



## In This Issue

- Sweaty Feet
- Cracked heels
- Athletes Foot

## Contact us

A Foot Above  
8 Wollaton Road  
Beeston  
Nottinghamshire  
NG9 2NR

☎ 0115 9223377

A Foot Above  
96 Bath Street  
Ilkeston  
Derbyshire  
DE7 8FE

☎ 0115 9328832

✉ [info@afootabove.co.uk](mailto:info@afootabove.co.uk)  
🌐 [www.afootabove.co.uk](http://www.afootabove.co.uk)

## Welcome...

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

## Get your feet fit for summer...

If your feet have spent the whole of winter wrapped in woolly socks or jammed into heavy boots, now is the time to start paying them some attention. They most likely have a thick layer of winter skin. Your toenails may be long and crooked or they may have developed conditions like verrucae, ingrown toenails or athlete's foot.

With summer fast approaching, you may also be worried about smelly feet or how to stop your feet sweating in the sunshine.

## Sweaty Feet - *Hyperhidrosis*

With 250,000 sweat glands in the feet it is no surprise that they sweat more than any other parts of the body.

### What causes sweaty feet?

Sweaty feet are caused by bacteria on the skin which breaks down the sweat producing the smell. Another cause of sweaty feet is stress on the foot; this could be because the bones in your feet are not aligned properly or maybe if you have just been on your feet all day. Your sweat glands also respond to emotional, mental or physical stress. So if you are experiencing any changes, upheavals or stress in your life this could be triggering your sweaty feet.

### What to do...

- Wash your feet in the morning and evening with un-perfumed soap and water.
- Avoid very hot water which will make you sweat more.
- After washing, dip your feet into cold water.
- Dry feet thoroughly with a coarse towel.
- Apply an astringent, such as surgical spirit and then lightly dust your feet with un-perfumed talcum powder.
- Change your socks or stockings at least once a day.
- Expose your feet as much as possible to fresh air, and in the summer wear sandals whenever you can.
- Try not to worry, as this may make you sweat even more.

## Contact Us

A Foot Above  
8 Wollaton Road  
Beeston  
Nottingham  
NG9 2NR

☎ 0115 9223377

A Foot Above  
96 Bath Street  
Ilkeston  
Derbyshire  
DE7 8FE

☎ 0115 9328832

✉ info@afootabove.co.uk  
🌐 www.afootabove.co.uk



Society of Chiropodists & Podiatrists



Accredited Practice



## Cracked Heels

This is a source of great embarrassment and discomfort for many people. A crack or fissure may be due to having excessive dry skin. Many people may simply be more prone to dry skin as the sweat glands in the feet do not excrete as much as they once did. Sometimes the person may have a development disorder such as flat feet, an abnormal stride and step pattern, or may have heel spurs; which can all cause problems with the heels, including dry skin and cracking. Other possible causes include being overweight, standing for long periods, smoking and diabetes, which compromises the oxygen and nutrient supply to the tissues.

### Prevention

- Do not have bath water too hot as this may have a drying effect on the skin.
- Apply a good quality moisturizer at least once a day – Aqueous Cream is ideal for this.
- Use a wet pumice stone or foot file once per week whilst in the bath or shower. However, avoid 'cheese grater' style devices.
- For those who prefer to wear sandals, keep the wear time short and apply extra moisturizing cream around your heels.

## Athletes Foot

The most typical fungal infection of the skin is known as Athletes Foot. These fungi are very contagious and the commonest sources of infection are communal showers and bathing facilities in leisure centres and swimming pools, though they can also be contracted by barefoot activity on dry floors such as those found in gyms.

The outbreak usually begins between the toes, where the skin becomes sore and inflamed and this is often accompanied by intense itching. The skin eventually becomes dry and flaky or moist and weeping.

### Treatment

Usually skin infections of this type respond very well to anti-fungal preparations which take the form of ointments, paints and powders such as Mycota. These are topical medications and as such are applied to the skin. They are not taken internally. Here at 'A Foot Above'® we can recommend a suitable preparation for your problem.

## Chiropody Treatments

Good foot care makes sense! For continued foot health, consult your Podiatrist at 'A Foot Above'® and try our Chiropody Treatment today.

For Appointments  
call 'A Foot Above'® on **0115 9223377**

Visit us online...

<http://www.afootabove.co.uk>



Find us on  
Facebook



twitter

