

A STEP AHEAD

AUTUMN EDITION 2026



CENTRAL OFFICE

Ben Mathews Playground Community Centre
47-55 Ellen Street, Logan Central Qld 4114
PO Box 31, Kingston Qld 4114

Monday to Thursday 9:00am to 4:30 pm
Friday 9:00am to 2:30pm

T: 07 3290 4293 | W: www.amputeesqld.org.au
E: admin@afsg.org.au or lynda@afsg.org.au



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We would like to thank InHouse Print & Design for the printing of our quarterly newsletter. Please contact them for all your printing requirements.

Disclaimer: Amputees Queensland Inc does not provide specific medical advice or endorse any specific treatment, technology, company or device. Consumers are advised to consult with their healthcare professionals.

From the Office!



Welcome to the Autumn Edition of A Step Ahead!!

We hope that everyone enjoyed their break over Christmas and stayed safe in the wild weather!

The office reopened on Monday, 12 January and I would like to thank the peer support volunteers who continued providing peer support and advice throughout our office closure.

We are now back and in full swing and have kicked off the year with a refurbishment of our training room. When we moved into Ben Matthews Playground Community Centre in September 2022 the training room was incomplete and had no ceiling or storage but through the Stronger Communities Grant we have been able to upgrade the training room and include more storage and a ceiling. The refurbishment is expected to be finished by March and we are looking forward to being able to utilise this room to its full potential.

We have our FREE all abilities exercise programs continuing throughout 2026 with Tai Chi changing to a Monday morning and two sessions of Fun & Fit on a Thursday. For more information on these sessions please visit our website under the Events tab or on our socials. These programs are fun and fully adaptive, they work on balance, flexibility and strength.

We will be continuing our FREE chiropractic clinic throughout 2026, we had a busy year with the clinic last year and it looks like this year will also be jam packed with many people finding relief from their visits. If you would like to see a chiropractor please call the office on 07 3290 4293 to make an appointment. The first appointment will take around 1 hour and the following appointments are 1/2 hour. You do not need to bring anything other than yourself.

For more information on our upcoming events, information sessions and news, visit our website and socials. We will also be holding more social group meetings this year, keep a look out for a meeting near you!

We have also welcomed Hayley to our office, Hayley is a trainee on placement with us for 6 months. Hayley's role is Centre Reception/Admin Assistant, we are thrilled to have her aboard.

Just a reminder that if you would like to share your amputation or limb difference journey you can contact me at the office or via email lynda@afsg.org.au. The sharing of your journey helps to raise awareness of amputation or limb loss, it help support individuals who have just lost a limb by seeing the accomplishments, resilience and strength that people have and how they find new ways to accomplish every day tasks.

A handwritten signature in black ink that reads "Lynda". The signature is fluid and cursive.

Lynda Tilley, State Coordinator

PEER SUPPORT VOLUNTEERS

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Mary Woods
0407 623 762

BIRKDALE

Allan Churchward
0407 580 403

BRAY PARK

Kevin Holding
0415 558 974

BUNDABERG

Jan Baldock
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CARINA

Phil Taylor
0481 602 500

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CLEVELAND

Lindsay Isenberg
0402 753 148

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Gina Bird
0414 915 540

YOUTH GROUP

Josh Jones
0499 773 788

"Any one of us could be affected by an unexpected life event or illness where peer support will be vital to our recovery and wellbeing"



Amputations in Australia

Limb amputation is one of the earliest forms of surgery, allowing a person to survive severe injuries and infections. Historically the main causes of amputation were trauma and wound infections.

However in first world countries trauma is no longer the main cause of amputations because:

- Emergency medicine has greatly improved and more limbs are saved because a person can be transported to hospital quickly.
- Some amputated limbs can now be reattached with microsurgery.
- The number of workplace accidents have dropped significantly due to Health and Safety laws.
- Surgical sterilisation techniques and antibiotics control most infections.

In a modernised country such as Australia the main causes of amputations are vascular disease and diabetes. Other causes of amputation are traumatic injuries, infections, tumours and congenital deformities.

