



T.S News



Meet the Committee:

Chair Person: Alicia Joughin

My name is Alicia {Lisha} Joughin. I was confirmed to have Turners at the age of 11, after some persistence from my parents to have it tested. During this time, my Dad assisted with helping write the constitution for the NZ Turners Syndrome Support Group. My hope is to continue to help make information and support more readily available to people and families affected by Turners.



Treasurer: Jacqui Ellingham

Hi I'm Jacqui I've been the treasurer of the Turner Syndrome Support Youth Committee for numerous years. My daughter Shainia is a butterfly and also a member of the new combined committee. I have helped plan and run youth camps in Auckland and look forward to more events to come.



Committee Member / TS News Editor: Denise Van Dam

Hi, I am Denise Van Dam I was diagnosed at the age of 10. I have been part of the committee for a while and was treasurer up until this year. I have been fortunate enough to attend a conference in Australia and have attended youth camps at O.P.C and Auckland. I have just completed a Bachelor in Media Arts at Wintec and graduate next year in March.



Committee Member: Shainia Ellingham

Hi I'm Shainia and I am privileged to be a part of the newly combined Turner Syndrome Support committee. I was diagnosed with mosaic Turner Syndrome when I was 11, after much family debate over the normality of my height. I'm currently a second year student at the University of Waikato, doing a Bachelor of Teaching (ECE). I have been to two spectacular youth camps in Auckland and cannot wait to meet more amazing and bubbly Turner butterflies.

More of the Committee will be introduced in the Next Issue





Thoughts about Feet:



Advice for Purchasing Footwear

As you become older your feet will increase in length because of the structures that hold the bones together become more lax and the feet also tend to roll and elongate. So, it is important to have both feet measured for length and width. There is also a third measure called the girth that measures the volume of the foot. If your feet swell it is important to make sure that your shoes will allow for this. If this is a problem it is possible to purchase elastic laces.

Avoid slip-on shoes or sling-backs. Shoes should be held on the foot with either laces, straps or Velcro, however, this may be a problem if you cannot reach your feet. It is also best to avoid slip-on shoes held on with elastic as this can cause problems if your feet swell.

Heel height should be no more than 4cm with a broad base, and certainly not stiletto. Many Turner's women wear very high heels to compensate their short stature and also wear footwear that is too long to compensate for their very broad feet. This will make you prone to falls and break your ankles particularly if you have osteoporosis.

The shape of the toe box of the shoe should be the same shape as your foot and allow the toes to move freely and not be squashed from the top or the sides. This is particularly important if you have problems with your circulation or loss of sensation. The shoes should fit exactly around the heel without being loose or tight. The back and sides of the heel should also be firm to support the foot particularly if the arch is becoming flattened.

Leather materials are for the uppers and should be soft without irritating seams and stitching that may cause corns and callous or sores that may become infected.

Overall, spend money on good quality, well-fitting footwear fitted by experts; it is well worth the money.

Caring for your feet

As with the general population, Turner's women may be prone to particular medical conditions including diabetes, osteoporosis, osteoarthritis, reduced circulation and sensation to the feet. All these conditions may have an effect on your feet. If you think that you have any of these problems, it is important that you seek medical advice as early as possible your podiatrist can also advise and treat you if you have concerns regarding the effects on your feet.

Many of the problems that arise in the feet are associated with dry skin. If your skin is dry you should apply to good quality emollient (foot/hand cream) daily in order to keep your skin supple. Be particularly aware of fissures occurring (cracks in the skin) around your heels as they can be very painful and become infected.

If you have nail problems, corns or callous do not be tempted to treat yourself it is best to consult your local podiatrist

Mark on the Calendar:

Gathering at the gardens:

July the 28th 2018
The Hamilton Gardens Café
3pm
At the Hamilton Gardens

Committee Meeting:

25th August 2018
Location to be arranged

Watch out for Auckland:

There is an event happening later this year in Auckland
Watch this space for more details