

Staff Update

Nikki Bishop: Nikki is proactive in finding podiatry solutions to make her clients pain free, independent and able to reach their full potential. With over 13 years podiatry experience and previously owning her own private practice, Nikki has been a highly qualified addition to the Greenhill Podiatry team.

Esther Wong: Expertise in diabetes and high risk foot care from Esther's work at The Repatriation General Hospital Podiatry Department has expanded the services we can offer at Greenhill Podiatry. Esther has become a popular member of the team with her cheerful disposition and caring approach to foot treatments.

Kate McManus: Kate enjoys tailoring foot care to the needs of the client. Kate is celebrating 10 years as director of Greenhill Podiatry Centre and thanks all her clients for their loyalty and support.

Sandy Nottle: Caring and friendly—Sandy is a welcoming face and an outstanding administrative officer who facilitates all reception activities with great efficiency.

Keeping your feet fit
P: 8379 1456

Opening Hours:

Mon — Fri: 8.30 am — 5 pm

Thurs: 8.30 am — 7 pm

For urgent, after hours podiatry problems, please phone 0438 591 753.



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Email: info@greenhillpodiatry.com.au
To receive future newsletters via the internet please email us.

You can now find us at
www.greenhillpodiatry.com.au

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Overweight Aussies risk losing their feet!



In Australia in 2008 almost half of all adults were overweight and almost one third of these were obese, according to the Institute of Health and Welfare's biennial national Australia's Health 2008 snapshot.

Each pair of feet is made up of 52 bones, 66 joints, 19 muscles and a network of more than 100 tendons, ligaments, muscles, blood vessels and nerves that support our feet and help to absorb the shocks of walking and running. Being obese, puts this complex system under great strain and increases a persons risk of other medical conditions.

'Obesity Can Damage Your Feet' was the theme of Foot Health Week 2008. Inside this newsletter we provide you with more information & some tips in reducing the impact of obesity on feet.