

Diabetes Facts..... Don't be a statistic, seeing a Podiatrist regularly may help save your foot!

- *DIABETES AFFECTS MORE THAN 380 MILLION PEOPLE WORLDWIDE*
- THE COST OF DIABETIC FOOT ULCERS IS GREATER THEN THAT OF THE FIVE MOST COSTLY FORMS OF CANCER
- *EVERY 20 SECONDS, SOMEWHERE IN THE WORLD, A LIMB IS LOST AS A CONSEQUENCE OF DIABETES*
- MORE THAN 90% OF PEOPLE WITH DIABETIC PERIPHERAL NEUROPATHY ARE UNAWARE THEY HAVE IT



- *PEOPLE WITH A HISTORY OF A DIABETIC FOOT ULCER HAVE A 40% GREATER 10 YEAR MORTALITY THAN PEOPLE WITH DIABETES ALONE*

- BY 2030, AT LEAST 550 MILLION PEOPLE WILL HAVE DIABETES - APPROXIMATELY 10% OF THE WORLD'S ADULT POPULATION

.....
Statistics from Diabetesatlas.org ; International Diabetes Federation 2011; Barshers et al 2013; Diabetes Care; The Lancet.

The Village Clinic 11 Tarlings Yard Bishops Cleeve
01242 673507 mail@villageclinic.co.uk
www.villageclinic.co.uk



Spring 2016

Welcome to The Village Clinic Column - Our Clinic Newsletter

Staff news and updates

We now have our new room up and running. The Plum Room is primarily being used by Becky Medcalf our Sports Massage and Pilates Practitioner as well as being used by Lisa Jack, Dietitian.



Meet our new Physio Sally Church on page 2 and read about our new services offered: Incontinence and Ante / Post Natal Physio!

HEALTH NEWS :

“BE SUGAR SMART”
 IS THE MESSAGE FROM THE NHS

It's easier than you think to cut down sugar. Start with these simple tips:

- Download the [Sugar Smart app](#)
- Make some sugar swaps
- Have smaller portions
- Eat sugary foods less often
- Try our [Sugar Smart recipes](#)

&

KEEP ACTIVE



www.nhs.uk/change4life

mail@villageclinic.co.uk 01242 673507 www.villageclinic.co.uk



Introducing Sally Church Physiotherapist BSc(Hons) MCSP HCPC REG

We would like to introduce you to the newest member of the Physiotherapy team here at The Village Clinic. Sally joined us in the summer and is a welcome addition to our Physio team.

Sally is an experienced physiotherapist and she is available to see people with general musculoskeletal problems (e.g. back pain, muscle and joint problems); however Sally has an additional speciality of Incontinence (women's and men's) and Ante / Post Natal Physiotherapy. She has worked closely with urologists, gynaecologists and midwives. We are pleased to be able to offer help to many who suffer from the following problems:

Urological (Male & Female)	Gynaecological
<ul style="list-style-type: none"> • Bladder urgency • Bowel urgency • Bladder frequency • Bowel frequency • Incontinence, bladder or bowel 	<ul style="list-style-type: none"> • Pelvic organ prolapse • Pelvic pain • Advice regarding your surgery • Advice after your surgery

Ante/postnatal
<ul style="list-style-type: none"> • Pregnancy related pain • Low back pain, sciatic • Pain around the pelvis • Hip pain • Rib pain • Carpal tunnel syndrome • Pelvic floor muscle weakness • Core stability weakness

If you would like an informal chat, in confidence, please telephone Sally here at the clinic on 01242 673507

Know your pelvic floor muscles

You may be surprised to know that we all have pelvic floor muscles, yes, that does include all the male readers out there!

The 'pelvic floor' is the name given to the group of muscles that start at the front of your pelvis (pubic bone), and attach onto your tail bone (coccyx), at the back of your pelvis. This sling of muscle supports your abdominal contents (bladder, bowel etc) and your upper body (back, shoulders, arms, head etc).

So why are your pelvic floor muscles important?

- The 'pelvic floor' plays an important role in stabilising your back and pelvis, so if you have experienced an episode of back, pelvis or hip pain you are likely to have developed some pelvic floor weakness. This could delay your return to full activity, or be the reason for that stubborn 'twinge'. Core stability training (Pilates) may help to complete your return to normal activities.
- The pelvic floor muscles help to support the bladder neck and bowel. 'Pelvic floor' weakness can lead to leaking from your bladder or bowel (incontinence) or difficulty controlling wind.
- During pregnancy the increasing weight of the growing baby puts an additional strain on the pelvic floor muscles, this can lead to 'pelvic floor' weakness and result in:
 - Bladder and bowel problems
 - Low back pain
 - Sciatica (leg pain)
 - Pelvic girdle pain (PGP)

Did you know?

Government statistics show that:

- on average, women wait eight years before discussing their pelvic floor weakness symptoms
- Men are more likely to suffer from bladder frequency and urgency than women

Like all muscles, the pelvic floor will strengthen with the correct exercise regime. If you recognise any of the above symptoms, don't delay, get exercising.