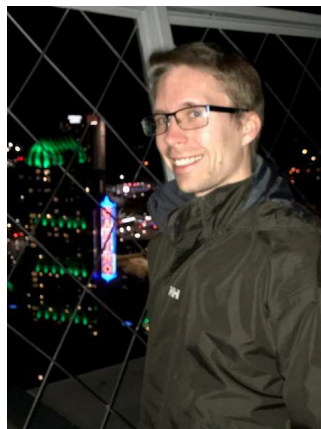
## Tristan White visits Canadian practice in Niagara Falls

Tristan White paid a visit to our Canadian office in Niagara Falls at the end of October. The Niagara Falls office has been in operation since March 2015 and is located run by the directors of The Footcare Centre Stuart Berry & Des Armstrong

He spent Friday observing Stuart in clinic, getting a feel for how differently they work in Canada (quite different to how it is in the UK)!

They then took Tristan to see the Hockey. The Footcare Centre Niagara Falls has recently started sponsoring The Niagara Falls Canucks. He even found the player who was sporting

The Footcare Centre name on the back of his jersey.



The Canucks won 4 – 1, so a good evening all round.

Saturday and Sunday was an opportunity for Tristan to see the sights.

Tristan enjoyed his visit and has definitely picked up some new ideas to share with the team at Weybridge.



## Spotlight on.....Paul Sen – Podiatrist

### Tell us a little of your history before you joined The Footcare Centre?

Initially in 2000, I did my chiropody diploma. I worked privately for 8 years. I then decided on a change and started study in sports science. Following this I ran my own fitness and health retreat (in Spain) for several years before returning to the UK and undertaking a BSc (Hons) in Podiatric Medicine

### How long have you worked at The Footcare Centre?

Just over a year.

### What do you enjoy about working at The Footcare Centre?

The small team – a real family feeling!

### What aspect of your job provides you with the most satisfaction?

Pain relief, seeing improvements and patient satisfaction.

### What have you learnt from patients at The Footcare Centre?

That patients can be very anxious and need to be made comfortable.

### What do you enjoy doing when you are not at work?

I like the gym, travelling and cooking.

### So.....what are your feet like?

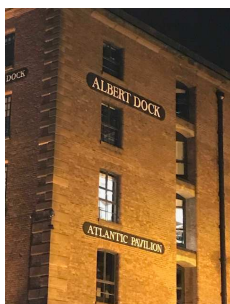
My feet are really good – I practice what I preach!



## The College of Podiatry conference in Liverpool

November is known in podiatry circles as conference season. This year's annual College of Podiatry conference was held at the ACC in Liverpool - This conference is known as the biggest in Europe! The ACC is located in the beautiful area of Albert Dock.

Stuart and Des flew in from Canada to attend and all the podiatrists from the surgery (David, Tristan, Paul and Steven) went too.



The theme of this year's conference was "Keep Moving" and focused on ways to help keep our patients mobile. It featured speakers from all over the world including Germany, Canada and Australia.

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



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## The College of Podiatry conference in Liverpool

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Paul even had found the time to relax with Louie The Footcare Bear who, also travelled from Canada to be at the conference.

A good time was had by all with plenty of opportunity to learn and meet up with colleagues.

Next year the conference is being held a little closer to home in Bournemouth.



## Christmas and New Year opening dates

We would like to take this opportunity to wish all of our patients a very merry Christmas and Happy New Year!

For your information we will be open over the Christmas and new year period as follows:

**Saturday 23<sup>rd</sup> December – 08.30 – 13.00**

Monday 25<sup>th</sup> December – Closed

Tuesday 26<sup>th</sup> December – Closed

**Wednesday 27<sup>th</sup> December – 10.30 – 20.00**

**Thursday 28<sup>th</sup> December – 08.30 – 16.30**

**Friday 29<sup>th</sup> December – 08.30 – 17.00**

**Saturday 30<sup>th</sup> December – 08.30 – 13.00**

Monday 1<sup>st</sup> January - Closed

**Tuesday 2<sup>nd</sup> January – 08.30 – 18.00**

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