

**SPRINGWOOD:**

1/1 Laurinda Crescent

COOPERS PLAINS:

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Diabetes Awareness 101

As of 2015, statistics show there are 1.7million people with diabetes in Australia. What's worse, these same statistics tell us there is **1 person every 5 minutes** who develops diabetes. Diabetes is now one of the fastest-growing epidemics in Australia, but how much do you know about it?

Signs and Symptoms:

- Increased fatigue, tiredness or lethargy
- Increased thirst and constant hunger
- Type 1 specific
 - Tummy aches
 - Feeling generally unwell
 - Nausea
 - Weight loss
 - Dehydration
- Increased urination
- Blurred vision
- Type 2 specific*
 - Gradual weight gain
 - Slow wound healing,
 - Increased itching and skin infections
 - Mood swings and headaches
 - Cramping in the legs

*Some people with Type 2 Diabetes may not bear any signs or symptoms, and the first sign could be a major complication such as a foot ulcer, impaired vision or a heart attack. It is also important to note that a lot of the signs and symptoms could be mistaken for "age-related" problems, so if you're unsure, see your doctor! Remember, you can NEVER be too careful!

Risk Factors and Reducing Your Risk:

The exact cause for Type 1 Diabetes is currently unknown, however there is no proof of links to diet or exercise. Meanwhile for Type 2 Diabetes**, there are many known risk factors such as:

- Aging
- Inactive lifestyle
- Overweight/obesity
- Family history of diabetes and/or heart disease
- History of gestational diabetes or polycystic ovarian syndrome

**You may have heard of the terms "pre-diabetes" or "borderline diabetes". This means that your blood sugar levels are higher than they should be, but not high enough to be classified as Type 2 Diabetes. However, this does put you at a higher risk of developing Type 2 Diabetes and the risk factors for both are similar.

So what can you do to actively reduce your risk of Type 2 Diabetes?

- Healthy diet – More fruits and veggies and less bad fats and sugars!
- Reduce alcohol intake
- Exercise – You don't have to do much! Even 20minutes, 3x/week can work wonders!
- Lose weight (if overweight) – Consult a dietitian for help as losing too much too quickly can be detrimental to your health!

Managing Diabetes:

If you already have diabetes, managing and living with it can seem challenging at first. It is important to take the time to understand your condition and how to look after yourself better. Remember, your doctor and healthcare team are here to help, so take advantage of that!

For more information on how diabetes can affect your feet, check out Issue 4 of our Newsletter, available for a FREE download at <http://footfactor.com.au/newsletters/>.

Upcoming Events

9-15 July – National Diabetes Week

Don't be a diabetes statistic! See your podiatrist now and get your feet assessed! Our podiatrists can also advise you on looking after your feet better to prevent any diabetic-related complications.

News

Changes to Medicare Fee Structure

Whilst we are continuing to accept Medicare referrals, we are no longer bulk billing appointments. We will require the full payment at your appointment and will then process your Medicare rebate on the spot which will be returned to your account within 24 hours.

Sales/Specials

July – Wax Bath Deal!

For the month of July, get 20% off the cost of a paraffin wax bath treatment! Treat yourself – your feet will thank you!

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

PRODUCT OF THE QUARTER – FRANKIE 4 ELLIE: NEW COLOUR

The ever popular Ellie by Frankie 4 is now available in navy (don't worry, we still have the Ellies in your favourite silver and black colours)! This latest model is made from a navy perforated leather and comes with the standard two choices of laces: plain navy and white/navy stripes.

All the Ellie models feature hidden heel and arch support, as well as forefoot cushioning, designed to keep you comfortable on your feet all day long! They also come with the Frankie 4 Custom Fit Pack, and are orthotic friendly!

This style is perfect from day to night and the styling options are endless! Team them up with pants for work, or tights and denim in the cooler months. And for summer, they look amazing with shorts and even a midi skirt or dress! Make sure to follow us on Instagram for style inspiration for your Frankie 4 shoes!

And saving the best bit for last, we are currently having a **40% OFF sale** on selected Frankie 4 and Revere shoes at our Springwood clinic. There are limited sizes and colours available for each style so get in quick to secure your pair!



Don't Tiptoe Around This Issue!



Have you worried that your child isn't walking "normally"? Does your child like to walk on their toes/balls of their feet? There may be a few reasons why.

What Causes This?

- **Pain** – they may be experiencing pain with normal heel-to-toe walking that causes them to toe walk as a compensation mechanism. This can be caused by a number of different reasons and the cause(s) of the pain may have to be treated to treat the toe walking.
- **Ankle Joint Restriction** – Some of the common causes of an ankle joint restriction are calf muscle tightness, shortening of the Achilles tendon, or bony blocks in the ankle joint. In such cases, they may find it easier to bypass the problem by toe walking.
- **Neuromuscular Conditions** – There are certain medical conditions that affect the nervous and muscular systems and can lead to muscular spasticity, paralysis or weakness, all of which can alter a child's walking patterns.
- **Habitual** – Then again, there may not be anything wrong and it could just be a bad habit they've picked up. This can be common in dancers (especially ballet) or even following an older sibling or peer, or imitating their mum with high heels?

How to Treat It?

Depending on the cause(s) of the toe walking, most cases are usually easily resolved with conservative treatments. Here at Foot Factor Podiatry, our podiatrists spend time assessing your child's condition and the possible contributing factors in order to prescribe individualised treatment plans. We try to address as many of the contributing factors as possible to improve your child's outcome and recovery period.

A treatment plan can include a range of treatment options depending on your child's needs, such as exercises, footwear advice, foot rehabilitation therapy, and if required, in-shoe padding or orthotics to help correct poor foot function and walking patterns that could be contributing to your child's condition.

If you would like your child assessed for any feet, footwear or walking issues, call **3133 8134** now for a consultation 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!

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



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