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**Cardiovascular
Disease**



Diabetes



**Kidney
Disease**



**Musculoskeletal
Conditions**



**Respiratory
Disease**



Your Aboriginal Health Worker can provide you more information

Upcoming appointments

Who

Date / /

Time : am/pm

Bring

Who

Date / /

Time : am/pm

Bring

Who

Date / /

Time : am/pm

Bring

Disclaimer

The information in this pamphlet is of a general nature only and not intended as medical advice.



**Aboriginal
Health & Medical
Research Council
of NSW**



Podiatrist

Resource three of the

Living Longer Stronger Resource Kit

2nd edition

Who are they?

A Podiatrist specialises in foot care.

Podiatrists can diagnose and treat various conditions of the feet and lower limbs which include:

- + Heel pain
- + Ingrown toenails
- + Peripheral vascular disease or neuropathy (in people with diabetes) 
- + Gait abnormalities



How can I access one?

You can usually make an appointment directly with a local Podiatrist, but some people may need a referral written by a GP.

What should I do before the appointment?

- + Bring your referral letter and results of any tests or scans with you.
- + Please wear or bring your usual footwear with you, which may be helpful during the podiatry assessment.
- + A helpful tip is to write down questions you have regarding your condition and raise them during your consultation.



Podiatrist

Assess and manage problems of the foot and lower limb.

How much does it cost?

- + Costs to see a Podiatrist may be partially or fully covered by Medicare and some expenses may be covered by your health insurance provider. Don't hesitate to contact the service provider for more information.
- + There may be other expenses for things such as orthotics, which will be explained to you if needed.



What to expect during the appointment?

- + Your Podiatrist will go through your issues in detail, perform a physical examination, make a diagnosis, and offer advice on the best management and treatment.
- + You may require follow-up visits to monitor your progress, or if any changes are needed to manage your condition.
- + You may be referred to other specialists such as an Orthopaedic Surgeon for further management of complex conditions.