

# Monthly Newsletter

Free please take a copy



Contact Your Podiatrists

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## Selecting the Best Winter Boots

Winter is colder than the other seasons of the year.

There is a need for rational selection of boots for your comfort and safety throughout the winter while your fashion and style are maintained. The look and the technical features of winter boots play important roles in selecting a good pair of winter boots.

Apart from temperature rating considerations, you should also look at the height, linings, water resistance, insulation type and traction. Also, your choice of boots may depend on their intended use, including activities such as walking, driving, sports and hiking.

The following guidelines may help in making the right selection of winter boots:

### Appropriate Warmth

A temperature rating is an important point to be considered while choosing winter boots. The temperature rating is a good comparison tool that can be used to choose among many models of winter boots.

It is worth considering that like sleeping bags, different boots will be suited to different temperatures and for different activities.

For example, warmer boots should be worn for activities like snowshoeing and shoveling snow, while higher boots can be used for casual walking and activities that may be mixed indoors and outdoors.

### Oh No!!

*In November, we had 15 patients that failed to attend their appointment!*



## Selecting the Best Winter Boots

(Cont'd from previous page)

### Breathability

Winter boots are usually bulked with a number of liners. These liners are usually removable; as such it can be dried and reinserted. This affects the breathability of the boots. If your feet are sweating, they are wet and if that wetness has nowhere to escape to, you will be left with a cold foot. A boot with good breathability will keep your foot warm without making your foot sweat. If there is any moisture accumulation a breathable boot will allow for some evaporation.

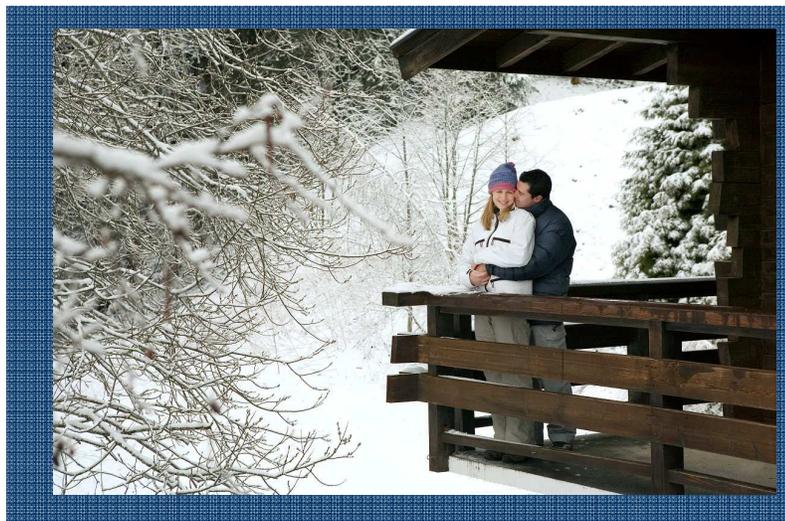
### Traction and Size of the Boot

The traction of the winter boot should be such that it is not slippery while navigating

on icy and slippery ground. Not everyone's feet are the same shape or size, so don't be afraid of trying on many pairs of boots before you find the right fit. There's nothing worse than sitting with soggy wet socks all day because you can't wear your winter boots without wincing in pain with every step.

### Waterproof and Climate-proof Features

Features that keep the feet dry and warm should be checked. Some boots are rubber which don't allow breathability. Some premium waterproof liners such as GoreTex allow for breathability while maintaining 100% waterproof.



## Diabetic Foot Ulcers

A diabetic foot ulcer is a complication resulting from long term or chronic Diabetes Mellitus. Diabetes can cause nerve damage resulting in insensitivity to pain. If your feet nerves are damaged, you may not feel heat, cold, or pain on the feet.

This insensitivity to pain is called diabetic neuropathy. If there is a cut or sore on your foot because of neuropathy, the cut could get worse and become infected leading to lesion and ulceration of the foot. More commonly, foot ulcers develop gradually due to a pressure imbalance. Excess pressure causes callous to form (which would normally be uncomfortable and treated, but due to neuropathy is not noticed by the patient). Eventually, excessive callous leads to skin breakdown and ulcer formation. Diabetes also affects blood flow to body parts and this could delay healing of cut, wounds and sore on the foot.

