

Monthly Newsletter

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Jul 2023 | Issue Number 101

Accepting new patients

Contact Your Podiatrists

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Foot Care While Doing Water Activities

Activities around beaches, rivers, lakes or any body of water usually means some form of adventure. For instance, fishing, canoeing, and a mandatory swim!

Sometimes, you may not be engaging in strenuous activities; instead, you may be seeking for relaxation and to refresh your mind.

Being near a body of water gives one a therapeutic effect, and nowadays, more and more people may seek relief from stress by going to their nearest beach or lake retreat.

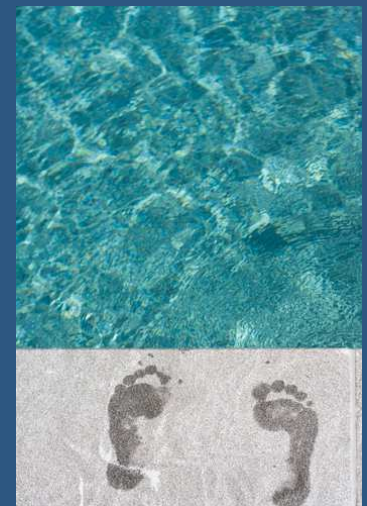
Foot Care Tips for Water Activities

However there are things to take note when your feet remain drenched for prolonged periods of time in enclosed footwear.

For instance, it promotes growth of bacteria and fungi. This is why foot care is important while doing water sports or being exposed to bodies of water.

Wear appropriate footwear for your activity- whether it's fishing, boating or just walking along the beach. Water is bound to enter your footwear and you are bound to get wet feet. For each sport, there are specialized shoes that can prevent or minimize the effects of water from harming the feet.

Flip flops are not the ideal shoe for long periods of time while walking near bodies of water, because not all flip flops are designed with proper feet support.



Foot Care While Doing Water Activities (Cont'd from previous page)

Going barefoot is also not advisable because there could be shells or foreign objects that are sharp and wound the feet, making the ideal environment for infection.

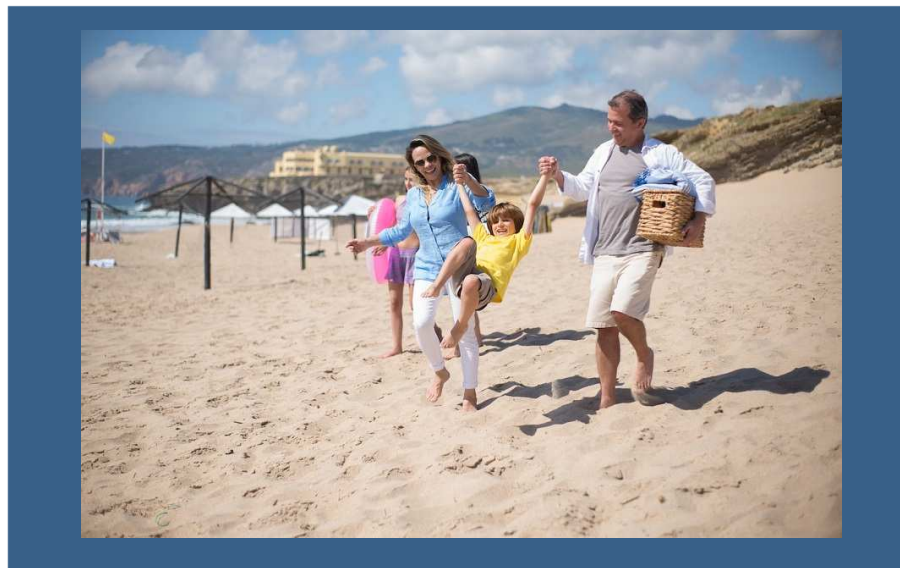
After your activities or sports, the feet should be thoroughly dried. Make sure to wipe dry the gaps between your toes too!

Different infections spread when sharing towels; it is best to avoid doing so. An example of infection that spreads prolifically

through this method is the dreaded athlete's foot, which is caused by fungi.

