

Walk your way to a healthy heart

A special message from Greg Dower, Owner of my FootDr™ podiatry centres.



Physical activity – in particular walking – plays a key role in building and maintaining a healthy heart. As you clock

up the kilometres walked it is critical that your feet are healthy and your shoes provide the right support.

Podiatrists can offer a biomechanical assessment before you start a new physical activity, along with an assessment of your footwear. Podiatrists also work closely with general practitioners who can refer patients with chronic conditions such

as heart problems for free podiatry treatment under the Medicare scheme. Speak to your GP for more details about this service.

The health of your feet is a key indicator of your overall health as the foot is often described as a mirror of systemic disease. If you have a health issue it will often appear in your lower extremities first, so your podiatrist is your first line of defence.

State-of-the-art podiatry clinics such as my FootDr™ use the latest high-tech equipment to diagnose and treat any problems found in your feet or legs – from corn calluses, ingrown toenails to more serious issues such as peripheral vascular disease which affects 14% of the population and is a marker for heart attack.

Some tips to get you moving this summer:

- Join a Heart Foundation Walking group
- Keep an eye on your walking shoes and replace them if they get too worn out
- Visit a podiatrist to check your foot and lower limb mechanics are sound before engaging in physical activity. It's just like checking your car's tyres before a long drive.

Remember, if your feet, legs or back hurt during or after physical activity, don't put up with the pain. Seek help from a podiatrist so you can enjoy the overall benefits of exercise. Visit www.myfootdr.com.au for more.