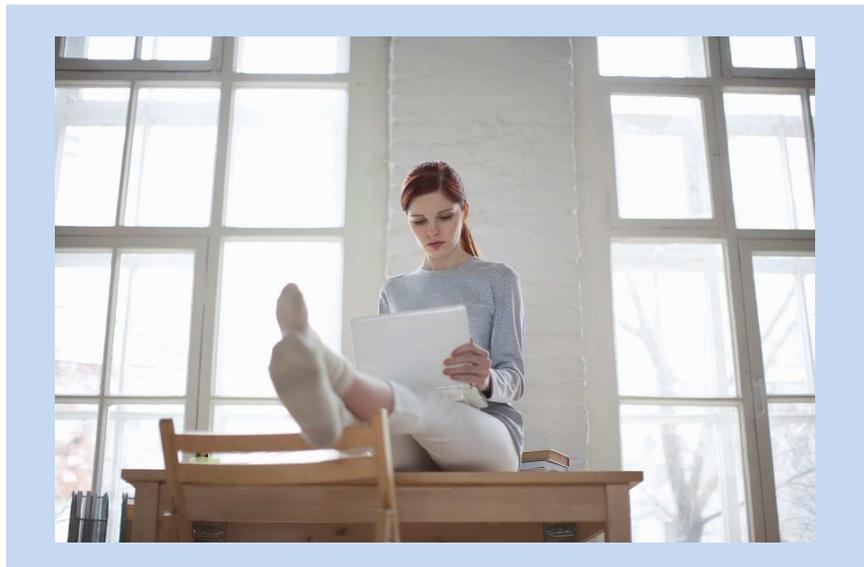
## Diabetic Foot Ulcers (cont'd from previous page)

Diabetic Ulcer treatment is usually prolonged and challenging; it may include antimicrobial drugs and topical dressings, offloading with pads or wound sandals / boots and vascular testing and management.

Patients with diabetes can help prevent their chances of developing an ulcer by complying with the following DO(s) and DON'T(s):

### DO:

- Check the color of your legs and feet; if there is swelling, warmth or redness, or if you feel pain, see a podiatrist
- Check your feet every day for cuts, cracks, bruise, blister, sores, and infections
- Use a mirror to see the bottom of your feet if you cannot lift them up
- Clean a cut or scratch with mild soap and water and cover with a dry dressing for sensitive skin



- See a podiatrist for regular footcare
- Wash and dry your feet every day, especially between toes
- Apply good skin lotion on your heels and soles. Wipe off any excess lotion
- Change your socks every day
- Avoid freezing and heat
- Exercise regularly
- See a Podiatrist if you need a piece of advice or treatment.

### DON'T:

- Sit for a long time
- Smoke
- Walk barefoot inside and outside
- Wear tight socks, garter or elastics, or knee highs (unless they are prescribed medical compression stockings.
- Take a very hot bath
- Soak your feet
- Treat your own in-growing toenails or sliver with a razor or scissors

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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



## Diabetic Foot Ulcers (cont'd from previous page)

- Use over the counter medicine to treat foot infection (always see a qualified medical professional).

Always bear in mind that if you have any concerns about diabetic foot, do not try to treat the problem yourself. Visit your podiatrist to find out the most suitable treatment plan!

## Xmas Opening Hours

Our opening hours over Christmas and the New Year are:-

24<sup>th</sup> December 08.30am – 1pm

25<sup>th</sup> December – Closed

26<sup>th</sup> December – Closed

27<sup>th</sup> December – 8.30am – 2pm

28<sup>th</sup> December – 8.30am – 1pm

29<sup>th</sup> December – Closed

30<sup>th</sup> December – 10.30am – 8pm

31<sup>st</sup> December – 8.30am – 1pm

1<sup>st</sup> January – Closed

2<sup>nd</sup> January – Business as usual

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<https://goo.gl/rN1MEF>

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