

**SPRINGWOOD:**

1/1 Laurinda Crescent

COOPERS PLAINS:

2/124 Orange Grove Rd

07 3133 8134

New Year, New You, NOW!

If you asked us what one of the most common things we hear was, we'd tell you that it goes a little something like this:

"I've had this **PAIN/PROBLEM** for X amount of time, and I **KNOW** I probably should have come in **SOONER**, but I thought it would **GO AWAY!**"

And this most often is followed by:

"You don't realise how **IMPORTANT** your feet are **UNTIL** there's something wrong with them!"

You'll see I've capitalised and bolded some words, and for good reason! Hopefully at the end of this article, you'll have a different perspective on your health.

Now, don't we all wish we could go through life pain and problem free? Unfortunately, that's just not the case in reality. At some point or another, we've all had an ache, a wound, an ingrown nail, a sports or muscular injury, maybe even a fracture or broken bones? If your pain is related to your foot, you will know how difficult even a seemingly small problem can make your life. Your feet are probably the most taken for granted and underappreciated parts of your body but the harsh truth is, without them, you wouldn't be able to do much!

So why is it that when something happens to your feet, you don't do anything about it until it gets really, really bad? And we're not just talking about you, we are guilty of doing the same too! Our lives are so busy and constant, we're always finding excuses to put off looking after ourselves: you can't take time off work, you're too busy looking after someone else that you have no time for yourself, etc. And the thing is, we all **KNOW** we should do something about it but we still keep putting it off! Let's try and change that! You are important! Your health is important! your feet are important! Without your health and without your feet, you might have to take time off work anyway. If you're unwell or you have problems walking, how are you going to take care of someone else? And if you're worried about finances, talk to your podiatrist to see if there are any alternative treatment options that can be used temporarily until you're back on your feet (both literally and metaphorically!).

And to address the "If we leave it, it'll go away" issue, most of the time, this doesn't happen! In fact, the longer you leave an injury, the worse it can get for you in the future, and the longer and harder it will be to get you pain-free eventually. Even if the pain does go away on its own, you are still at risk of the problem returning; and the next time, it won't go away that easily! That's because if an injury isn't treated or rehabilitated properly, you can be left with weakness, dysfunction or even scar tissue.

We've had some clients come in about pain they've had for years!! We've heard stories of their sufferings and limitations, and once we get them pain-free, they marvel at how they've finally gotten their lives back and if they had come in sooner, they may not have fallen into the state they had been in.

So remember, your feet are **IMPORTANT**. **DON'T WAIT** until they're in pain or there's a problem with them. Start looking after your feet **TODAY!** And if you're already having feet problems, **BOOK IN** to see one of our podiatrists **NOW**.

"There are seven days in the week. **SOMEDAY** is not one of them!" - Anon

PRODUCT OF THE QUARTER – VIONIC BEACH THONGS

Have you seen the newest additions to our footwear range? We now stock a range of Vionic Beach thongs – perfect for our Queensland summer!

Available in some bright and fun prints (and also in simple, neutral colours if you're not too keen on making a statement!), Vionic beach thongs come with a biomechanical foot bed to help support your foot structure, and a contoured heel cup to improve stability. Not to mention they're packed with heaps of cushioning so your feet can comfortably enjoy the hot weather!

So this summer, especially if you plan on spending some time by the pool or beach, remember to look after your body – don't forget your sunscreen, and **DON'T** forget your Vionic thongs!

Upcoming Events

Saturday, 13th January:
8am–12pm – **FREE Kids Foot Screening**

Our annual FREE kids' foot screening is back for one morning only at our Springwood clinic! There are limited spots available so call now to book your kids in!

News

Referral Contest Winner

Congratulations, Kelly, for winning our very first Referral Contest! We hope you enjoy your brand new coffee machine! Thank you to everyone who entered by referring your friends and family to us! There are still other ways for you to win, just ask one of our staff about our special referral program! Also, our next quarterly Referral Contest has begun and the prize this time is a 9.7inch, 32GB Ipad!! So start referring!