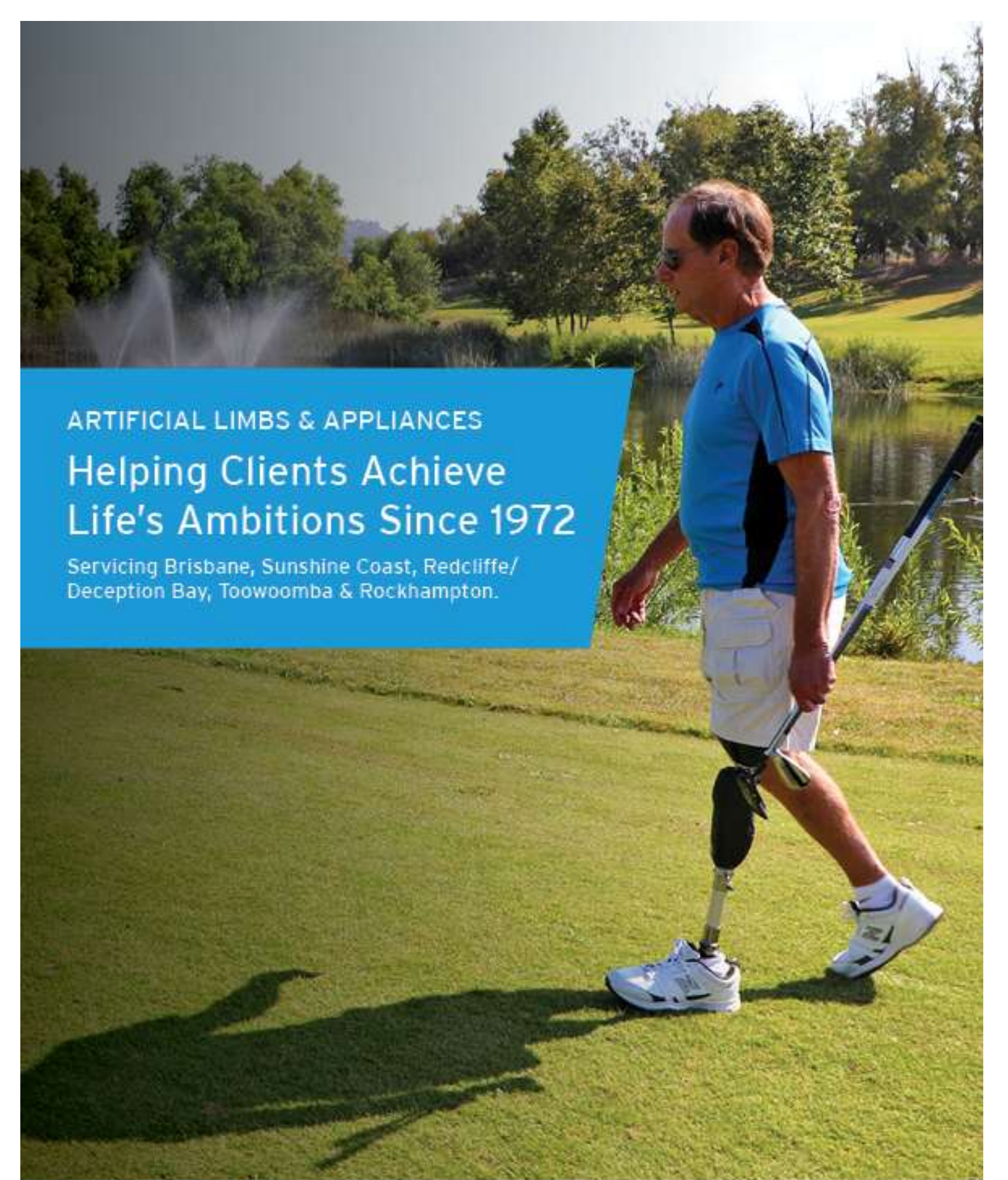
Vascular Disease: Vascular disease occurs when the arteries in the legs become blocked. This condition can happen to anyone but is more severe in patients with diabetes. The narrowed arteries prevent the heart from pumping enough oxygenated blood to the feet, resulting in severe pain in the legs, foot ulcerations and ultimately gangrene of the toes/foot.

Diabetes: Diabetes is the cause of half of the amputations performed in Queensland. Diabetes does not just increase the severity of vascular disease it also reduces feeling in the feet and slows wound healing; resulting in foot ulcers. People with diabetes are more prone to skin infections and gangrene or sepsis may occur, resulting in amputation.



Trauma: Trauma resulting in amputation is most frequently related to motorcycle, motor vehicle and industrial accidents.

Other causes are home accidents and burns. Most upper limb amputations are caused by traumatic injury. Trauma is the most common cause of amputation for young adults. ♥

A man with a prosthetic leg is walking on a golf course. He is wearing a blue polo shirt, white cargo shorts, and white sneakers. He is holding a golf club in his left hand. The background shows a lush green golf course with trees and a body of water. A blue banner is overlaid on the left side of the image.

