



## In This Issue

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## Welcome...

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

## Did you know...

- There are 250,000 sweat glands in on the feet.
- Your feet can swell by up to one full shoe size when hot.
- People who go barefoot or wear open sandals most of the time don't suffer from smelly feet or athletes foot.
- Hot swollen feet make your legs ache and feel tired.
- 7 out of 10 people don't treat their athletes foot properly.
- You don't have to be an athlete to get athletes foot.

## Summer Feet...

Cracked heels are often referred to as **fissures** and are usually caused by dry skin. For most people this is a nuisance and a cosmetic problem but when the fissures are deep, the skin bleeds easily and can be very painful. The heels appear yellow or dark brown depending on the skin type and are normally accompanied by dry skin. Symptoms include a hard growth of skin, usually on the outer edge of the heel. Patients may experience pain while walking and increased discomfort in thin soles or open back shoes.



### CAUSES OF CRACKED HEELS

- In-active sweat glands
- Dry skin
- Prolonged standing
- Obesity
- Open backed shoes can be a contributing factor
- Surgery to the lower extremities
- Heel Spurs
- Mal-aligment of the metatarsal bones (the bone structure of the sole of the foot)
- Flat feet and high arched feet
- Abnormalities of gait (walking)
- Using excessively hot water is a contributing factor
- Eczema and psoriasis can also be contributing factors

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Society of Chiropodists & Podiatrists



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## TREATMENT OF CRACKED HEELS

- Visit your local Chiropodist for removal of hard skin.
- Apply a moisturizing cream twice daily to the affected heels, such as flexitol heel balm
- Use pumice stone to reduce the thickness of the hard skin.
- Avoid open backed shoes or thin soled shoes
- Buy shoes with a good shock absorbing sole
- Never try to pare down the hard skin yourself with a razor blade or a pair of scissors!

## NEW @ 'A Foot Above'® ...

'Klenz' Your Footwear... Only £2



This is a new machine used to sanitize your footwear in only 8 minutes, giving you the peace of mind that your feet are not being re-infected as soon as you put your shoes back on. Klenz kills the bacteria and fungal spores that cause bad odours, infections like Athletes Foot, fungal nails and the deterioration of materials. So, not only will shoes smell as fresh as when you bought them, they will not contaminate you & will last longer.

## New Staff Member

Marie Stringer joins us from Wales where she worked as a Foot Health Practitioner. Marie brings a confident approach to the clinical team, having previous experience and a successful track record of customer facing work and running a busy clinic.

Marie bolsters our current skill base, relishing the prospect of the types of clinical work we encounter. Complementing our clinical team with her experience and professional development is a refreshing site for the team.

Throughout her time with "A Foot Above" Marie will work in all areas of the business, providing her with a sound footing into the successful treatments that "A Foot Above" group offer and the benefits of a good team system.

Welcome aboard Marie.

## SPECIAL OFFER Wedding Offer

Have your feet looking their best for that special summer wedding day. Treat the wedding party to a chiropody treatment and have those feet looking healthy and show them with confidence. Chiropody includes the removal of hard skin, treatment of discoloured nails, toenails cut, corns removed, ingrown toenails treated and a foot health check. Buy 5 chiropody appointments and the BRIDE is treated for FREE!!!

Call 'A Foot Above' on 0115 922 33 77 for appointments.