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## Welcome...

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

## Did you know...

- The foot is constructed around 26 bones, 27 muscles and 33 levels of articular mobility.
- On average, you take 8,000 to 10,000 steps a day
- In their lifetime, the average person walks more than 100,000 miles – more than 4 times the circumference of the globe!
- When you walk, the pressure on your feet sometimes exceeds your body weight
- A pair of feet has approximately 250,000 sweat glands
- Each day, your feet will excrete as much as half a pint of moisture

## How to care for winter feet

Cold weather can take its toll on your feet, so ensure they are the centre of your attention this winter.

When you think about how much time we spend on our feet, it's hardly surprising that winter and a night out can leave them feeling tired, bruised and battered.

Most of us are guilty of neglecting our feet and often gaze in dismay when we take off our socks. We are especially prone to letting our foot care routine lapse during the cold winter months when we just want to bundle them up in fluffy socks and big boots.

The most common problems in winter are dry, cracked skin and chilblains. The answer is to moisturize regularly.

The most important thing to remember in foot care is to maintain a steady temperature and not to expose your feet to extreme heat or cold.

**Have your feet looking great this winter with the care from "A Foot Above®"**

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## Chilblains

Chilblains are small, itchy, painful, red swellings on the skin. Chilblains are thought to be caused by an abnormal skin reaction to cold. They tend to occur on the 'extremities' that more easily become cold. That is, the toes, fingers, nose, and earlobes. However, other areas of skin sometimes develop chilblains when they become cold.

### Can you prevent chilblains?

If you are prone to chilblains then trying to prevent them is sensible.

- Keep your hands and feet warm when out in cold weather by using warm gloves and socks. Consider special heated gloves and socks if chilblains are a recurring problem.
- If possible, exercise vigorously before going out into the cold. The theory is that this will improve the circulation to the hands and feet. There is no clear evidence to confirm that this works but it is traditional advice.
- Do not heat the skin quickly after being out in the cold with hot water bottles, etc. Gradually warm up.

### What is the treatment for chilblains?

- Keep the affected areas warm. This means staying out of the cold, or wearing warm gloves, socks, etc, when outdoors.
- No other treatment is normally needed as they usually go away by themselves.
- A range of soothing creams and lotions can be bought from a pharmacy. These may ease the soreness until symptoms go.

## New Staff Member



A Foot Above® are pleased to welcome Karen Prentice to the position of Clinic Receptionist. Karen joins us with wealth of experience and brings a confident approach to the administration and clinical teams; having previous experience and a successful track record in customer facing work.

Karen bolsters our current skill base, relishing the prospect of the types of clinical work we encounter. Adding to the experience of our professional clinical and operational teams is a rewarding exercise for all concerned.

Throughout her time with "A Foot Above®" Karen 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 Karen.

## 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 Chiropractor/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.

For Appointments call 'A Foot Above®' on **0115 922 33 77**