



Central Coast
Local Health District

Healthy Bites Episode 14 –When should I see a podiatrist?

Hi, I'm Ellie Kelly, a podiatrist from Riverside Podiatry on the Central Coast.

Your feet are mirrors of your health. Many people do not realise that having sore feet is not a normal part of ageing! Warning signs of health conditions can be dry skin, brittle nails, discolouration, burning and tingling sensations in your feet, as well as coldness or numbness.

Regular check-ups with your podiatrist are recommended every 3–6 months, especially if you cannot look after your feet yourself and you have no one to help you.

Nails that grow too long can become infected and can lead to more serious illness. If you are diabetic, it is crucial you see a podiatrist on a regular basis, so problems can be detected early to prevent ulcers and other serious complications.

A podiatrist can detect and treat an array of conditions, from sporting injuries, painful flat feet, arthritic joints, or bunions. It's not just about clipping toenails!