

Health



Make sure the shoe fits



Krishna Vemulapalli, Consultant Orthopaedic Surgeon with special interest in foot and ankle surgery.

Women were warned about the possible hazards of wearing high heels at a health information session run by NHS Havering.

Guest speaker Krishna Vemulapalli, Consultant Orthopaedic Surgeon with special interest in foot and ankle surgery at Barking, Havering and Redbridge Hospitals Trust, gave a presentation to an audience of over 100, showing how fashionable shoes can cause problems such as bunions, inflammation of the nerves in the feet and crushing of toes.

He said: "I am definitely seeing more of these kinds of problems because of the fashion for extremely high heels. We have all seen pictures of certain celebrities' feet who wear them. But of course it is fine for women to wear high heels occasionally."

He added: "Very flat pumps are the other extreme. They provide only a very thin layer of sole with no cushioning to act as a shock absorber, and can cause pain to the heel because of the load on the Achilles tendon. But of course family history can also play a part in foot conditions."

Mr Vemulapalli's talk was followed by 45 minutes of

questions from the audience. He also provided ten golden rules for ensuring shoes are the right fit:

- Sizes vary among shoe brands and styles. Do not select shoes by the size marked inside the shoe
- Select a shoe that conforms as nearly as possible to the shape of your foot
- Have your feet measured regularly. The size of your feet changes as you grow older
- Have both feet measured. For most persons, one foot is larger than the other
- Fit at the end of the day when the feet are largest
- Stand during the fitting process and check that there is adequate space (3/8 to 1/2 inch) for your longest toe at the end of each shoe
- Make sure the ball of your foot fits snugly into the widest part of the shoe
- Do not purchase shoes that feel too tight, expecting them to stretch
- Your heel should fit comfortably in the shoe with a minimum amount of slippage
- Walk in the shoe to make sure it fits and feels right.

Thumbs up for new health centre

The new Orchard Village Health Centre, on the former Mardyke Estate, is proving very popular with residents.

Since opening, more than 300 people have dropped in for a consultation with the doctor or practice nurse.

Centre manager Hugo Runciman said: "People seem to be very pleased to be here. Everyone has been really friendly

and welcoming – one gentleman said he had never had such good service before.

"In the first week we saw about five people who would probably have had to go to hospital A&E before we opened, but we were able to help them here.

"Several people have returned for follow ups, such as dressing changes. We are dealing with a lot of young families with children

who have coughs and colds and other childhood illnesses.

"Some have asked when they can start registering as patients, and we will keep people informed about when that will start."

The centre is in Roman Close (off Frederick Road) in Rainham and is open every day except bank holidays, from 10am-2pm, and from 3-7pm Mondays to Fridays. For details, call 793900.

Treating haemorrhoids

Haemorrhoids, or piles, are small blood-filled swellings which can cause itching, pain and anal bleeding.

They are not dangerous, but you should put aside any embarrassment and see a doctor if you think you have them, as anal bleeding can be a sign of something more serious.

There are things you can do to help prevent piles, and to treat them yourself.

Find out more at a free health information evening run by NHS Havering on Wednesday, April 21, 7.30-9pm at St George's Hospital, Hornchurch.

Guest speaker will be Mr Mirinal Sahar, Consultant

Surgeon at Barking, Havering and Redbridge Hospitals Trust, who specialises in colorectal and endocrine surgery.

There will be an informal talk and an opportunity to ask questions.

Refreshments will be served for visitors.

The session will be hosted by local GP Dr Atul Aggarwal, chair of NHS Havering Professional Executive Committee.

The health information session will be held in St George's Hospital, Ardleigh Education & Training Suite, Bader Room, 117 Suttons Lane, Hornchurch.

For more information about the meeting, call 465493.

Obesity aid

Even for the most strong-willed, Easter would have been a difficult time to avoid eating too much chocolate.

But to try and counter any weight gains as a result of indulging over the recent holidays, NHS Havering's child weight management programme, MEND, is offering more free courses in May to help families learn about good nutrition and encourage them to take more exercise.

Fiona Edwards, manager of Havering's award-winning MEND programme says: "Chocolate is everywhere at Easter, and it can be a tricky time to control the amount eaten. But we have places available on MEND courses in May for children and families who want to develop healthy eating habits and take some fun exercise."

MEND's 10-week courses are available to families with children aged between seven and 13 who are above healthy weight range for their age and height.

Since 2007, NHS Havering has run 25 MEND programmes for 280 families. The team also runs Mini-MEND programmes for two to four-year-olds. Many of the courses are held in Havering Council's sports centres, run by SLM, who provide the venues free of charge.

For details, call Fiona Edwards on 0777 2020583 or 464274, or go to www.mendprogramme.org

More time for drugs help

Havering Council is expanding its programme offering help to families and carers affected by drug use.

The Drug and Alcohol Action Team (DAAT), in partnership with Daybreak Drug Project, has extended its family service opening hours to include an evening support group for families living in Havering.

This will make the service more accessible to people who may be unable to attend at other times.

If you or members of your family are experiencing problems due to someone in

your family using drugs, you can get professional help, advice and information and individual counselling or access the support groups.

Daybreak Drug Project has over 25 years experience of working with drug users and families and the service is strictly confidential.

The Family Support Group meets at North Street Halls, Hornchurch every Monday evening from 7-8.30pm and is facilitated by staff from the Family Service.

For details contact Daybreak Drug Project on 471361.

>> Blood donation sessions announced

You can help save or greatly improve the quality of someone's life by giving blood. It takes very little time, costs nothing and is one of the best gifts you can give.

Forthcoming sessions:

Thursday, April 22
2-3.45pm & 5-7.45pm

North Romford Community Centre, Clockhouse Lane, Collier Row

Friday, April 23

2-4pm & 5-7.45pm
Dukes Hall, Maygreen Crescent, Hornchurch

Friday, April 30

2-4pm & 5-7.45pm
Dukes Hall, Maygreen Crescent, Hornchurch

For more information, call 0300 1232323 or visit www.blood.co.uk

New non-executive director appointed



Suneel Gupta.

NHS Havering is pleased to announce the appointment of Suneel Gupta as Non-executive Director from April 1, 2010 to March 31, 2014.

A chartered accountant, he has lived locally for 10 years, and his wife runs an NHS dental practice in Hornchurch.

He said: "Supporting my wife in the development of her practice

has given me some understanding of the needs of patients in one area of health care. I hope this, combined with my experience of financial management and planning, will allow me to make a valuable contribution to health services in Havering."

He was welcomed by Frances Pennell-Buck, Chair of NHS Havering.