

Monthly Newsletter

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Accepting new patients

Contact Your Podiatrists

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Gout

Gout involves high uric acid levels in the body, crystalizing in the joints of the feet. If an individual has gout, there is pain and swelling in the foot joints, especially the big toe. Abrupt and intense pain or episodes can cause a feeling that the foot is on fire.

What are the causes?

As a complex disease, there are various contributing factors. Certain conditions affecting the blood and metabolism causes the body to generate excess uric acid. In addition, drinking too much alcohol also causes excess uric acid.

Some of the foods that causes gout if eaten in excess include:

- Red meat
- Shellfish
- Organ meats

An individual also develops gout if the body could not properly

eliminate uric acid. If starved or dehydrated, the body has difficulty in eliminating uric acid. As a result, it builds up and is deposited into the joints.

What are the signs?

Gout generally becomes symptomatic abruptly without warning, often in the middle of the night.

The main symptoms include joint pain that settles to discomfort, redness and inflammation.

The condition frequently involves the large joint of the big toe but can also affect the knees, ankles, wrists, elbows and fingers.

Management

Generally, consult a specialist if gout is likely. The treatment plan is based on the stage and seriousness of the condition.

Oh No!!

In December, we had 15 patients who failed to attend their appointment! Please do let us know if you cannot attend so we can offer the slot to a patient on our waiting list



Gout

(Cont'd from previous page)

Your doctor might prescribe the following:

- Colchicine – reduces joint pain
- Non-steroidal anti-inflammatory drugs (NSAIDs) such as naproxen or ibuprofen – lessens joint pain and inflammation
- Corticosteroids such as prednisone – reduces joint pain and swelling
- Drugs to lower the production of uric acid such as allopurinol
- Medications to eliminate uric acid from the body such as probenecid

Aside from medications, lifestyle changes are recommended to ease the symptoms and lower the risk for future gout attacks. These include:

- Dietary adjustments
- Cutting down weight
- Reducing the intake of alcoholic beverages and increasing water intake.
- Limiting or cessation of smoking ♦



Athlete's Foot Prevention and Remedies

Athlete's foot is a harmless infection that occurs often in athletes, that is, in people with a problem with excessive foot sweating. The cause of this condition is the fungus from the group of dermatophytes, which, like all members of this sort, like dark, humid places (feet trapped in inadequate and low-quality footwear).

Symptoms

Sweaty or dirty feet and staying in places which are suitable for fungal infections are the two major causes of this infection. Wearing tight, uncomfortable shoes, in which your foot can't "breathe," is another cause of this unpleasant situation.

Athlete's Foot Prevention and Remedies (cont'd from previous page)

On the affected spot, the skin most often gets red and irritated, and there is an unpleasant odor of the foot.

Some types of athlete's foot cause blisters, while other types cause dry, scaly feet. It may also extend to other parts of the body, as each fungal infection is contagious.

Sometimes a fungal infection passes after a couple of days, but often it can be very persistent. In a large number of cases, therapy is required to eliminate symptoms such as itching, redness, and swelling of the foot; if the infection spreads on the surface of the toenail, they change the color and start to split.



Treatment and prevention

Treatment is usually multifold. It is important to keep the feet dry. Changing socks throughout the day, using breathable footwear and moisture wicking socks are helpful.

Treatment both the foot and footwear is also important. Use and Use an antifungal spray in the footwear daily then let them air dry.

Use an antifungal spray, powder or cream on the feet as directed by your health care provider.

In terms of preventing future occurrences of Athlete's foot, regular and proper hygiene is a crucial habit - do not share personal items, particularly if you use public surfaces like swimming pools or showers in the gym. Wear shoes and socks made of natural materials; try to avoid synthetic and Lycra socks.

If you experience any further problems with your feet, be sure to consult us for the appropriate treatment! ♦

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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*



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Spotlight on.....Tina Lemmon – Receptionist

Tell us a little of your history before joining The Footcare Centre?

I have spent the last 20 years raising my family and doing various voluntary roles at the school as well as the Events Team at Wisley.

How long have you worked at The Footcare Centre?

Three months.

What do you enjoy about working at The Footcare Centre?

The atmosphere is very friendly and it is interesting meeting the patients who often have a story to tell!

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

Meeting new people and hopefully adding some value to the running of the daily clinic!

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

That I need to look after my feet!

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

Walking my dogs, cooking and cycling

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

Awful! 😊



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