

Monthly Newsletter

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Accepting new patients

Contact Your Podiatrists

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Shoes for Wet Weather Environments

There are some innovative shoe technologies that allow people to work and play in wet environments. We will explore some of these technologies.

Rubber boots are a great way to keep your feet dry, but if you have spent an entire day in rubber boots you know your feet are soaked anyway by the end of the day, from sweat! There is just zero breathability in a rubber boot.

Try instead waterproof, breathable, fabric membrane wrapped inside a shoe that has pores big enough to allow for air transfer, yet small enough to prevent water penetration. It is much more pleasant to spend hours on end in a membrane lined boot rather than rubber boots.

Labelled 'waterproof' or water 'repellent' they are geared toward the person who will splash in a couple puddles throughout the day. Check out labels such as Gore-tex as an example.

You also have the opposite of fabric membranes. Some shoes are "superventilated". OK.....we made that word up, but there are shoes that are meant to dry almost as fast as they get wet. It is the same idea as "water shoes", only more sophisticated. Because these shoes are so breathable, it does not take nearly as long for them to dry. One example is the Merrell Hydrotrekker.

Another problem with water: It's slippery. So, if you don't want to slip on your boat as



Shoes for Wet Weather Environments

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you're docking it, you should use deck shoes (aka boat shoes). Deck shoes are specially designed not to slip on surfaces with water on them, like a boat deck.

The sole of these shoes is designed with small "slits" called siping, running across them. This siping increases the shoes traction on wet surfaces. When you look at the tires in your vehicle, you will see siping for exactly the same reason.

How does siping actually add traction? When there is pressure on the soles, the slits open up a bit, creating negative pressure which pulls the water into them, giving the rest of your shoe more contact with the surface.

We have found innovative ways to avoid getting wet from water and slipping from water. If you can think of any other downsides to water, then contact a shoe company with a way to prevent it. You will probably make a fortune. ♦



Toe Discoloration

Toe discoloration, though often concerning, is a common condition. Toe discoloration refers to any abnormal change in the color of the toes. This can manifest as a change in skin color, nail color, or both. Discoloration can range from subtle shades to more noticeable alterations.

What Causes Toe Discoloration?

Several factors can contribute to toe discoloration:

- Trauma: Stubbing, crushing, or injuring the toe can cause blood vessels to rupture, leading to bruising and discoloration
- Fungal Infections: Fungal infections, such as athlete's foot or toenail fungus, can cause the nails to turn yellow, brown, or even black

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



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How is Toe Discoloration Treated?

Treatment of toe discoloration depends on the underlying cause:

- Trauma: RICE (Rest, Ice, Compression, Elevation) is often recommended for bruised toes
- Fungal Infections: Over-the-counter antifungal creams or prescription medications can help treat toenail fungus
- Circulation Issues: Managing the underlying condition through lifestyle changes, medications, or procedures can improve blood flow
- Raynaud's Disease: Keeping feet warm, avoiding cold exposure, and managing stress can help alleviate symptoms
- Inflammatory Conditions: Treatment plans prescribed by a healthcare professional can help manage inflammation
- Underlying Medical Conditions: Treating the primary condition can improve blood flow
- Medication Adjustments: If medication is causing discoloration, a doctor might adjust the dosage or prescribe an alternative

When to Consult a Podiatrist

It's crucial to seek professional care if pain persists, or complications such as open sores, infections and ulcers arise.

If you do not have an underlying medical condition and are unsure about the cause of discoloration, a podiatrist can provide accurate diagnosis and guidance.

Be sure to seek timely medical treatment once you notice a sudden discoloration in your toes. ♦

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