Sales/Specials

2nd Jan-19th Jan – Sale!
All products will be on sale during this period, including our footwear range! Hurry before you miss out! It's a pretty spectacular sale with selected shoes down to as low as \$50!! ;)

Like & follow us on Facebook for surprise sales/offers!!



Getting Rid of Your Ingrown Toenail

We've spoken about ingrown toenails before in **Issue 5** of our newsletter (available for FREE download on our website <http://footfactor.com.au/newsletters/>). In that issue we highlighted how excruciating an ingrown toenail is despite how small it may seem. We also discussed some of the causes and symptoms, and also briefly discussed the treatments to manage ingrown toenails, but let's go through them now in a bit more detail.

1. General Treatment

When you first present with an ingrown toenail, our podiatrists will assess your case and if possible, determine the major causes for it. Sometimes, changing your toenail cutting technique or even your shoes might be sufficient to prevent this problem from returning. However, if there is a genetic factor, it might not be so simple. Our podiatrists will also treat the toenail, relieving the pain and, if present, infection, by cutting the bit of nail that is growing into and irritating the skin.

Side Note: A lot of people come to us after starting antibiotic treatments. The truth is, most of the time, you may not need antibiotics! Simply put, the body perceives the ingrown nail as a foreign object, and starts an inflammatory and infectious process to try and flush it out. Of course, the nail isn't going anywhere as it's attached to the rest of your toe! So once our podiatrists remove the culprit, the toe and infection should settle down fairly quickly (although in severe infections, antibiotics may be advised to speed up the process and to help make the treatment more comfortable). So, the next time your toe/toenail gets sore, consider making an appointment with us as soon as possible, so you can be pain-free sooner!

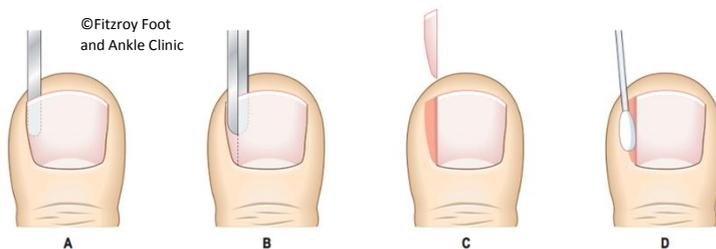
2. Nail Packing

In some cases, the nail may not necessarily be ingrown, but may be a little wide for your toe. Therefore, any pressure from shoes can cause irritation along the nail edges, and it can react similar to an ingrown nail. After conservative general treatments, the podiatrist may consider nail packing if suitable. Nail packing involves a simple process of packing the edge of the nail and toe with betadine-soaked cotton wool to prevent both edges from rubbing together and causing a problem. This will also help the nail to grow out properly and not grow into the skin. A bit like braces but for your toenail!



3. Ingrown Toenail Surgery

In some cases, despite regular conservative treatments, the ingrown toenail can keep recurring. The chances of this is increased if you have a strong family history of ingrown toenails. In these cases, our podiatrists will usually advise a simple but effective, ingrown toenail surgery. Don't worry, it's not as scary as it sounds! This is a very minor procedure where the podiatrist will use a local anaesthetic to numb the toe (and that is the worst bit because after that, you won't feel a thing!). We will then remove a small portion of the nail all the way to the nail bed (see image below), and use a chemical, phenol, to "kill" that area of the nail bed and minimise chances of nail regrowth. As mentioned, it's simple and quick! The best bit is, if successful (a 96% success rate!), the surgery will ensure that your ingrown toenail never returns again! We've had so many people who have undergone the surgery and wished they'd done it sooner!



If you are interested, there is a short video on our website of an ingrown toenail surgical procedure. However, if you are uncomfortable or have a phobia of blood, medical procedures, etc. then we must warn you that the video may not be for the faint-hearted! 😊

So if you think you may have an ingrown toenail, don't worry and definitely DO NOT wait for it to get worse! Call **3133 8134** now for a consultation with one of our lovely podiatrists at Foot Factor Podiatry:

1/1 Laurinda Cres, Springwood;

OR

2/124 Orange Grove Rd, Coopers Plains.

Don't let pain restrict your participation in life! Your feet matter!

To receive updates on sales, competitions, and special offers:

