



## Slip, slop, slap... your feet too!

The UV factor is now at its highest and while we are busy sun screening the rest of our body we often neglect to cream the tops and bottoms of our feet. Melanoma on the foot can be difficult to recognize and intervention is often too late.

Don't gamble with your foot health. Make sure your feet don't miss out on slip, slop and slap.

If you are concerned about coloured marks on your feet, bleeding, oozing or unusual skin build up, enlargement of a mole or sunspot or a delay in healing, please don't delay, see your doctor or skin specialist as soon as possible.



## DID YOU KNOW??

### The Podiatrist is now offering a home visit service!

We're extremely happy with the growth of our practice here in Toowoomba. This has given us the opportunity to expand into regional centres and we are now delighted to announce a new home visit service. This will ensure that we can continue to provide our patients with the highest standard of ongoing care if they can't come to our clinic.

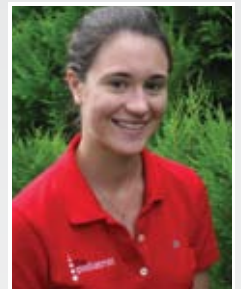
Any enquiries regarding our new 'home visit' service can be made by phoning our friendly support staff at our office in Toowoomba on 07 4638 3022.

## february is Love your feet month



## Welcome Rachael!

We are pleased to introduce our new podiatrist Rachael Unsworth. Here she gives us a brief introduction about herself.



*"I've always been a bit of a country kid – I grew up north of Brisbane in a locality called Mount Pleasant, until the age of 14, at which time my family moved to Hirstglen (south-east of Toowoomba). My high-school years were spent at The Glennie School where I focussed on my academia, especially enjoying Biology and Physical Education, in addition to being captain of my school house and soccer team.*

*While considering my future career, physiotherapy had been my initial choice for many years until I spoke to the careers councillor at school who suggested podiatry. At a similar time, podiatry had been suggested to me by other important people in my life. I considered it for some time and concluded that it would be better suited to me than physiotherapy as it is primarily focussed on how the biomechanics of the body, namely the lower limb, function – which was what I am keenly interested in.*

*Podiatry to me is indefinably important – mobility is everything, and if we can play a part in maintaining mobility in the community then I will feel that I have succeeded as a podiatrist.*

*Podiatry led me to Brisbane where I studied a Bachelor of Health Science (Podiatry) at QUT. During my practical placement in my fourth year of study I experienced podiatry in the 'real' clinical environment. It was during my prac placement that I was introduced to the team at The Podiatrist, where I spent 10 days learning and developing my skills from the five highly enthusiastic, experienced and skilled podiatrists. However, it was the environment that the team created that made me want to work there. There is so much energy – everyone is busily going about their individual task, but in doing so, also working towards doing what is best for the team. To me, it seems that there is a common goal, and that is to be continually working towards improvement. I found that this appealed to my desire to want to continue learning and growing my skills as a podiatrist.*

*Aside from beginning my new career, this year brings me back to Toowoomba, which brings me closer to friends and family. I plan to enjoy weekends (which have been foreign to me for the last 4 years) relaxing, travelling, getting outdoors and potentially getting back into soccer. I set a goal at the end of last year that I'd like to do a triathlon this year – so we'll wait and see how that goes. So all in all, it's going to be a pretty huge year!"*



## Love your heels?

**They may make us taller, accentuate our legs and bums and give us a more confidence but high heels are ultimately detrimental to our overall well being. Ladies, we know you love them, but do they really love you?**

High heels were first depicted in murals by the ancient Egyptians in 3500 BC. In ancient Greece and Rome actors wore heels to depict characters of certain social standings and at the time prostitution was legalized in Rome and female prostitutes were identified by their heels. The French nobility wore heels as a sign of opulence and wealth in the 15th century, hence the origin of the term 'well-heeled'. In more recent times heels have fluctuated in and out of fashion. In today's modern era heels are in, and the bigger the better.

***"I don't know who invented high heels, but all women owe him alot."***

*Marilyn Monroe*

Unfortunately from our perspective, heels are the most damaging choice of footwear one can make. Not only do they shorten the calves, they can create foot deformities such as hammer toes and bunions, they promote unsteady gait, shorten your stride length, and compromise our knees and pelvis because they force the body to tilt forward for balance.

Obviously the most crucial issue we face wearing high heels is pain. Now ladies, fortunately here at The Podiatrist, we have accepted defeat and realize we can't talk you out of high heels so we have put our thinking caps on and designed an innersole that promotes better foot posture when wearing a heel. It will fit into a variety of heel types and provides arch contouring, forefoot cushioning and heel grip. If you are interested in speaking to someone about this product please don't hesitate to contact our office – 07 4638 3022.

## PATIENT PROFILE John & Joy Softley

**John and Joy started their life journey together in their early 20's after locking eyes on each other at work in Chatswood, Sydney.**

John began spoiling Joy with chocolates and flowers and they both loved to go out dancing. This was the beginning of a very special bond. The couple have been together for 53 years and luckily for them the hardest thing they have come across together is jury duty.

Their best memory together was when they bought their first house; it was the worst house in the street but after many months of renovating, it became the best house in the street. The couple joked that back then Joy didn't know too much about renovating so she got to, "lay down on the job", because she was left with painting the lower halves of the walls, which she was happy to do!

The couple do everything together. They happily agree their favourite past time is singing and playing music together; John plays the organ, while Joy sings and dances.



The couple have been coming to The Podiatrist since 2007 and they love that when they walk out they feel as though they are 'walking on air'. John and Joy also think we are a 'charming bunch' and they love to pick Sam's brain as he is a 'knowledgeable man'. The staff in our Warwick clinic admire John and Joy's devotion towards one another.

After conquering 53 years of marriage Joy's advice for recently engaged couples, like Megan, Yvonne and Lou, and recently married couples like Troy and Maree, is to stay positive and no matter what happens to always look on the bright side!

## What's New...



### One step closer to a cure for Diabetes Mellitus Type 2?

#### Low calorie diet offers hope of cure for Type 2 Diabetes.

This made headlines in June last year after a British study found that placing volunteers on an extreme, low calorie and food type specific diet rendered them free of diabetes. This now opens up the possibilities to a better understanding of the disease as it may no longer be a lifelong illness.

The trial was conducted with people suffering from obesity-related type 2 diabetes which characteristically is adult onset. Knowing that the condition can be reversed is somewhat of a breakthrough. Type 2 diabetes is caused by too much glucose in the blood, and as we know, is strongly linked to obesity. (This differs from Type 1 which develops in children where insulin is not being produced. Insulin is a hormone required to convert glucose from food into energy.)

The low calorie & food type specific diet encourages the body to remove fat that blocks the pancreas preventing insulin manufacture. With the absence of the fat, the pancreas is free to produce insulin. This will not be the last we hear of this, so watch this space.

This trial was conducted under strict medical supervision. Anybody wishing to undertake an extreme diet must seek the advice of their GP and dietician. Support and information is available for diabetics wanting to improve their health.

**Keep positive and remember you are what you eat!**



the podiatrist for more tips and info visit [www.thepodiatrist.net.au](http://www.thepodiatrist.net.au)

*Love your feet month*

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15 Cohoe Street Toowoomba Q 4350 p 07 4638 3022 f 07 4632 1441 e [admin@thepodiatrist.net.au](mailto:admin@thepodiatrist.net.au)