

Monthly Newsletter

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Accepting new patients

Contact Your Podiatrists

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Are Sandals a Sensible Choice of Footwear?

Sandals are one of the most popular options for hot weather. Both men and women have a variety of open footwear to keep their feet cool while performing their daily tasks.

However, as beneficial as they may seem, this type of footwear is sometimes criticized by foot specialists. This is because they can lead to foot problems when worn long term or for the wrong activities. Of course, this doesn't mean you have to go to the beach wearing orthopedic footwear. But it would be a good idea to try to limit sandals or similar to short periods – matching them for the task or activities they are designed for.

Why Sandals Are Not Always The Best Choice

Here are some of the most common problems with sandals or open footwear:

- They don't necessarily have proper support. This leaves the plantar fascia vulnerable to overuse and without support while walking. This tissue, which runs along the bottom of the foot, may become overstretched or even torn. Heel pain is related to plantar fascia injuries.
- They do not always protect your feet. Being completely or partially open, this type of footwear does not cover our feet from external harm. Splinters, cuts, or any other injury caused by an external factor are common.
- Sweat. Sandals or open footwear are usually made from material that do not manage sweat properly. This may cause a foul odour and allow for fungi or blisters.



Are Sandals a Sensible Choice of Footwear? (Cont'd from previous page)

- Reduced shock absorption. Another disadvantage is often poor shock absorption. As we walk, we continually pound our feet on the ground. Reduced protection against this type of shock can lead to more severe injuries in the long term.

- Poor ankle support. Loose sandals without support can also lead to ankle injuries, such as twists or even sprains. For this reason, playing sports while wearing sandals is not recommended at all.

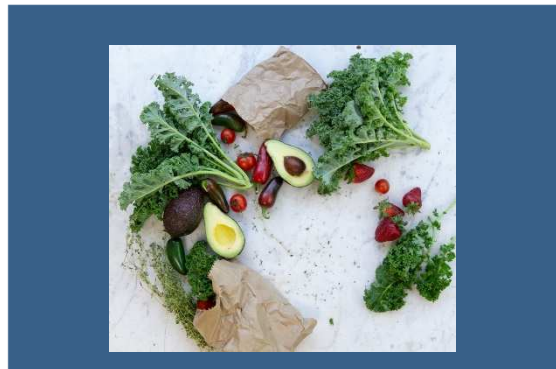
What Footwear Should You Wear

After going through the cons of wearing sandals or open footwear, you may

asking yourself what to wear instead. Truth be told, wearing sandals is not a bad choice as long as you consider what they are designed for and match the shoe to the conditions (Maybe don't do it often or for long periods).

If you know you have a foot condition where sandals are not ideal to be worn, contact a professional and check the best footwear in your particular case.

Also, don't hesitate to contact us and ask for professional guidance! ♦



What Vitamins are Related to a Healthy Nervous System?

Having a healthy nervous system is central to overall well-being. Certain vitamins play a pivotal role in nerve health, including:

1. Vitamin B12: Essential for maintaining the myelin sheath that protects nerve fibers. B12 deficiency can lead to nerve damage and neurological issues.
2. Vitamin B6: Important for neurotransmitter synthesis and nerve function; B6 also helps prevent nerve damage and supports overall nervous system health.
3. Vitamin B1 (Thiamine): Crucial for nerve function. Thiamine deficiency can lead to nerve degeneration and conditions such as beriberi and peripheral neuropathy.
4. Vitamin D: Supports nerve health by aiding in the maintenance of myelin sheaths and nerve cells. Deficiency of Vitamin D may increase the risks of nerve dysfunction.
5. Vitamin E is an antioxidant that neutralizes free radicals, thus protecting nerve cells from damage.

What Vitamins are Related to a Healthy Nervous System?

(Cont'd from previous page)

How to Ensure Healthy Nerves in the Feet

Healthy nerves in the feet are essential for mobility and balance. To maintain nerve health in the feet:

1. Diet: Follow a balanced diet rich in vitamins B12, B6, B1, D, and E. Foods such as lean meat, fish, eggs, dairy products, leafy greens, nuts, and seeds are great sources of these vitamins.

2. Supplements: If dietary intake is insufficient, consider supplements after consulting with a healthcare provider to avoid potential overdoses or interactions with medications.

3. Foot Care: Inspect your feet regularly. Keep them clean, dry, and moisturized.



4. Exercise: Take part in regular exercise to boost circulation and nerve function in the feet. Consider low-impact exercises like walking, swimming, and yoga.

5. Avoid Toxins: Avoid exposure to toxins such as alcohol and tobacco.

Diabetes-Related Foot and Nerve Problems

Diabetic neuropathy is a condition where elevated blood sugar levels damage nerves. Symptoms include pain, tingling, and numbness. To manage diabetes-related foot and nerve problems:

1. Blood Sugar Control: Maintain blood sugar levels within the target range through diet, medication, and regular monitoring

2. Foot Inspections: Check your feet daily. Look for cuts, sores, or infections.

3. Proper Footwear: Wear well-fitted fastening shoes that provide support and avoid pressure points to prevent injuries and ulcers.

4. Regular Checkups: Attend regular checkups with your healthcare provider and podiatrist.

5. Medication: If you are prescribed medicines by your primary care physician, make sure to consume them according to the recommended dosage

What Vitamins are Related to a Healthy Nervous System?

(Cont'd from previous page)

Conclusion

A balanced diet is key to maintaining a healthy nervous system. Vitamins such as B12, B6, B1, D, and E play significant roles in nerve health, particularly in the feet. You could achieve optimal nerve function and overall well-being by prioritizing a nutrient-rich diet and managing your health responsibly. If you have health concerns due to diabetic neuropathy, make sure to consult with us soon! ♦

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*The Care,
Professionalism and
Time that your feet
deserve.*



Special Thanks

Thanks for reading our newsletter; we hope you've gained valuable insights!

For any enquiries regarding foot care or injuries, do feel free to contact the practice (see details left).

Thanks for your support!



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