

# FOOTNOTES

Feetology Podiatry Newsletter

January 2016

## Who loves a road trip?

(I do..!)

by Mark Caldwell



Happy New Year, 2016 is here. I hope you all had a great festive season and are ready to kick off the new year.

For our household, Christmas is about family. This year it was our turn to host the gatherings for each side of the family, with Christmas Eve being filled with Schnitzel and potato salad thanks to my mother-in-law's Czech roots and Christmas day with ham, turkey and chicken. It was a fun time with our extended families and I really enjoyed running around like a big kid with my nephews and nieces.

Toward the end of last year, Ariella and I hit the road to Sydney for a combined work/holiday. We love going for a long drive, and we certainly did that. We managed to fit Newcastle, Sydney and the Blue Mountains into just over a week as well as a 2-day conference and visiting 3 colleagues clinics on the way.

On the way down, we stopped for dinner

with a friend at her beach house in Newcastle, with breath taking views down Bar Beach. We took a dip in the beautiful waters of Port Stephens before heading on to Sydney. We had lunch in a searing 38 degrees at Watson's Bay on Sydney's southern heads looking back toward Sydney and a cosy breakfast with my cousin and his family in front of a fire in a Blue Mountains café 2 days later with 13 degrees and mist outside. What a contrast!

We really enjoyed catching up with our colleagues, and are grateful that they opened their clinic doors to us. What we took away from visiting them is that we are blessed with so much space in our clinic and plenty of car parking. Both in Newcastle and Sydney this was at a premium. And don't get me started on the traffic....

I thought to myself on the way home that we really do live and work in great part of the Australia.

*The difference between try and triumph is a little "umph"*

- Marvin Phillips



Ariella looking toward Bondi Beach on a scorching hot day

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# Fun in the Sun

## But don't forget your feet

It's summertime and you know what that means... a chance to finally lie down with your feet up, resting beside the pool. You may have all the required gear, a wide-brimmed hat and zinc on your nose, but are you covered from head to toe? Don't start Summer off on the wrong foot; sun exposure is a hot topic that affects the whole body! Did you know that it is common for the sunlight to cause damage to the feet and nails? That's right, I bet you have never thought to apply sunscreen to your feet in the past.

Ever wondered why the sun causes the damage in the first place? Sunlight consists of ultra-violet (UV) light that is a higher energy version of the light we see (visible light). There are two kinds of high energy UV radiation in sunlight – UVA, and the higher energy UVB. It's the higher energy that makes the UV in sunlight damaging to our cells and tissues. Not only do these harmful rays cause sunburn, they also cause cataracts, wrinkles and skin sagging.

So toe the line with these easy-to-follow steps to nail down sun safety this Summer:

- Pop a hat on your head! Wide-brimmed hats are the perfect accessory to protect your face, neck and ears.
- Wear lightweight, protective clothing during the Summer months – a light shirt or kaftan is great to keep you covered while enjoying the sun.
- Apply sunscreen to the whole body, including your ears, hands and your feet! Use a sunscreen with an SPF of 30 or higher to have the best protection.
- Relax in shady areas, though ensure you still have the proper protection as UV rays can reflect - and don't forget you can still get burnt when it's over-cast!
- If you notice any sun spots on your body that have changed in appearance or are giving you concern, then getting them looked at is the right step.

As Queenslanders, whilst we love the water we need to reapply our sunscreen more often and remember that the water can magnify the sun's effects on our skin. By making sun safety a part of your daily routine you can ensure that maintaining beautiful, healthy skin is a walk in the park!

## Did you know???

- ◇ We have over 100 types of fungus living on our feet according to a study in the journal Nature.
- ◇ In a pair of feet, there are about 250 000 sweat glands
- ◇ The average foot produces enough sweat to fill a cup each day.

