



New Revere Range for Summer

Spring has sprung and the days are beginning to lengthen and warm up. Many of the flowers are still blooming from spring last year and toes are now starting to see the light again with the slippers coming off and sandals going on. We are very excited for the arrival of our new range of Revere sandals. The brand is now expanding their selection of sizes with many styles now available in both the standard medium fitting and also a wide fitting. There are also selected styles with ultra plush linings for those who really want to spoil their feet.



The Revere range of sandals all have a removable innersole to allow for orthotics to be worn in them. It should be noted though that the innersole that comes standard with the sandals is extremely comfortable on its own, so if you don't require orthotics, they certainly make for a very comfortable pair of sandals.



Verruca Pedis: Warts on the feet

Warts are lesions on the skin caused by the Human Papilloma Virus (HPV). When they occur on the feet, they tend to be quite painful as the HP virus causes the skin to replicate quickly producing thickened callus/corn like sites that often project deep into the skin. Typical appearance of a wart on the foot is a cauliflower looking lesion with black spots throughout and a loss of skin striations through the area.

They are painful more with pinching rather than direct pressure however they are often painful with walking or standing.



There are many treatment options for warts on the feet; warts may resolve spontaneously; and therefore in some cases it is appropriate to leave the wart for the body to destroy the lesion. If however the wart is painful, unsightly or likely to spread to others, it is best to treat it. At Gait Way Podiatry we offer a range of different treatments depending on your requirements. These include debridement (shaving back the



thickened skin) and chemical destruction using silver nitrate or salicylic acid, multipuncture therapy, cryotherapy using liquid nitrogen and hyfrecation.

If you think you might have a wart on the foot and would like to get rid of it, give us a call and one of our experienced podiatrists can assess and treat it with the treatment option that is best suited for you.

Fun Foot Fact

There are over 170 subtypes of the human papillomavirus, the infection that causes plantar warts. The subtypes that frequently affect the feet are 1, 2 and 4.

Recipe of the month: Mushrooms and chorizo on toast

It's father's day this Sunday so time for the kids to strap on the apron, whip up this tasty breaky and bring it to dad in bed. No better way to start father's day (and there'll be leftovers for the hungry chefs)!

Ingredients

- 1/4 cup (60ml) olive oil
- 2 (560g) Primo Classic Chorizo, thinly sliced
- 1 large onion, halved, thinly sliced
- 2 cloves garlic, finely chopped
- 1/2 teaspoon sweet paprika
- 400g button mushrooms, stalks trimmed, thickly sliced
- 200g Swiss brown mushrooms, stalks trimmed, thickly sliced
- 200g grape tomatoes
- 8 slices Italian-style bread, toasted
- 1/3 cup coarsely chopped flat-leaf parsley



1. Heat oil in a large, heavy-based frying pan over low-medium heat and cook chorizo, in 2 batches, for 1-2 minutes each side or until browned, then remove from pan. Add onion, garlic, paprika and 1 teaspoon salt to pan and cook, stirring occasionally, for 5 minutes or until onion is soft.

2. Increase heat to medium, add mushrooms and tomatoes to pan and cook, tossing, for 8 minutes or until mushrooms are tender and tomatoes are soft.

3. Spoon over toast on plates and season to taste with freshly ground black pepper and parsley.