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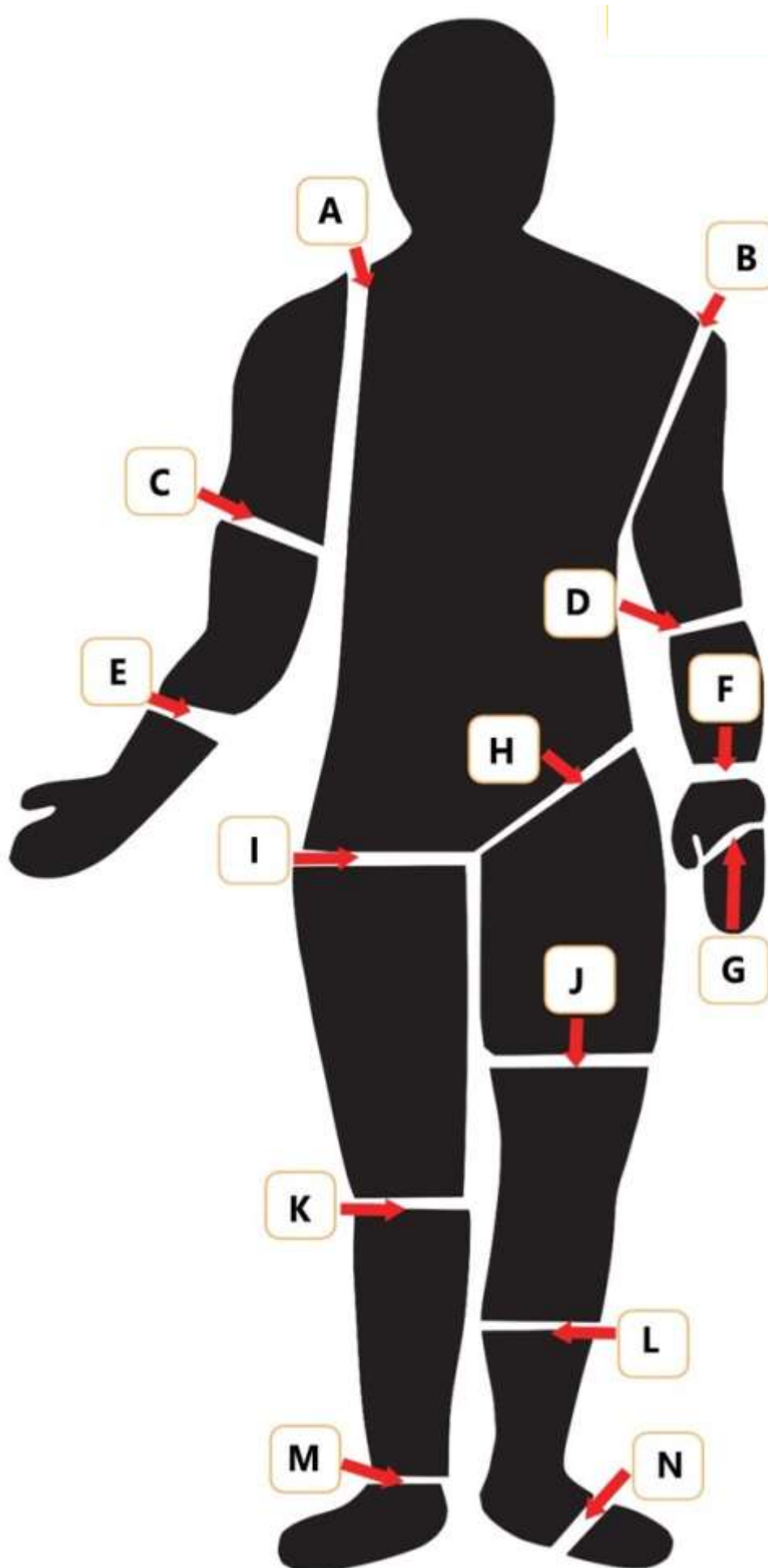
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Amputation Levels & Names



A: Forequarter

B: Shoulder disarticulation
(through shoulder)

C: Trans-humeral
(above elbow)

D: Elbow disarticulation
(through elbow)

E: Trans-radial
(below elbow)

F: Wrist disarticulation
(through wrist)

G: Trans-carpal
(partial hand)

H: Hemiplevectomy
(through hip)

I: Hip Disarticulation
(through hip)

J: Trans-femoral
(above knee)

K: Knee disarticulation
(through knee)

L: Trans-tibial
(below knee)

M: Ankle disarticulation
(Syme)

N: Partial foot
(Chopart)

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DATES

FOR THE DIARY

Weekly Activities

Mondays	Tai Chi (10:00am to 11:00am)
Tuesdays	Chiropractors (appointments 9:30am to 12:00pm)
Thursdays	Fun & Fit (9:30am to 10:30am)

Wear comfortable clothes and bring along a water bottle.

