

PRESS RELEASE

10 tips on foot health

Most of us take our feet for granted. We don't give them the same attention as we give other parts of our bodies, such as our hands, skin or teeth. Yet having a good foot care routine is essential to maintaining our mobility, independence and quality of life.

In the Winter 2017/18 issue of The Menopause Exchange newsletter, Laurence Ambrose, lead policy officer at the College of Podiatry, has 10 top tips on keeping our feet healthy. He covers a regular foot care routine, checking for foot damage caused by nerve or circulatory problems, buying the right footwear and dealing with common minor ailments, such as bunions and chilblains.

“Foot problems can occur at any age, but may become more likely as women reach the menopause and beyond,” says Norma Goldman, founder and director of The Menopause Exchange. “Many people forget about their feet until problems arise, whether it's an ingrowing toenail, pain or cracked heels. If your feet feel sore, you may struggle to walk and do your daily activities, and this can affect your physical and mental health. If you have any issues with your feet, it's important to see a podiatrist.”

The Menopause Exchange, which was established in 1999, is completely independent and is not sponsored by any companies. It provides impartial, easily understood information to women and healthcare professionals. The Menopause Exchange quarterly newsletter contains articles written by top medical experts, such as gynaecologists, GPs, consultants, specialist menopause nurses, pharmacists, dietitians, complementary practitioners etc.

Other articles in the Winter 2017/18 newsletter include non-hormonal help for flushes/sweats, oestrogen-only and monthly-bleed HRT, and menopause, skin and memory, as well as recent news, book reviews and Ask the Experts Q&As.

The Menopause Exchange quarterly newsletter is available via email for free. Sign up on our website, www.menopause-exchange.co.uk. Find us on Facebook and Twitter (@MenopauseExch).

For more information, write to The Menopause Exchange at PO Box 205, Bushey, Herts WD23 1ZS, call 020 8420 7245, or e-mail norma@menopause-exchange.co.uk.

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NOTES FOR EDITORS

1. The Menopause Exchange was launched in June 1999.
2. Articles in previous issues of The Menopause Exchange newsletter include: The menopause at work; All about the perimenopause; All about vaginal dryness; HRT & medical conditions; CBT and mindfulness at the menopause; Vegetarian and vegan diets; Ovarian cancer; Digestive problems.
3. The founder and director of The Menopause Exchange is Norma Goldman. Norma has a pharmacy degree and a Master's degree in health promotion. She gives talks on the menopause to employees in the workplace including hospitals, women and women's groups, healthcare professionals, GP practices, organisations, companies and at exhibitions. Her daughter, Victoria, the editor of the newsletter, is an experienced health journalist with a BSc. degree in Biomedical Science and a Master's degree in Science Communication.
4. The aim of The Menopause Exchange is to raise the awareness of the menopause among women, healthcare professionals (e.g. nurses and pharmacists) and complementary practitioners.
5. All press enquiries to Norma Goldman on 020 8420 7245.