

**SPRINGWOOD:**

1/1 Laurinda Crescent

**COOPERS PLAINS:**

2/124 Orange Grove Rd

**07 3133 8134****Diabetes: Don't Sugar-Coat It**

Increasing at a higher rate than heart disease and cancer, diabetes is THE fastest growing chronic condition in Australia. It is estimated that 1 new person develops diabetes every 5 minutes, and as of 2015, there are 1.7 million Australians who are diabetic. Well, the title pretty much says it all, doesn't it? So what exactly happens when you have diabetes?

Diabetes which is high, or uncontrolled blood glucose levels can cause a lot of changes in your body that put you at risk of foot problems and future complications. Due to the higher than usual blood glucose concentrations, people with diabetes are also more likely to get infections – most commonly, fungal infections, and along with this, dry and cracked skin. More seriously though, it can also result in damage to your blood vessels and nerves.

In terms of your vascular system, people with diabetes are prone to calcification of the arteries, leading to poor circulation especially in the feet. This can cause changes in colour, temperature, hair and nail growth, as well as skin conditions. The pulses in your feet and ankles may also become weaker or absent, and you may notice cramping and pain at rest/night, or even after a period of activity.

**On top of this we find that any cuts or injuries may take longer to heal, and are more prone to infection.**

As for the nerves, the high blood glucose levels will cause changes in sensation. This commonly starts with funny or unusual sensations in the feet such as numbness, burning, tingling, sharp and shooting pains, or pins and needles. Bear in mind though, not everybody gets the funny feelings initially, so DO NOT rely on this as a warning. Eventually, most people with diabetes can experience a loss of sensation, mainly pain sensation, and that of light or fine touch. This means that although you might still be ticklish, or still feel your shoes and the ground when walking; you might not feel a pebble in your shoe, or a small piece of glass if you were to step on it.

**Obviously, this is very dangerous as you may not notice you've hurt yourself until you look down and see blood on the floor!**

So, what happens with all these changes? The compromised circulation and absence of sensation can cause many complications with the diabetic foot, probably the worst of them starting with an infection. Should an infection not be resolved in time, or should skin and nail changes not be dealt with, this could lead to ulcerations around/on the feet. Ulcers, together with bacterial infections are probably the main cause of amputations for people with diabetes.

**So what are you waiting for? See your GP or diabetic educator, and they can help organise a multi-disciplinary team (including a podiatrist!) to look after you, and your feet and help you better manage your diabetes!**

**Upcoming Events****10-16 July – National Diabetes Week**

*It is very important for diabetics to get their feet regularly assessed and monitored for changes. So book in now to get your assessment and to learn how to care for your feet!*

**July – 20% off wax bath treatments**

*See 'Product of the Quarter' section below!*

**News**

*A huge thank you for all the generous donations towards our Brissie to the Bay Bike Ride fundraiser for multiple sclerosis!*

*And...*

*For those who haven't met her, we would like to officially introduce our new receptionist, Melissa! Melissa now works at our Springwood clinic on Mondays and Wednesdays, so be sure to say hello if you're in!*

**PRODUCT OF THE QUARTER – PARAFFIN WAX BATH THERAPY**

Paraffin wax bath therapy involves the application of molten wax over your feet. This solidifies with skin contact, allowing a heat transfer from the wax to your feet. But don't worry, due to the properties of paraffin wax, patients can tolerate the low heat given off very well, and they actually find it extremely soothing! Plus it allows a slow release of heat whilst insulating the foot to offer therapeutic relief. Perfect now that winter's here!

Some of the benefits of the paraffin wax bath therapy include:

- Intensive moisture therapy to help dry, cracked skin
- Eases aching joints – effective on arthritis and certain inflammatory disorders
- Relaxes stiff muscles and joints and increases mobility
- Opens pores and increases circulation, leaving skin softened and radiant



**So take advantage of our July special of 20% off wax bath treatments, and book in\* for your session!**

**\*Please remember to inform the receptionists that you would like a wax bath treatment when booking your appointment so they can book the appropriate consultation and time for you. Also, please note that you will need to be assessed for suitability for this treatment.**

# Pain Free, Pampered Feet

With all the thong and sandal wearing us Queenslanders do, a lot of you might notice dry skin, heel cracks and callus under your feet. Or now that the weather's cooled down enough for enclosed shoes, you might be getting painful corns around the toes and balls of your feet? Or maybe your doctor has told you at some stage that you may have a wart under your foot?

But hang on, what are calluses, corns and warts?

## Callus

Callus or hyperkeratosis is a hard, thickened, yellowish plaque of skin that is commonly found underneath the feet on weight-bearing/high pressure areas. This can result in pain and discomfort. Some people have described feeling like they're walking on stones, or may even notice stabbing pain or aching.



## Corns



Corns are darker, harder areas of skin that have a deep center/core piercing into the deeper layers of the skin. Corns can appear either with or without callus, and are frequently painful. Similarly to callus, corns tend to appear on weight-bearing areas of the feet. Patients often describe the sensation of something sharp stuck in the skin/shoe, or even something digging into the foot. To relieve the pain and pressure, the core needs to be dug out/enucleated.

## Warts

Warts (plantar warts) are actually caused by the human papilloma virus (HPV). Warts can be very similar in appearance to corns and people can often confuse the two. However, wart tissue is usually softer/spongier than corns, and can often take on a rough, cauliflower appearance with the presence of red-dark spots/streaks through the tissue. Warts can also appear both on non-weight bearing and weight-bearing areas of the foot. Either way, they are usually very painful, being described as a sharp pain. Pinching or pressure applied to the sides of the wart will cause pain. This is different to callous and corns where the pain is often with direct pressure.



At Foot Factor Podiatry, our podiatrists' are university trained and are qualified to provide general foot care, which includes the removal of callus and corns. For most of our general care clients we start the appointment with a lovely, relaxing foot soak (if applicable) to soften the skin and aid the skin removal process. At the end of the appointment, the podiatrist will finish the pampering process by massaging some Callusan moisturising mousse into your feet.

As for the removal of warts, treatment options range from topical treatments, supplementary at-home treatments, and if required, surgical techniques.

Our podiatrists will assess each case individually to devise the most suitable and effective treatment plan for you.

If you would like pain free, pampered feet, call **3133 8134** now for a consultation at Foot Factor Podiatry:

1/1 Laurinda Cres, Springwood;

OR

2/124 Orange Grove Rd, Coopers Plains.