Monthly Activities & Information Sessions ...

February

13th Cuppa & Craft
15th Sunshine Coast Get Together
18th Online & Social Media Scams
25th Grocery Bingo

March

4th Qld Ambulance Falls Team
15th Sunshine Coast Get Together
18th Mindfulness
25th Grocery Bingo

All information sessions and support group details will be
updated on the website and our socials!

All sessions will be at our offices at Ben Matthews Playground Community Centre, Logan Central unless otherwise marked.

* Sunshine Coast Support Group Get Together's will be held at Maroochy River Golf Club, 374-514 David Low Way, Bli Bli at 10am.
Please RSVP sunshinecoast@afsg.org.au or call 0475 052 980.

** River Cruz Café, 3 Quay Street, Bundaberg Central. RSVP Jan Baldock—0409 492 363

2026 **FREE** WORKSHOPS FOR AMPUTEES



GOLD COAST 9 May 2026

Rydges Gold Coast
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Bilinga

BRISBANE 13 June 2026

Brisbane Airport Centre
2 Dryandra Road
Brisbane Airport

Workshop topics include:

- How can you find the right funding to get help or the services you need?
- Local supports and information in your community
- Knowing what your right are when you access healthcare services
- How to gain confidence and be a better self-advocate

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10:00am - 3.30pm

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Morning tea and lunch provided



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1300 78 22 31

Diabetes & Surgery

Half of the people reading this will experience a diabetic related amputation.



If you have diabetes there are special considerations for surgery and recovery. The following is general information for Type II diabetics, always discuss your individual situation with your general practitioner or endocrinologist. Well managed diabetes as opposed to poorly managed diabetes improves surgical outcomes and will help prevent further complications.

Preparation for surgery

Meet with your primary care doctor or endocrinologist to discuss your preparation. Your doctor will want to check on how well your blood sugar is being managed. You will need to take regular blood sugar readings over several weeks to determine how stable your diabetes is. If it is not stable or not well managed





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DPO

DYNAMIC PROSTHETICS & ORTHOTICS

Diabetes & Surgery [CONTINUED]

you need to follow your doctor's advice as surgery with unmanaged diabetes is extremely dangerous.

Your doctor should also advise you on how to prepare for the presurgery fast and how to manage your food intake after surgery. Make sure that any instructions you are given are written down so you can refer to them later and provide copies to your treatment team if needed. Clarify with the doctor how your diabetes management plan is changing and when you should see them for a followup assessment.

If you take medication either orally or by injection it is likely your dosage will change. You will be advised on how to take your medicine before and after the surgery. Check with your doctor about taking your medicine the day before the surgery during the pre-surgery fast.

Have any prescriptions filled ready for your hospital stay and return home. The hospital will provide medication related to the surgery but you are in charge of supplying your regular medicine during your stay. You may not feel up to leaving the house when you first come home so make sure you have an appropriate supply of medication ready for your return home.

In the hospital

Your surgery may be scheduled for the early morning, often the first surgery of the day. Morning surgery results in a shorter fast and less chance of blood sugar instability. It is very important that all of your treatment team know that you have diabetes, this includes the nurses as they will be monitoring your condition.

Talk to your anaesthetist. The anaesthetist will monitor your diabetes during your surgery. Your anaesthetist will visit you before the surgery to discuss the process with you; tell them about your diabetic history, your medication and any complications you have. People with diabetes are at a higher risk of having their blood pressure rise while under general anaesthetic and may have shallow breathing. Your anaesthetist will need to prepare for these possible complications.

You may be given the option of an epidural anaesthetic. An epidural is anaesthetic that is injected into your spinal canal numbing from the waist down. As a patient it may be very distressing to think about being awake for a major surgery. If you choose this option ask for ear plugs and eye covers.



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Diabetes & Surgery [CONTINUED]

People with diabetes are prone to a stomach condition called gastroparesis, this means your stomach does not empty fully after digesting food. If you have this condition you will feel very nauseous after surgery. Gastroparesis also places you at risk of vomiting when going under general anaesthetic so the anaesthetist needs to plan for this possibility.

