



# Newsletter

Issue 5 - December 2013



## FOURTH EDITION - AUTUMN 2013



Firstly may I wish all our readers a Very Merry Christmas! Hope all the Christmas shopping has been completed and you can put your feet up!! (For a while anyway)!

Weather wise, so far so good, not too cold, and no snow to date. We can only hope that it stays this way!

This issue of our newsletter is mainly related to feet and footwear, I do hope you find these articles interesting and helpful.

Thank you for your interest in our past articles and I look forward to any comments you may have regarding this issue, we are always happy to hear from you. Happy New Year. **Lindy Waller, Editor**

### GIVE COLD FEET THE BOOT!!!

When the snow is falling and there is ice underfoot, high heels and ballet flats are not at all suitable!



Serious footwear is required to tackle the slushy pavements and slippy surfaces — something that will both grip and keep your feet toasty-warm, too.

The first thing to look for is a sturdy sole that is waterproof, preferably rubber, and thick with strong grips. You want something heavy enough to dig into snow and ice, and that won't slip on wet indoor surfaces either.

Next go for warmth. Sheepskin lining is fantastically cosy and comfortable — you only have to look at the number of Ugg boots being worn to get an idea of how warm they are.

Choose a boot that's lined both in the leg and around the toes, as it's your feet that will feel the brunt of the cold, especially in deep snow.

Waterproof fabrics are another essential if you're going to spend any time out in the snow, particularly if it is actually snowing or sleet ing when you are out.

Sheepskin and suede can be weather-treated, so you don't have to rule them out, but they may not be as durable as synthetic fabrics.

Look for drawstring tops to keep out the wet, and choose the highest leg-length that you can for maximum warmth and snow protection. And watch out for fashiony gimmicks such as ribbons or laces that might allow water to sneak in.

### STATIN USE MAY BE LINKED TO MUSCULOSKELETAL CONDITIONS & INJURIES

The use of statins and related drugs which treat high cholesterol, may be linked to musculoskeletal conditions, joint diseases (arthropathies) and injuries, researchers from VA North Texas health Care System, Dallas, have reported in the journal JAMA International medicine.



The statins reduce the incidence and severity of cardiovascular illness and death. However, nobody yet knows the full spectrum of statin musculoskeletal adverse events. Adverse events linked to statin usage have been mentioned in several studies, which report on muscle cramps, tendinous diseases and muscle weakness.

The researchers concluded: "To our knowledge, this is the first study, using propensity score matching, to show that statin use is associated with an increased likelihood of diagnoses of musculoskeletal conditions, arthropathies and injuries. In our primary analysis, we did not find a statistically significant association between statin use and arthropathy; however, this association was statistically significant in all other analyses. These findings are concerning because starting statin therapy at a young age for primary prevention of cardiovascular diseases has been widely advocated".

*Osteopathy Today, September 2013.*



### JULIE STROVER ON WINTER TIPS FOR HEALTHY FEET

#### 10 WINTER TIPS FOR HEALTHY FEET

1. Look after your feet the way you would when they are in summer sandals
2. Keep nails trimmed!
3. Wash and dry your feet properly - even between the toes!
4. Wear waterproof, strong grip shoes with space for warm socks
5. Wear natural fibre socks
6. Change your socks daily
7. Wear different pairs of shoes, allowing them to dry out completely.
8. The cold can dry the feet out - moisturise them regularly, especially around the heels
9. Avoid painful chilblains - warm feet slowly, not in hot water!
10. Keep the feet moving, even when you're watching television by rotating and wiggling toes - keep the circulation going!

### Opening Times at Cedars

**Monday**  
Osteopathy  
Massage  
Podiatry  
**9.00am-7.00pm**

**Tuesday**  
Osteopathy  
Homeopathy  
Reflexology  
Physiotherapy  
**9.00am-7.00pm**

**Wednesday**  
Acupuncture  
Osteopathy  
**9.00am-8.00pm**

**Thursday**  
Osteopathy  
**9.00am-7.00pm**

**Friday**  
Osteopathy  
Massage  
**9.00am-9.00pm**

**Saturday**  
Physiotherapy  
Massage  
Osteopathy  
**9.00am-5.00pm**

# WEARING THE CORRECT FOOTWEAR



Comfort should be the main consideration when choosing shoes, although for most people it's important that their footwear looks good too. If your feet are painful or unusually shaped you may need to compromise a little on the style. Shoes that don't fit properly can damage your feet, and high heels or shoes that pinch your feet are likely to cause deformities such as bunions or hammer toes.

