

# Monthly Newsletter

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## Avoiding Blood Clots During Long Road Trips

Sitting down without moving your legs for long periods of time puts you at risk for developing blood clots. These clots often form in veins in the legs, disrupting blood circulation. This potentially life-threatening condition is called deep vein thrombosis (DVT). Veins of the calves and thighs are the most common locations in the body that develop clots.

Anybody travelling more than 4 hours by air, train or bus is at risk of developing DVT. Long travels times often means that you aren't utilizing your leg muscles. Since leg muscles act as important 'pumps' that help push blood back to the heart from the legs, not using them causes blood flow to become markedly slower. Slow blood flow renders blood more likely to clot.

An otherwise healthy person can also be at risk of DVT after long periods of immobilization.

Typical symptoms of DVT include swelling, pain and tenderness in the calves. The affected leg may feel warmer and appear red. In some cases, the clot may break off and travel back to the heart into the lungs where it gets trapped in small lung vessels.

This is a dangerous and oftentimes fatal condition known as a pulmonary embolism. When blood flow to the lung is interrupted, oxygen levels in the blood plummet, causing difficulty breathing, a fast pulse, chest discomfort or coughing up blood. Sudden death can also occur if the affected lung area is large.

## Oh No!!

*In March, we had 9 patients that failed to attend their appointment!*



## Avoiding Blood Clots During Long Road Trips

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It is possible for someone to never experience symptoms of DVT despite having a clot in their legs. This clot can travel insidiously to the lungs, resulting in sudden collapse. As such, it is important to carry out preventive measures during long trips.

Wearing special compression stockings during trips can help prevent the formation of these clots. Performing leg exercises at regular intervals during your trip such as

knee raises can also help keep the blood flowing. Staying hydrated is another way to help improve circulation.

Those taking oral contraceptives, who are overweight, have varicose veins or high cholesterol levels, smoke or are elderly are more at risk of developing these blood clots than others. If you feel that you might be at risk, it is a good idea to consult your doctor for advice before going on a long trip. ♦



## Dealing with Ingrown Toenails

Simple tendency to ingrown nails while fairly common, can become hard to deal with once they grow to a certain extent. Ingrown nails occur when you start trimming your nails too short especially around the corners of your big toe. When the toe nail is cut too short around the edges, the nail starts growing into rather than along the skin and digs deeper into the foot.

Shoes that are tight and have a hard interior can also cause ingrown nails as they force the

nail to grow downward rather than sideways, or roll the edge of the toe over the nail.

Ingrown nails cause swelling and then gradually become red, sore and infected as they continue to dig deeper into the skin. At this point the tissue called granulation starts growing over the toenail and it gets harder to manage the nail.

At home, file off the sharp edges of nail and cut them straight across rather than clip them.

## Dealing with Ingrown Toenails

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### Treatment Tips for Ingrown Nails

As with any non-resolving medical condition, the best option is to go to a clinic and let the professionals discuss with you a treatment which is often the best course of action for you.

Podiatrists are experts in managing ingrown toenails and can discuss plans to undertake procedures to aim to cure the ingrown toenail

such as nail surgery.

Ingrown nails if treated improperly can lead to infections and severe pains. Anti-biotics may be prescribed to the patient, however in order to prevent infection, soak an ingrown toenail in salt water daily and apply a nonstick sterile dressing until you have a chance to get it checked.



So, the tips given below should be acted upon to avoid such a situation.

- Trim your nails straight across; don't make rounded corners.
- Wearing comfortable shoes and socks with ample room for your toes
- Your feet should be kept clean at all times. ♦

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The Care,  
Professionalism and  
Time that your feet  
deserve



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## Patient questionnaire statistics for 2017

We have now updated our patient questionnaire results for 2017. We are pleased to publish the results below:

Questions put to Patients	% of Patients scoring: Good, Very Good or Excellent	
	2016	2017
How well the clinic ran to time?	100%	98.8%
The environment in the practice – clinic / reception?	98.2%	98.8%
Were there clear explanations during your treatment that you could understand?	100%	100%
The skills of the person you saw?	99.1%	100%
The personal manner of our team?	100%	100%
How well did you feel your concerns were addressed / treated at your appointment?	99.1%	100%
How do you feel about the quality of the visit overall?	99.1%	100%

*2016 figures based on 120 questionnaire responses collected between Jan 2016 & Dec 2016.  
2017 figures based on 83 questionnaire responses collected between Jan 2017 & Dec 2017.*

## Google reviews

We would love to hear your feedback, and we would be incredibly grateful if you could take a couple of minutes to write a quick online Google review for us. This will allow us to improve our service and let others recognise the value we provide.

To submit your review, simply enter the address below into your browser and let us know what you think..

<https://goo.gl/rN1MEF>

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

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