

Monthly Newsletter

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Lifestyle and its Effects on Foot Health

Our feet are responsible for carrying our body weight. They support 1.5 times our body weight when walking, and this increases up to 3 times as much when running. Because of this, being overweight can result in greater stresses in the feet.

Obesity is a state of increased adipose or fat tissue mass that may have adverse effects on health. A combination of excess calorie intake vs energy output can cause accumulation of fat amongst other causes. There may also be environmental, social or medical factors.

Gaining more weight than usual adds pressure to weight bearing body parts such as lower limbs and feet. As a result, it places a lot of stress on the structures of the feet increasing their chance of wear and tear.

This may cause foot changes in the long run. A person may feel foot pain due to inflammation of joints, fascia, ligaments or tendons. Oedema may also develop due to changes to lymphatics or veins.

Help is at hand!

To help prevent or treat associated problems – including sore feet! - there are things your foot clinic and health team can help with, combined with your mindfulness towards lifestyle modifications including diet and exercise.

Latest/ upcoming developments

- New receptionist, joining us this month to replace Emma.
- Podiatrist Paul attended a biomechanical course.

Contact Your Podiatrist

The Footcare Centre Ltd
8 Monument Green
Weybridge
Surrey
KT13 8QS
Tel: 01932 849373

Web:

www.thefootcarecentre.co.uk



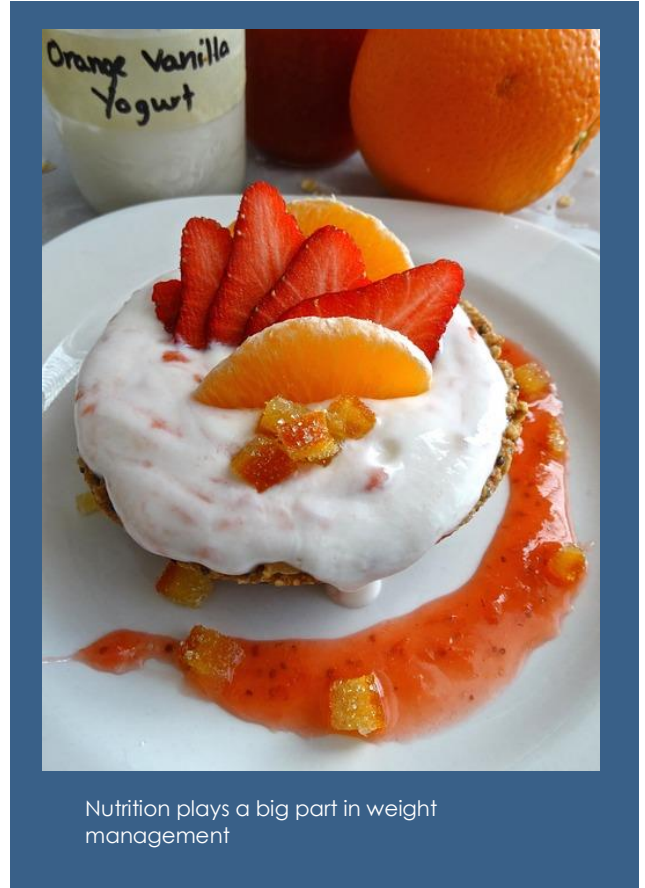
Lifestyle and its Effects on Foot Health (Cont'd from previous page)

Everyday good habits can include recording diet patterns, and having a diet diary to help stay “diet aware”.

Such food-related behavior can be self-monitored (such as avoiding fast-food, eating small but more frequent meals, eating a full breakfast) to steer behaviour and control away from unhealthy food content.

Aim to build regular, routine exercise into weekly lifestyles, gaining advice from your doctor if you are new to exercise or if you have any medical conditions.

Improving well-being and lifestyle quality will undoubtedly help preserve foot health. Let's plan for feet for life!



Blood Sugar and Foot Health

Cases of diabetes are increasingly growing worldwide. This disease affects multiple systems, including our feet.