Your feet may change shape as you get older, especially if you have arthritis, so you may need to try a different size or width fitting. If your footwear protects your feet against injuries, supports them and keeps them warm, dry and comfortable, it's doing its job.

Leather uppers are usually the most comfortable if you have foot problems. Look for a flexible sole unless you've been advised by a doctor or podiatrist that rigid soles are better for your particular foot problem. If you have hammer toes or prominent joints, look for a smooth lining without seams. If you need special insoles or orthoses, make sure there's enough room to fit them in your shoes, especially around your toes.

Slippers may feel the most comfortable for hammer toes and prominent joints around the house, but make sure the soles provide enough cushioning. Always wear shoes when you're outside to make sure your feet are properly supported.

## STRUGGLING TO FIND THE RIGHT SHOES?

You may find it difficult to find shoes that fit well if you have:

- permanently swollen feet
- hammer toes
- very narrow, long or broad feet
- bunions



A number of shops are beginning to stock extra-wide and extra-deep shoes, which can help. It may also be possible to have high-street footwear adapted by an orthotist, so ask them for advice.

Some people have footwear prescribed especially for them by their consultant, GP or by an HPC-registered podiatrist, but they're usually provided by an orthotist. You can also opt to see an orthotist or orthopaedic shoemaker privately. Each NHS hospital trust will have its own arrangements for footwear referral and entitlements

### What do I need to think about when I'm buying shoes?

Have your feet measured if they've become wider over the years or have changed shape. Have them measured while you're standing because they may change shape when you stand up. Many shops have experienced fitters who can help you with this.

Try shopping later in the afternoon. If your feet tend to swell, they'll be at their largest at that time.

Judge a shoe by how it feels on your foot and not just by the size marked on the shoe. Size varies between shoe brands and style. Think about how the shoe fits around your toes, under your soles and at the backs of your heels.

Always buy your shoes to fit your larger foot – many people have one foot bigger than the other. You can use an insole in the other shoe. There should be at least 1 cm (3/8 inch) of room at the front of your longest toe.

Try shoes on with the type of socks or stockings you normally wear or with any insoles or orthoses you normally use. Some insoles may need extra depth, especially around your toes. Don't buy shoes to break-in later – the right shoes for you will be comfortable when you first try them on.

Soles should be light, hard-wearing and flexible. The sole should be able to bend along an imaginary line drawn from the base of your big toe to the base of your little toe. Buy shoes that have both leather uppers and inners (the inner lining) if possible. These are more breathable than inners made of synthetic materials and will help you to avoid dampness and fungal infections.

Look for dark colours and a suede finish if you're worried about the appearance of your feet – they'll help to disguise the problem.

## BENEFITS OF PLANT OIL



**Extra Virgin Olive** - Famous for its heart – healthy monounsaturated content. It is also full of antioxidants and phytochemicals (occur naturally in plants). Its best used for drizzling over food. Cooking can alter the flavour as it breaks down the natural waxes.

**Sunflower** - A couple of tablespoons of this mild-tasting oil supply the RDA of the antioxidant vitamin E (scarce in many foods). Don't use it as your only oil as it is very high in omega 6 polyunsaturates, which many of us have too many off. Try half & half with olive oil in a salad dressing.

**Rapeseed** - is almost as rich as olive oil in cholesterol-lowering mono-unsaturates. It also contains some omega 3. Cold-pressed types are generally high in antioxidants and have more flavour. A good all-rounder for dressings, stir-fries and baking.

**Sesame** - This contains more or less equal amounts of omega 6 poly-unsaturates and monounsaturates. It is often used in Chinese dishes. Some research indicates this oil may help to lower blood pressure. For a distinctly nutty taste in stir-fries and salads.

## 10 PROTEIN BENEFITS TO LOOK FORWARD TO:

Protein Benefits to look forward to: (Did you know protein cannot be stored by the body therefore you need to eat the correct amount of a daily basis. Too much protein one day will not cover you for the next).

1. Health muscle mass
2. Strong muscles
3. Strong bones
4. Less risk of fluid retention
5. Better coordination and balance
6. Less risk of falls & fractures
7. Speedier healing of wounds and injuries
8. Greater mobility & independence
9. Feeling happier
10. Better social life

