



## Would you like happy feet? **Visit our podiatry clinic**

**By the time you are 80 years old you have walked more than 290 million steps.**

Our podiatrists can give your feet the special attention they deserve. From cutting your nails, to treating lower leg and foot pain or just general foot complaints – we can help.

Some health conditions can alter the health of your feet and increase the risk of falls and ulcers. We can help you to look after and stay on your feet.

For further information:

**1300 782 896 | [integratedliving.org.au](http://integratedliving.org.au)**



**integratedliving**  
*supporting individuals  
enriching communities*

## Older feet shouldn't mean painful feet

As we age the skin on our feet becomes more vulnerable to tears, ulcers and infections.

Pressures on our feet change due to loss of fat padding which can cause calluses and corns. The shape of our feet also change and can result in muscle and tendon strain along with heel discomfort.

Foot pain and other health conditions can have a significant flow-on effect leading to reduced balance and a higher risk of falls.



For people with conditions such as diabetes, foot care is even more important as diabetes can alter foot circulation and sensation which further increases the risk of falls and ulcers.

Sometimes as our memory diminishes it is easy to forget to include foot care in a daily routine. Our podiatrists will help you keep your feet in tip top condition and develop your regular foot care routine.