



In this issue:

- Verruca & Verruca Treatment
- Product of the Month!
- Waitakere Foot News
- In the Community

Welcome to Waitakere Footnote, the quarterly newsletter of Waitakere Foot. In Edition 3 we introduce you to the new faces of Waitakere Foot, as well as the new locations you can find us. We love to hear your thoughts, so don't be afraid to get in touch with us if you have any questions, suggestions for content, or want to know more about one of the topics we discuss.

Verruca's & Verruca Treatment

A verruca, or plantar wart; is caused by a virus that gets into the skin, either through a cut or abrasion and can enlarge, cause pain and develop callous. To the naked eye, verruca's look like a wart and are often mistaken for a hard corn on the foot.

Here at Waitakere Foot, we offer various treatment options.

The conservative approach involves debridement of the area, and application of salicylic acid or silver nitrate. GP clinics often offer a similar treatment called cryotherapy, which is often painful and not as effective. For stubborn, severe cases, your Podiatrist may suggest the verruca needling procedure.

The verruca needling procedure is considered a minor surgery and is performed under a local anaesthetic. We numb the area of the verruca, then debride and cut away the majority of the lesion. Then, using needles, we puncture the wound multiple times; to stimulate the immune system. This causes an immune response which prompts the body to get rid of the verruca.

This treatment option is usually used for stubborn, large verruca's or verruca's that are not responding to conservative treatment. The needling procedure is a very invasive technique. However; often we find that quick results are achieved.

Commonly Asked Questions:

Is the verruca needling procedure painful?

Often the application of the local anaesthetic can be uncomfortable, but we ensure the area is numb before commencing the procedure, so it is painless. Following the procedure, patients experience minimal pain.

Will I see results straight away?

No. For the immune response to occur, we have to give your body time. You will have a 1-week follow up with your Podiatrist to check the wound, then we wait 6-8 weeks following the procedure. Often at this time, patients have healed, and the verruca gone.



Product of the month:

Plantar Fasciitis is the most common cause of heel pain. It is caused by bruising or over stretching the ligament that runs under your foot. The main symptom is a dull or sharp pain under your heel.

You are more likely to damage your plantar fascia tissue if you are overweight, have a job that requires you to stand for long periods, have diabetes or arthritis or due to flat, unsupportive footwear. The good news is, plantar fasciitis is treatable and we can help ease your pain and discomfort!

We offer a few different types of Plantar Fasciitis socks or compression socks in all of our clinics. These socks work by compressing the arches of the feet, which, in turn, can decrease inflammation in the ligament and help support your arches.



In some cases; ACC may be able to assist with funding for these socks; but if not you can pick up a pair for as little as \$45. Ask your Podiatrist if a pair might help your feet!

Waitakere Foot Ltd.

P: 0800 333 233 | F: 09 827 6309 | E: info@waitakerefoot.co.nz
New Lynn | Level 1, 1 McCrae Way, New Lynn
Peninsula | Level 1, 543 Te Atatu Rd, Te Atatu Peninsula
Henderson | 2 Montel Ave, Henderson

WAITAKERE FOOT NEWS:

Waitakere Foot Manukau Branch OPEN NOW!

The Waitakere Foot team are excited to announce the opening of our new Manukau satellite branch. Due to high demand from the South Auckland community, we are proud to be offering Podiatry Services to the community of Manukau and beyond. This is the third of Waitakere Foot's South Auckland satellite clinics following the Onehunga & Otahuhu Diabetic Clinics.

Located at Cavendish Clinic, 175 Cavendish Dr, Manukau with Physio Rehab Group, Podiatrist Zane Green will be open 10am—6pm every Thursday. Zane is a Senior Podiatrist at Waitakere Foot boasting years of experience, so if you or your clients have any foot or lower limb issues or concerns, don't hesitate in booking in to see him at Waitakere Foot Manukau.

Welcome to Podiatrist Ashley Worthington



Introducing Ashley Worthington, the newest Podiatrist to our Waitakere Foot Team. Ashley returns to Auckland after working as a Podiatrist in Whakatane. Working in the Bay Of Plenty, she treated a range of clients which gave her invaluable experience in all aspects of Podiatry Care. With a special interest in Biomechanics and the Diabetic Foot, we are excited to have Ashley join our team.

You will find Ashley at our Te Atatu Branch, or Off Site servicing our Diabetic Satellite Clinics in Otahuhu & Onehunga. Her friendly and polite nature has seen her fit in well with the Waitakere Foot community, making patients feel at ease as soon as they enter the room.



Waitakere Foot in the Community

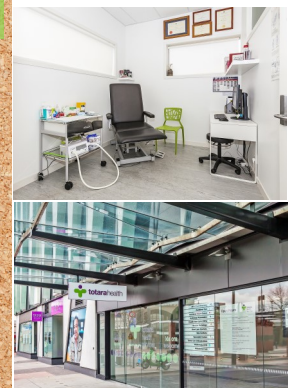
Mid-year Christmas Function

The Waitakere Foot team had a



Waitakere Foot were proud to get behind Pink Shirt Day 2019.

Say No To Bullying
SPEAK UP, STAND UP!



Clinic Locations:

New Lynn

Totara Health
Level 1
1 McCrae Way
New Lynn

Te Atatu

Level 1
543 Te Atatu Rd
Te Atatu Peninsula

Henderson

Henderson Medical Centre
2 Montel Ave
Henderson

Manukau

175 Cavendish Dr
With Physio Rehab Group
Manukau

Waitakere Foot Ltd.

P: 0800 333 233 | F: 09 827 6309 | E: info@waitakerefoot.co.nz

New Lynn | Level 1, 1 McCrae Way, New Lynn

Peninsula | Level 1, 543 Te Atatu Rd, Te Atatu Peninsula

Henderson | 2 Montel Ave, Henderson