

CBCHS Mission Statement

Our mission is to enhance the health and wellbeing of individuals through innovative, responsive services delivered in partnership with our community.

Values

- **Respect** for each individual, families and for the diverse cultures within our communities.
- **Empowerment** as a cornerstone of how we work; we acknowledge the potential of each person and promote client participation and contribution.
- **Collaboration** with each other and with members of the community and colleagues from other organisations. We recognise that together we can achieve better outcomes.
- **Quality** in all aspects of our work. Our practice is evidence based and we continually strive to achieve excellence in all of our programs and services.
- **Transparency** in how we operate, particularly in how we make decisions and communicate.

Vision Statement

Quality. Community. Wellbeing.

**Address all correspondence to
THE CEO
CENTRAL BAYSIDE COMMUNITY
HEALTH SERVICES**

**HEAD OFFICE
335 NEPEAN HIGHWAY PARKDALE
TEL 8587 0200 FAX 8587 0210**

**A range of other services are also
available from the following venues**

DENTAL CLINIC

335 NEPEAN HIGHWAY PARKDALE
TELEPHONE 8587 0350

ADULT COMMUNITY OPTIONS

299 CENTRE DANDENONG ROAD CHELTENHAM
TELEPHONE 9581 1111

CHELSEA

3/1 THE STRAND CHELSEA
TELEPHONE 9781 9333

CLARINDA

58 VINEY STREET CLARINDA
TELEPHONE 9552 4333

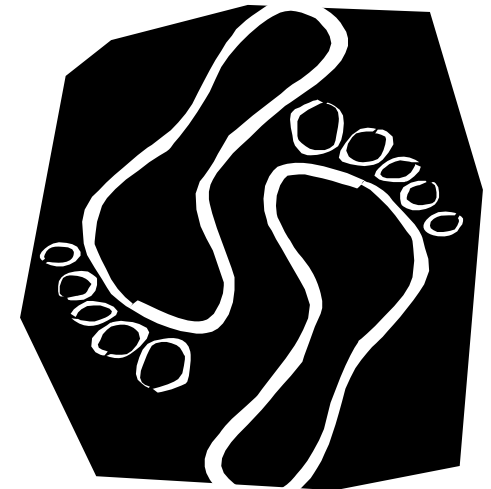
PLANNED ACTIVITY GROUPS

31 VENICE STREET MENTONE
TELEPHONE 9583 6970



**CENTRAL
BAYSIDE
COMMUNITY
HEALTH
SERVICES**

PODIATRY SERVICE



**335 Nepean Highway Parkdale 3195
Telephone 8587 0200 Fax 8587 0210
Email : info@cbchs.org.au
Web Site : <http://www.cbchs.org.au>
Working Smoke Free**

WHAT IS A PODIATRIST

Podiatrists are health care professionals who diagnose, prevent and treat disorders of the foot and lower limbs.

Podiatry deals in all aspects of foot care and people of all ages are treated. Foot and leg alignment can have a significant effect on the development of foot and leg pain during sport, at work or in daily life.

Foot and health care is important at any age. Early detection and management in babies and children can help reduce foot problems late in life.

Podiatrists are also able to treat skin and nail disorders, corns, calluses and in-growing toenails.

LOCATIONS

Podiatry Services

are offered from 3 locations:

335 Nepean Hwy Parkdale

Ph: 8587 0200

3/1 The Strand Chelsea

Ph: 9781 9333

58 Viney Street Clarinda

Ph: 9552 4333

DIABETES AND PODIATRY

Even though most of us are likely to have some sort of problem with our feet, people with diabetes are potentially at greater risk of developing serious foot problems.

This is because people with diabetes are more likely to experience reduced blood circulation and nerve degeneration in their feet and legs, causing a decreased ability to fight infection.

All these factors contribute to a reduced ability to heal - even minor cuts and abrasions.

Anyone who has diabetes is strongly advised to have their feet checked by a Podiatrist for assessment of circulation, nerve function and advice on preventative foot care. This should be done on a regular basis, or as recommended by a Podiatrist.

KEY POINTS TO KEEP YOUR FEET HEALTHY

- Wet feet daily and after drying apply a water-based cream such as Sorbolene; swabbing with methylated spirits between the toes helps to dry the skin - avoid powders.
- Inspect your feet daily.
- Nails are best cut straight across in line with the end of the toe and lightly filed.
- Corns and calluses are the result of excessive pressure and friction on the skin, often as a result of inadequate footwear. These problems are best treated by a Podiatrist.
- Wear well-fitting and protective footwear. Make sure your shoe is deep enough and broad enough for you to be able to wiggle your toes.
- Cotton hosiery, socks and tights and leather shoes allow your feet to “breathe”.

To maintain good circulation to your feet, never:

- place your feet directly in front of heat
- cross your legs when sitting
- smoke cigarettes
- wear tight garters, stockings or shoes

However:

- choose a low-fat diet
- exercise regularly