

# Monthly Newsletter



**Accepting new patients**

Contact Your Foot  
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## Update

*We know all of patients have important and essential footcare needs and we are pleased to say we are now permitted to treat these during this time.*

## Foot Hygiene

Poor foot hygiene is often a cause of fungal or bacterial infections, unpleasant smell, and other health problems. Every person can take care of their feet daily and prevent problems. As regular visits to a podiatrist.

During this season of widespread viral outbreak worldwide, taking care of your personal hygiene is a top priority for everyone. Besides frequent hand-washing and minimizing hand-to-face contact, foot hygiene is remains an important component of overall health, which can reduce your chances problems whilst socially distancing or self-isolating.

### *Maintaining Appropriate Foot Hygiene at Home*

The most vulnerable parts of the feet are toes and heels, which is why they require additional

attention. Although it should go without saying, the first step of daily hygiene is washing feet with soap and ideally a wash glove or individual brush.

Also, it is suggested to gently use a pumice once a week when washing to help with dry or cracked skin which may precipitate an infection. Once your feet are clean, inspect them for any anomalies like bumps, cuts, color change, bruises, and other unusual symptoms.

Trim your nails frequently enough. If there is dry skin around your nails or you feel uncomfortable wearing socks and shoes, you could moisturise around you toenails and cuticles with olive oil, Vaseline or foot cream.



## Foot Hygiene

(Cont'd from previous page)

Clean the corners of toenails with a soft brush – do not attempt to clean nails with something sharp. If you notice something out of the ordinary, always consult your foot specialist/podiatrist.

On a daily basis moisturise your feet and legs with cream. Your podiatrist can recommend a foot cream. Always wear fresh dry socks and alternate your shoes so that dry clean shoes are worn daily.

Avoiding the same shoes two days in a row may also help avoid shoe related foot deformity.

### *Why Foot Hygiene Is Important*

First of all, daily foot hygiene improves the general look of your feet, which makes you more confident when feet are exposed. Also, it eliminates the unhealthy odours coming from sweaty socks and shoes when you need to remove footwear. Smell is an indication of the development of bacteria – as well as odours, bacteria can also cause infection.

Finally, it prevents more chronic or painful problems like fungal nails, athlete's foot, blisters, and so on. ♦



## What is Gout?

Gout is a type of arthritis that severely affects toe joints caused by deposits of crystalline uric acid. It is a painful disease process that may come on rapidly. The inflammation is painful, often requiring management with prescribed anti-inflammatory medication, but it is important to address the causes and minimize its longer term impact.

### *Symptoms of Gout*

The most common symptom of gout is painful inflammation, in toe joints. Usually, it appears as a red, swollen, painful, angry joint.

## What is Gout? (Cont'd from previous page)

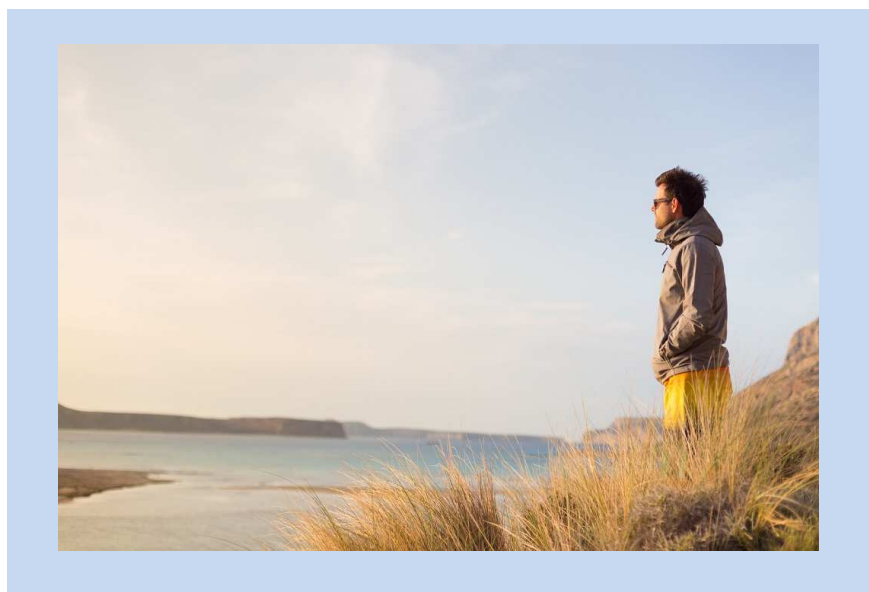
It is exquisitely tender to touch or to move the affected joint during an attack. The attacks can be so painful that patients cannot wear shoes or even cover the infected area with a blanket.

With time, as a joint becomes diseased or damaged, in associated with longer term arthritis, spurring or bumpy outgrowths from the affected joint can develop. These can limit the normal movement of a joint. For instance, a patient may not be able to

move their toes when an attack initially flares due to the inflammation, and then longer term if a joint becomes repeatedly damaged further arthritis and loss of movement may occur.

### *Complications of Gout*

The release of uric acid through the skin (called tophus) can result in open sores which can ulcerate or develop secondary infection.



### *Complications of Gout*

Your podiatrist will let you know if they suspect gout and may arrange a blood test to assess if you have high levels of uric acid in your blood.

You may be prescribed anti-inflammatories to manage the pain short term during a flare up.

To prevent gout or manage recurrent episodes (for example if blood tests

confirm high uric acid levels) you may be prescribed a preventor medicine.

Other things which may help include remaining hydrated. It may be advised to avoid certain foods or drinks that may affect your metabolism, since gout is a metabolic disorder that is associated with the breakdown of a certain chemical compound called purines. It may be advised to avoid purine-rich foods.



## COVID-19 update

As you know we have kept you informed of our changes in the office and we have audited ourselves and prepared thoroughly for the return to a new normal. For the safety of all we have multiple new protective physical screens throughout the office which complement the use of masks or face coverings and ongoing handwashing.

Stuart has prepared a video and walks you through the implementation of further controls at the surgery including the use of enhanced physical controls and barriers for the safety of all. You can view the video by either clicking here or entering this URL into your browser: <https://youtu.be/yGK4WSKV9rQ>.

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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*

  
**The Footcare**  
CENTRE

We have continued to prepare for new systems and for the safety of all we have introduced further physical distancing measures and protective physical screens through the office, including:

- 1) A rearranged waiting area with physical distancing measures implemented
- 2) A reception desk screen
- 3) New acrylic protective guards in treatment areas

“Why?” you may ask.

As we return to a ‘new normal’ physical distancing, barriers, along with the use of masks or face coverings will complement our ongoing rigorous handwashing in order to prevent the spread of COVID-19.

We know many of our patients are increasingly expressing an essential need to attend the surgery and we are here to help now! Get in touch today – our clinic is open.

Would you be willing to write a Google review about your experience today? If so, please visit:

<https://goo.gl/rrcF33>

Your feedback is highly appreciated and important to us and we look forward to reading your comments.

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