

# Monthly Newsletter

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## Accepting new patients

Contact Your Foot

Specialist/Chiroprapist:

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## Oh No!!

*In Feb, we had 20 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*

## Aging and Foot care

There's a direct relationship between aging and foot care. The older you get, the more careful you must be regarding your feet. This is because foot conditions can also impact overall health.

Keeping an active life, for example, is key to a healthy life. If elderly people have to unavoidably stop walking or moving around, this can bring about negative effects on blood pressure, the heart, or brain health.

Fortunately, there are some ways you could keep your feet as healthy as possible. Take a look at some of the most useful tips for foot care among seniors.

### *1. Good Hygiene Is Crucial*

Good hygiene is one of the top priorities for leading a healthy life. And when it comes to older adults, this becomes even more relevant.

Clean feet help prevent the formation of fungi, viruses, and bacteria.

On top of this, seniors can also use this time to check on their feet. Sometimes, older people can suffer cuts or wounds that go unnoticed.

It is essential to always have an eye on detail and act promptly if any abnormality is found.

### *2. Keep Nails Trimmed*

Toenails must always be kept trimmed and clean. Otherwise, it may result in painful walking, which also affects balance. Sometimes, asking an expert to trim senior peoples' toenails is a good idea, as their skin becomes more sensitive, and they may hurt themselves while taking care of them.



## Aging and Foot Care (Cont'd from previous page)

### 3. *Wear Proper Footwear*

Footwear plays a vital role when it comes to aging and foot care. Older adults need to keep balance and blood flow at their best, so wearing tight shoes or footwear that is oversized is not a good idea.

Additionally, wearing high heels is not recommended. Older people need to get support, comfort, and stability in their

footwear. This helps them prevent blisters, irritation, swelling, and infections.

### 4. *Pay Attention to Symptoms*

More often than not, older adults may not realize that they are feeling pain. This is even more common when it comes to their feet, so always pay attention to any abnormality or symptom that may signal something is not right with them.



Always consult a Chiropodist if needed. Always keep an eye out for any abnormalities and check on older adults to keep track of their progress.

When it comes to older adults, foot care becomes an essential part of daily life.

If you are experiencing aging-related issues with your feet or legs and require assistance, feel free to consult with us soon! ♦

## Plantar Warts (sometimes called Verruca)

Plantar warts are a common affliction that both children and adults can experience. While not all of them may induce pain, there are some signs and symptoms that can give hints of the presence of plantar warts.

Fortunately, there are different ways to treat a wart on the foot, and most of them are painless.

### *What Are Plantar Warts?*

According to research, a plantar wart is the result of an accumulation of the protein keratin

on the skin. Warts can be transmitted, especially if in contact with wounds or cracks in the skin.

Public locker rooms and showers or moist places like public swimming pools are some of the most common places where people can get plantar warts.

When examining for plantar warts note that they can also grow inward. In other words, they grow beneath the skin and look very similar to calluses.



That's why it is very important to ask an expert if you experience any of the symptoms, despite not having anything physically visible on your foot.

### *Common Symptoms of Plantar Warts*

While some plantar warts may be painful, this is not always the case. Some patients may have plantar warts and not even notice them until they see something odd on their skin.

Another common symptom is feeling tenderness when walking or putting pressure, which can be mistaken for other skin problems. However, plantar warts often show one or more of the following signs:

- Thickened skin / Hard skin

- One or more lesions in a cluster.

- Lesions due to constant rubbing with socks or footwear while walking, running, or doing exercises.

### *How To Treat A Plantar Wart*

Depending on how severe they are, plantar warts can be treated at home or may require expert attention.

In some cases, plantar warts may also go away naturally without any treatment. Worsening or recurring warts will require assessment from a chiropodist. Some of the most common treatments include:

## Plantar Warts (cont'd from previous page)

Salicylic acid. This acid may be liquid or a cream. Over the counter strengths are available at the pharmacy, though these are not suitable for diabetics or those with circulatory impairment.

In office treatments vary and include such treatments as other acids and caustics, prescribed treatments, treatments under local anesthetic, cryosurgery (liquid nitrogen),

Swift microwave therapy, laser treatments and excision / curettage.

Speak to your chiropodist about the treatments available and most suitable for you.

If you have a plantar wart and would like to know how to proceed, contact us to schedule an appointment at your earliest convenience. ♦

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



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