Don't forget – be responsible when going for outdoor activities, to avoid inflicting harm both on yourself and others.

This will go a long way in creating the pleasant, enjoyable summer outdoor experiences that you desire!



Gout

Gout is a complex and painful joint problem that can affect anyone. A gout attack is sudden and the sensation is felt in the large joints like the big toe. The condition is often treated with lifestyle changes and medications.

What is Gout?

The underlying cause of gout is metabolic. It leads to a painful form of inflammatory arthritis. It occurs in the big toe of the foot as a result of excess uric acid in the body which deposits in the form of sharp crystals in the joint. This causes the joint to swell and

become painful. Besides the big toe, it can also affect the joints of the ankle, foot, knee, hand, wrist, and elbow.

Gout presents as sharp and intense, burning pain in the joint with redness, swelling, stiffness, and tenderness to touch.

There is warmth around the joint and the attack can last for a week or two before losing intensity. Gout attacks can become more frequent and last longer if left untreated.

Gout (Cont'd from previous page)

Causes of Gout

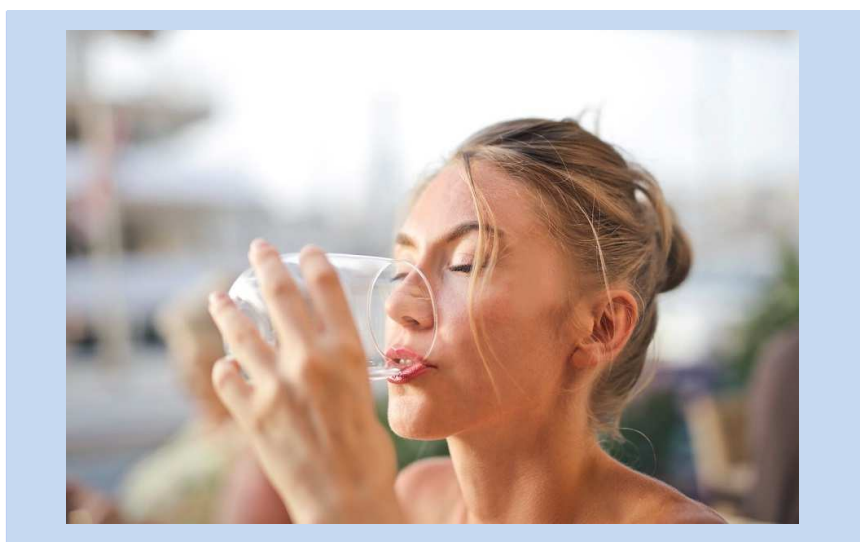
There are increased correlations of gout with being overweight. Higher levels of uric acid are also seen in women after menopause.

Other correlations include diabetes, congestive heart failure, kidney disease, hypertension, and hereditary causes. A diet high in animal proteins can precipitate gout.

Consumption of excessive alcohol and diuretics are also linked with gout.

Diagnosis and Treatment

Diagnoses can be made by your healthcare provider after carefully assessing the signs and symptoms, blood work of the range of uric acid in the blood, imaging tests or aspiration biopsy to detect uric acid crystals.



Rest, ice and elevation will ease symptoms during an attack of gout. As appropriate, treatments include drugs such as NSAIDs, Colchicine, and Corticosteroids, all of which help in management of the symptoms.

Doctors may also prescribe Allopurinol, Pegloticase, Febuxostat, and Probenecid to lower the uric acid levels in the blood and prevent further gout attacks.

You can prevent gout by keeping your water intake high, exercising regularly, and limiting your intake of red meat and organ meats, alcohol, gravy, shellfish, and high fructose drinks and foods. It is also important to avoid trauma to joints like your big toe which could trigger an attack. ♦

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



Special Thanks

Thanks for reading our newsletter; we hope you've gained valuable insights!



For any enquiries regarding foot care or injuries, do feel free to contact us on 01932 849373.

Thanks for your support!

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Your feedback is highly appreciated and important to us and we look forward to reading your comments.

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