



Embargoed: 10 October 2022

2 out of 5 podiatrists identify life threatening health issues

Australian Podiatry Association are issuing a stark reminder this Foot Health Week (10-16 October) to get your feet checked by a podiatrist – it could save your life!

New research by the Australian Podiatry Association shows almost 2 out of 5 Australians (39%) had life-threatening health issues identified by their podiatrist.

The Australian Podiatry Association are raising awareness this Foot Health Week 10-16 October 2022 on the importance of having your feet checked by podiatrists – it could save your life.

The research showed Australians who had visited a podiatrist for foot pain were unexpectedly found to have other life-threatening health issues, including:

- 33% circulatory issues
- 11% heart problems
- 25% diabetes (including risk of amputation)
- 23% gout
- 7% other health issues

Charlotte Bodell, podiatrist, and member of the Australian Podiatry Association said that foot pain can be symptomatic of a much more serious health issue that podiatrists are trained to assess.

“Seeing a podiatrist could ultimately save your life, as our recent research shows. We often see patients who have no idea they have an underlying health issue, other than experiencing foot pain.

“People may not realise just how powerful the foot is when it comes to assessing serious underlying health conditions.” said Charlotte.

Charlotte urges members of the public to get their foot health checked out by a podiatrist, since they are the foot health experts who are university trained to run a range of assessments.

“Our research showed that 1 out of 5 (20%) of Australians see a GP for foot pain, despite podiatrists being the foot health experts and available via Medicare to all Australians.

“Podiatrists are experts in foot health, they know and help you understand and manage your feet so they can support you in leading a happy and healthy life.”

Australia's Foot Health Week, 10 – 16 October brings foot health to the forefront to encourage better health outcomes for all Australians.

Now is the time to stand up for your health by finding out where your feet fit in to your overall health and wellbeing. Check in with a podiatrist, the experts in foot health.

Your feet fit into a much bigger - and deeply important - picture. They can underpin your entire well-being, which can influence everything around you.

For further information visit: www.foothealthaustralia.org.au

Key research findings:

- Almost 2 out of 5 Australians (39%) had other life-threatening health issues identified by their podiatrist including circulatory problems (33%), diabetes (25%), gout (23%), heart problems (11%) and other health issues (7%).
- Pain is the number one reason (59%) Australians would visit a podiatrist.
- 1 out of 5 (20%) Australia's see a GP for foot pain despite podiatrists being the foot health experts.
- Most Australians (93%) that saw a podiatrist were satisfied or extremely satisfied with their care.
- 85% of people who saw a podiatrist would recommend to their friends or family based on their positive experience.
- 91% of Australians said their condition and/or movement improved through seeing a podiatrist.
- Over half of Australians (55%) have never received advice on correct footwear.

Media Contact

Patty Barrett

GoodPR

0424 324 181

patty@goodpr.com.au

About Australian Podiatry Association

The Australian Podiatry Association is the largest and oldest peak body representing podiatry and promoting foot health in Australia. As the leading provider of quality continuing education for podiatrists, we support our members with opportunities to develop their professional career, uphold standards and build connections. We are committed to the advancement of podiatry to improve foot health in the community. The positive impact of podiatric care changes the lives of one in five Australians who suffer from foot pain. <https://www.podiatry.org.au/>

About Foot Health Week

Foot Health Week is a nationally recognised health awareness campaign run annually in October. Foot Health Week promotes good foot health and highlights the role podiatrists play in keeping Australians pain free and moving. Please go to www.foothealthaustralia.org.au for more information.

About Charlotte Bodell

Charlotte Bodell is a Sydney-based podiatrist who works in private practice with two focuses, biomechanics, and home visits. Charlotte began her career working for the National Health Service (NHS), the UK public health system and has been working in Australia since 2008. She is passionate about sport and the neutral alignment of the body and ensures her patients receive the highest possible care. Charlotte graduated from Huddersfield University in the UK in 2005 and completed the Advanced Pharmacology for Podiatrists (Access 4 drugs) in 2013 at the University of South Australia. She is a member of the Australian Podiatry Association. Charlotte provides services including but not limited to biomechanical/gait assessment, 3D foot scans, postural assessments, orthotics, shockwave therapy and -diabetic and vascular assessments.