



Newsletter Feb.2022

News:

-New Email in effect: suzanneforeverfeetfootcare@gmail.com the old email will continue to forward all emails to the new email until end of March 2022.

-Receipts for footcare services are issued upon request. An email address is required as of Jan.2021, I do not mail out receipts anymore. The exception: I will hand out receipts to clients residing in Riverbend & Mayfair locations when I am in the building.

-Fee for service will be re-evaluated by end of June 2022; you will be notified if an increase occurs.

-For those requiring an Annual Diabetic Foot screening, please let Suzanne, Footcare Nurse know if you are requesting a copy for you or for your doctor.

Foot Facts:

Can you guess how long fungus spores can live in your slippers or shoes?

- 6 months up to several years.

Can fungus be on other parts of my body besides nails?

- Fungus is commonly found on our nails but also our skin: have you ever had dry flaky rough skin that seemed to never get smooth? Changes are you have a fungus within the skin layers that does not allow the skin cells to lay flat and stay hydrated; similar how nail fungus appears in the nails. Fungus can be on the skin where there is skin to skin contact, warm, or sweaty skin; if the body is rundown or stressed then there is potential for a fungal colonization to occur on the skin.

Next Newsletter:

- Any updated news
- Info on Nail/foot Fungus (how to treat/prevent)
- Fun ** Crossword puzzle** all related to feet 😊