Diabetes Mellitus is a metabolic disorder characterized by increased blood sugar either due to insulin deficiency or resistance. This disorder causes neuropathy, particularly numbness on the extremities.

Increased blood sugar also affects the circulatory systems, leading to impaired blood flow. Glucose in blood also increases chances of increased microorganisms, once there is a break on the skin.

The foot is often placed at risk if not cared for. Sometimes injuries are unnoticed due to the numbness of neuropathy. Poor healing may occur as a result of poor circulation, and the build-up of microorganisms may place the foot at risk of infection.

Diabetic Foot Care

These are the following foot care steps that you need to observe if you are diabetic:

1. Keep your blood sugar at a normal range by adhering to your medical and diet regimen.

Blood Sugar and Foot Health (Cont'd from previous page)

2. Inspect your feet everyday - check whether there are cuts, blisters, colour changes or swelling. Also check for any change in temperature. These are warning signs that you should seek help!
3. Wash your feet daily and be sure to keep them dry, particularly between the toes.
4. Keep them soft and smooth by applying a thin layer of lotion on the top and bottom. Avoid putting lotion in between your toes.
5. Trim your toenails weekly if you have been advised it is safe to do so.



6. Wear supportive, fastening shoes and socks daily, as this will protect your feet. Make sure that the lining inside the shoe is smooth and that no other objects are present inside.
7. Wear clean socks at night if your feet are cold and wear shoes even on hot days.
8. Keep your blood circulating by wiggling your toes and feet for 5 minutes, 2 to 3 times a day. Avoid crossing your legs and put your feet up when sitting or lying on your bed.
9. Have your feet checked regularly by your health care provider.

Quit smoking.

Summary

If you have recently been diagnosed with diabetes, be sure to check with your health care provider about changes you need to make to your lifestyle. Protecting your feet is also important to prevent major problems in the future!

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Phone:
01932 849373

E-Mail:
info@thefootcarecentre.co.uk

Web Site:
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The **Care,**
Professionalism and
Time that your feet



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A biography of Paul Sen

In July 2016 The Footcare Centre welcomed Paul Sen to the team.

It's only been a couple of months since I joined the Footcare centre team (FCC), but I'm already starting to feel like part of the furniture, and I'd like to thank the team at FCC for making the transition an enjoyable and painless one.

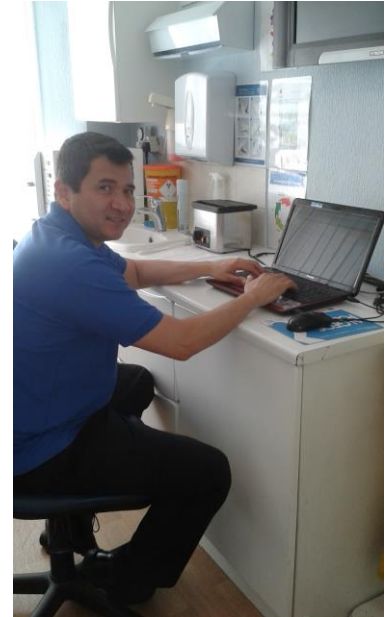
I can definitely say it's been an interesting and sometimes challenging journey to reach this point in my career, and it seems a long time ago since 2000, when I qualified with a chiropody diploma. Though the lessons learnt back then have definitely held me in good stead.

After qualifying I initially worked in the private sector for 8 years, during which I also competed in the London and New York marathons. This sparked my interest in health and fitness and led me to completing a sports science degree with which I used in order to provide residential fitness and wellbeing programmes.

However due to family circumstances, I personally learnt the importance and reward from providing care and decided to work in the care industry, which resulted in employment as a care manager. It was during this time that I witnessed the dire need of foot care and decided that I should use the knowledge acquired and return to my initial profession.

This led to me deciding to further my knowledge by completing a BSc(Hons) degree in Podiatric Medicine at Southampton University.

I feel my career path has definitely been an interesting one, and will further assist in understanding the varied needs and conditions presented by patients, and I look forward to my future at the FCC.



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