

Feet Focus Community Footcare

NHS podiatry in Cambridgeshire is accessible to those that meet a certain criteria. However, for those people that don't meet this criteria they may want or need to access a foot care service. Feet Focus Community Footcare is a low cost foot care service to meet the local need. It is a fee paying service that uses HCPC registered Podiatrists and College of Podiatry trained foot care assistants to deliver nail cutting and callus/corn care.

There are two charges for services depending on your requirements:

- £20 for nail cutting and nail care including reducing the thickness of nails or the reduction of hard skin and corns
- £25 for treatment of both nail care and the reduction of hard skin and corns.

Feet Focus Clinics currently in:

- Oaktree Centre, Huntingdon
- Ramsey Road Clinic, St Ives
- Ramsey Health Centre, Ramsey
- Princess of Wales Hospital, Ely
- Chesterton Medical Centre, Cambridge
- Brookfields Health Centre, Cambridge
- Shelford Medical Centre, Great Shelford
- City Health Clinic, Peterborough

For further information about this service contact:

Tel: 03307 260077

Email: cpm-tr.podiatry@nhs.net

Cambridgeshire and Peterborough NHS Trust

Tel: 01223 726789

Email: communications@cpft.nhs.uk

Website: www.cpft.nhs.uk

Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail pals@cpft.nhs.uk

Out-of-hours service for CPFT mental health service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

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Hyperhidrosis (Excessive Sweating)



Hyperhidrosis Advice

Excessive sweating is common and can affect the whole body or just certain areas. Sometimes it gets better with age but there are things you can do and treatments that can help.

What is excessive sweating?

It's normal to sweat if you get hot or do exercise, but you may be sweating excessively if you're sweating when your body doesn't need to cool down.

Excessive sweating can happen for no obvious reason, because of another condition you may have or as a side effect of medication you're taking.

Management Advice for the feet

- wear socks that absorb moisture and change your socks at least twice a day if possible
- wear leather shoes and try to wear different shoes each day
- Treatment of any underlying anxiety, which may be an exacerbating factor.

Hyperhidrosis Advice

Treatment

Focus of treatment is preparations with 20% aluminium chloride hexahydrate:

- Driclor® and Anhydrol Forte® roll-ons are licensed, and can be prescribed or bought over-the-counter.

For underneath the feet, an aluminium salt dusting powder (Zeasorb®) can be used as an alternative to 20% aluminium chloride hexahydrate solution or spray.

Skin irritation may occur but this can be managed by:

- The use of topical emollients and soap substitutes.
- A reduction in the frequency of application.
- Giving a short course of 1% hydrocortisone cream, for up to 2 weeks.

If the above measures are inadequate or unacceptable, then request onward referral to dermatology.

Hyperhidrosis Advice

Other treatments that might be used

- Iontophoresis - treating the areas with a weak electric current passed through water or on a wet pad.
- Botulinum toxin - Botox® is licensed for the treatment of hyperhidrosis. Adverse effects include compensatory sweating (5–10%) and injection-site pain or reactions (9–12%). Transient muscle weakness and loss of fine motor control, as well as anaphylaxis, have been reported, and transmission of infectious agents is theoretically possible. It is not always available at NHS hospitals, and is mostly given in private clinics.
- Oral antimuscarinics, such as glycopyrronium bromide and oxybutynin, may be used, but their use is limited by adverse effects.
- Clonidine.
- Diltiazem.
- Benzodiazepines.