



## In This Issue

- Top Ten Tips for Healthy Feet!
- Whats New? – Nail Reconstruction
- Gift Vouchers
- Special Offer – Simply Nails

## Coming issues:

- Summer foot care
- Klenz your footwear

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## Spring into Summer with 'A Foot Above'®

Welcome to FootWise, the newsletter from your friendly Podiatry team at 'A Foot Above'®, Beeston.

## Did you know...

The average adult walks the equivalent of 4 times around the world in a lifetime! So it's hardly surprising that between 75% and 80% of adults have some form of foot problem during their life.

The feet are often neglected and it's not until our feet become uncomfortable that we pay them attention.

To keep a foot problem at bay, read our Top Ten Tips for Healthy Feet and help transform your feet into loveable tootsies.....

## Top Ten Tips for Healthy Feet!

1. **Wash your feet daily**, in mild soapy water especially between the toes and dry thoroughly.
2. **File hard skin away gently with a pumice stone**. For best results, use in the bath or shower when the skin is soft.
3. **Apply cream to your feet daily**, especially on dry or hard skin areas.
4. **Keep the nails trimmed**. Using proper nail scissors or clippers, follow the natural curve of the nail, leaving a 'free edge' of nail at the tip of approximately 2-3mm. Do not cut or dig into the sides of the nail as this can cause an ingrown toenail.
5. **Avoid walking bare foot in public places** such as swimming pools and gym changing rooms. Wearing flip flops can reduce the risk of picking up infections such as Verrucae and Athlete's Foot.
6. **Verrucae, Athlete's Foot and other common conditions can spread quickly**. Consult the HPC Registered Podiatrist at 'A Foot Above'® for effective treatment especially if you suffer with Diabetes.
7. **Wear a clean pair of socks/stockings every day** and don't wear any that are too small or too tight.
8. **Make sure your shoes fit properly**. Poorly fitting shoes can cause problems.
9. **Change and air shoes regularly**, especially trainers.
10. **See a Podiatrist**. If you have any concerns about your feet. A Podiatrist can identify the problems and discuss the best treatment options for you.

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## NEW @ 'A Foot Above'® ...

### NAIL RECONSTRUCTION

Nails which have suffered trauma, fungal nail disease or discolouration may benefit from nail reconstruction. Damaged and discoloured nails can be reconstructed to their former natural healthy look. Reconstructed nails can continue to be treated for fungal nail disease and be allowed to grow naturally and healthily below the reconstructed nail layer. The reconstructed nail will not crack and will expand with the new growing nail making them a long lasting treatment for unsightly nails. Safe for diabetics, takes less than 10 minutes per toenail.



Before



After

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## Gift Vouchers

For a special treat or any occasion. We can think of no better gift than to invest in your health or to spoil that special person. Just call in to arrange or telephone on 0115 9223377

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## Remember your appointment

Like most practices, we would like to be able to increase the number of appointments we provide each week. You can help us to do this by informing us as soon as possible if you need to change or cancel your appointment.

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## SPECIAL OFFER Simply Nails

Do you have problems cutting your own toenails? Simply Nails is the solution! This is a specialist, minimal cost, toenail cutting service by the HPC registered Chiropodist/Podiatrist from 'A Foot Above'®. Simply Nails includes a professional overview of your foot health with FREE foot care advice to enable you to take best care of your feet. If you have any problems cutting your toenails, 'A Foot Above'® has the solution with Simply Nails.

Society of Chiropodists & Podiatrists



Accredited Practice