## Find-a-word

D I A B E T E S V B  
 S E O H S L S F Y L  
 K N E E C C U G W I  
 Y R T A I D O P A S  
 F S E O T L L H L T  
 B U N I O N L E K E  
 G T N T H Z A E I R  
 R E E J T T C L N S  
 A E S N R O C S G D  
 F F N T O E N A I L

- |           |           |
|-----------|-----------|
| BLISTERS  | KNEE      |
| BUNION    | ORTHOTICS |
| CALLOUS   | PODIATRY  |
| CORNS     | SHOES     |
| DIABETES  | TINEA     |
| FEET      | TOENAIL   |
| FEETOLOGY | TOES      |
| HEELS     | WALKING   |



## Team member profile

### James Sowden

Last year saw the addition of another podiatrist to the clinic. James graduated from Queensland



University of Technology (QUT) in 2014 and was eager to start treating patients. He originally chose to become a podiatrist due to his love of sports and interest in medicine.

When he is not treating patients, he is regularly taking wickets and scoring runs for his local cricket team. Other interests include fishing, playing golf, going to the beach and watching Eurovision. In fact, he loves Eurovision so much that he will be heading to Sweden in 2016 to watch it live!



## James' Chocolate Cupcakes

*I don't often bake, but when I do I don't muck around. This is an easy and fun option to cook, and will please even the pickiest eater. As a health professional, I implore everyone to eat healthily, but that does not mean you can't treat yourself!*

### Ingredients

½ cup of cocoa powder	½ cup of boiling water
185 g butter	1 ½ cups caster sugar
3 eggs	2 cups self raising flour
¼ teaspoon bicarbonate soda	¾ cup of milk
1 tablespoon of vanilla	

Preheat the oven to 180°.

Mix the cocoa powder with the boiling water in a small bowl and allow to cool. Grease a large baking dish and line the base with baking paper. Mix the butter and sugar together until blended. Be careful not to overmix!

Add each egg, one at a time, and beat into the mixture. Sift the flour and bicarbonate soda into the mixture and gently stir together. Gradually stir in the cocoa mixture, mixing together thoroughly.

Pour mixture into cupcake tin and bake in the oven for 30 to 35 minutes (test with a skewer).

# Kick off the new year on the right foot!

It's that time of year when we start to think about New Year's resolutions. Many of us will be trying to form and maintain healthy habits. These tips will help you toe the line and keep your resolutions.

## *One small step for man (and woman)...*

Make a plan. Write a list of what you hope to achieve broken up into small steps and focus on changing one or two habits at a time. If you're looking to exercise more, work up to it in small increments rather than jumping feet first into an intensive regime. Success will be more likely to follow.

## *Get a leg over obstacles*

Don't let your personal limitations become a stumbling block; instead of fighting against things we can't change or giving up, try to find a middle ground. A sore back might prevent you from running a race but swimming might be a good alternative.

Creating a routine is a step in the right direction. Once formed, habits can be hard to break and this is great news for



good habits! Ask yourself why these changes are important to you and use that as motivation if you start to run dry.

## *Positivity is good for the soul (and the sole!)*

Positive support and encouragement will go a long way to boosting your success; by sharing your goals, you make yourself more accountable and get the added bonus of a greater support network. Joining an interest group can provide some much needed support and fun. Other suggestions include keeping a diary, getting a training buddy or a professional such as a personal trainer or dietician to keep you one step ahead.

By nailing down and sticking to your resolutions you'll soon be getting a kick out of the results, and that is motivation in itself.

## Win a Pair of Shoes!

### Do you know someone who needs our help?

We are always looking for new patients to assist at Feetology Podiatry Centre, and we are asking for your help. If you know someone that could benefit from a visit to us, please pass our details on to them (you could pass this newsletter on to them when you're finished with it...).

We will be giving away another pair of **Revere Sandals** (valued at up to \$189). You will get one entry into the draw for each new patient that tells us you sent them. The next prize draw will be on Friday, 11 March 2016.



Thank you for your help recommending us to your family and friends. This is the nicest compliment you could give us.

## Contact Us

Call us to make an appointment:

**07 3820 6326**

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keeping you on your feet; keeping you doing the things you love

