

# Monthly Newsletter

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**Accepting new patients**

**Contact Your Foot**

**Specialist/Chiroprapist:**

**The Footcare Centre**

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## Foot Care for Kids

We always try to take the best care of our little ones. From the moment they are born, we know they can't defend themselves on their own against diseases or injuries. Thus, we become responsible for their well-being. We put effort into creating good hygiene habits, paying particular attention to their nutrition, behavior, and physical irregularities.

However, many people don't realize that foot health is as essential as other aspects of well-being. Being able to detect, understand, and solve abnormalities in children's feet is important.

### *Foot Care Tips for Your Kids*

Kids tend to wander a lot barefoot. Due to this fact, the threats against foot health

increase considerably. Here are some things to pay attention to.

- Check for physical threats on the floor. As children learn to crawl or walk, adults should remove any possible dangers such as splinters, shreds of glass, or sharp objects.

- Regarding foot hygiene, we may not be able to prevent kids from walking on dirty surfaces. However, we can take special care in keeping their feet clean to avoid infections. This also includes keeping their toenails trimmed.

- Pay special attention to newborn feet. Newborn children can show signs of abnormalities in their feet. The sooner the problem is detected, the better.

## Oh No!!

*In March, we had 17 patients who failed to attend their appointment! Please do let us know if you cannot attend so we can offer the slot to a patient on our waiting list*



## Foot Care for Kids (Cont'd from previous page)

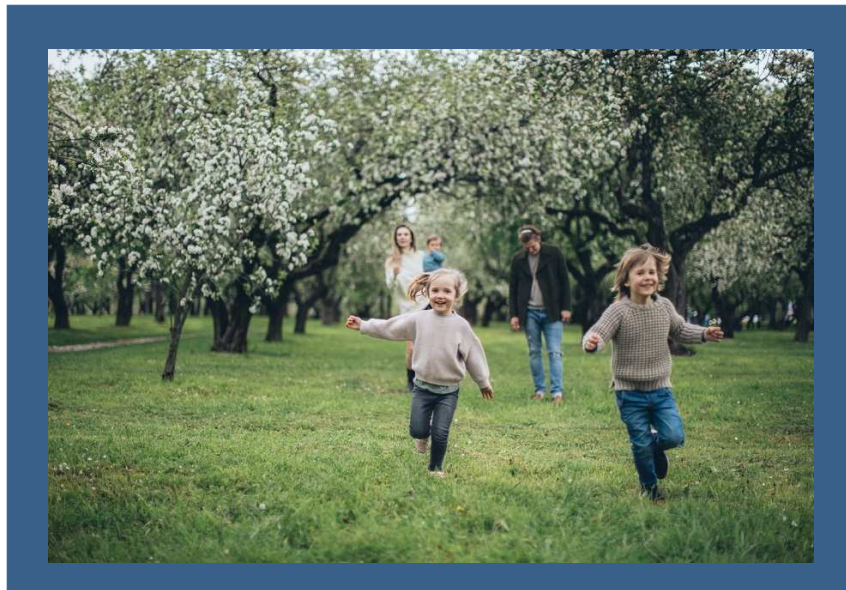
Adults should bear in mind that some conditions don't disappear with time.

- Proper footwear plays a crucial role. As your toddler begins to walk, shoes will aid in their balance. Additionally, improper footwear may lead to gait disorders.
- Always be an example to your kids. Show them what they must or must not do to keep the feet healthy.

### *Bottom Line*

Detecting irregularities in kids' feet is not difficult as long as you observe them carefully. However, some abnormalities may still go unnoticed.

When in doubt, make sure to consult your chiropodist to check if your kids' feet are in healthy condition! ♦



## Adjusting Recipes for Diabetics

Diabetes is a medical condition that describes the difficulty of your body in regulating its blood sugar level. Insulin is a hormone which enables cells to absorb glucose (sugar in the blood). In some diabetic patients, their body produces either little or no insulin, making it difficult to obtain energy. Even among those who have insulin at proper levels, cells may develop resistance towards insulin.

Regardless of the type of diabetes, all diabetic people must know what they consume in order to live a healthy life. Fortunately, some medical procedures and diets make this much more manageable.

Below are the types of diabetes and their main characteristics.

- Type 1 diabetes is due to the destruction of insulin-creating cells located in the pancreas.

## Adjusting Recipes for Diabetics (cont'd from previous page)

- Type 2 diabetes happens when your body is resistant to insulin, thus raising your blood sugar level
- Prediabetes means that your blood levels are higher than expected but not as high as to fall into the Type 2 category.

### *Recipes for Diabetics*

If someone in your family (including yourself) has diabetes, your recipes will need to change. However, it's not necessary to change all of your eating habits simultaneously and in a radical way.



Here is what you can do, for starters:

Look after what you eat!

If you are unsure of an appropriate eating plan, speak to your practice nurse, family doctor or get referred to a registered dietician.

Whenever you go shopping for food, pay attention to labels. It is essential to understand what each word or phrase on them means. Get educated now on what those labels actually mean.

For example, "no sugar added" doesn't always mean that it's sugar-free. Similarly, "fat-free" does not always mean low calories. Learn what you shop to create awareness of what you eat.

Adjusting your recipes for diabetes may not be as easy as it sounds. It takes discipline to change one's habits to live a healthy life.

If you are worried about foot-related problems associated with Type 1 or Type 2 diabetes, visit us for a diabetic foot screen. ♦

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If you would like a copy of this newsletter emailed to you every month, then please let reception know and they will ensure that your email address is added to our distribution list.

*The Care,  
Professionalism and  
Time that your feet  
deserve*



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## **Spotlight on...Lorna Moran, Medical Admin Assistant**

### **Tell us a little of your history before joining The Footcare Centre?**

I have lived in Ridgeway my entire life and love the small town atmosphere.

### **How long have you worked at The Footcare Centre?**

I have been working at The Footcare Centre since August 2021.

### **What do you enjoy about working at The Footcare Centre?**

I enjoy working with everyone and am learning how important it is to be part of a great team, who supports each other in everything we do every day.

### **What aspect of your job provides you with the most satisfaction?**

When patients leave saying that their feet have never felt better and the pain is gone.

### **What have you learnt from the patients?**

I love to talk to patients and learn about them, where they are from, their families and pets and especially how important healthy feet are to them.

### **What do you enjoy doing when you are not at work?**

Spending time with my husband, two daughters and Ozzie my dog. I am a big garden enthusiast, which is my relaxation. In the summer we spend as much time as we can out on the water

### **So.....what are your feet like?**

I do not have any issues with my feet, but if I did, I would know exactly who I would have help me 😊.



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