If after the surgery you are very nauseated or vomiting repeatedly tell the staff. If your food intake is affected you may need a medication adjustment. It is not unusual for patients to receive intravenous insulin after surgery to stabilise their blood sugar from the stress of the anaesthetic and fasting.

Before you are discharged ask for instructions on how to manage your wound and bandage your stump.

After discharge

Follow your post surgery management plan and make an appointment for a review with your primary care doctor as soon as possible. Do expect to visit your doctor several times as you recover and your blood sugar returns to normal levels.

Monitor your blood sugar levels regularly and take medication as directed. Watch for the signs of high blood sugar such as frequent urination and thirst. Keep a written record of blood sugar levels to take to your primary health doctor.

If you find yourself not feeling well enough to eat regularly you may need to have your medication dosage adjusted to compensate for the lack of food. Once you are eating as normal your medication should be able to go back to your presurgery dose, but do not change your own dosage, see your primary care doctor.

People with diabetes are at higher risk of infection and slow wound healing. Good wound hygiene and care is paramount to prevent infection. Monitor your wound for signs of infection such as:

- foul odour and pus
- redness and heat around the wound
- fever

Always call your primary care doctor or go to an emergency room if you believe your wound is infected as treatment must begin as soon as possible.

Undertake your exercises as instructed and keep as active as possible. Quit smoking if you smoke and follow a healthy diet with limited alcohol. Watch out for dehydration as it is not good for your kidneys. If you find yourself nauseated or vomiting keep hydrated with an electrolyte drink, this will assist in protecting the kidneys.

Minimise stress. This is easier said than done but make an effort to relax when possible.

Avoiding further diabetes complications

If you have had a diabetes related amputation you are at significant risk of other serious diabetic complications. You still have the opportunity to limit diabetes related complications.

Managing your diabetes involves a range of health specialists as diabetic complications affect many areas of the body. If you do not already consult with the following specialists now is the time to begin.

Source: Information for people living with amputation.





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MOBILITY CLINIC

2026 CALENDAR

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

14 - 15
MAR

New Zealand Mobility Clinic

**AUCKLAND &
WELLINGTON**

9 - 10
MAY

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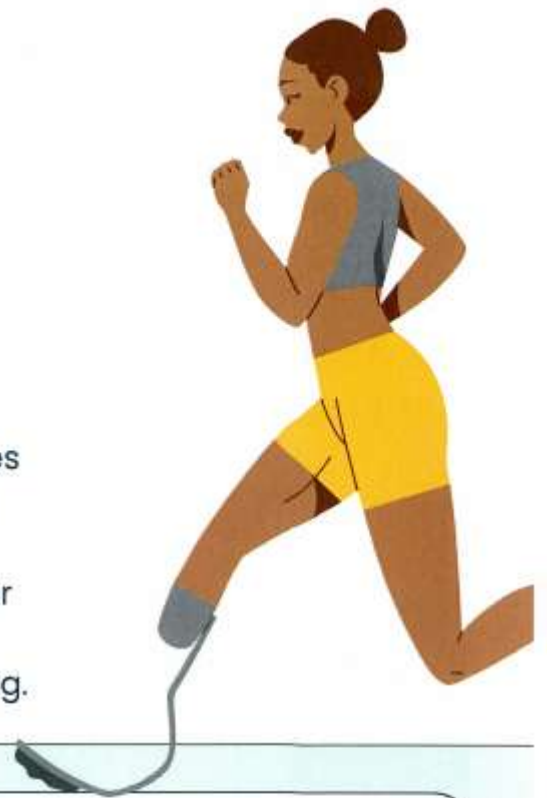
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FOOT HEALTH: WHY IT MATTERS MORE THAN EVER

By Judi Khun, Podiatrist, Solemate Podiatry

Foot care often goes unnoticed—until something goes wrong. But for amputees, maintaining healthy feet is not just important, it's critical. Whether your amputation was due to diabetes, vascular disease, or trauma, proactive foot care plays a vital role in protecting your remaining limb and overall well-being.



WHY FOOT HEALTH MATTERS

Up to 50% of amputations are linked to diabetes-related complications like foot ulcers or infections. For those with limb loss, the risk of developing similar problems in the remaining limb is significantly higher. Preserving the health of your foot helps you stay mobile, independent, and pain-free.

Seeing a podiatrist early can also help protect your remaining limb, prevent serious complications, and maintain mobility.



COMMON FOOT ISSUES AMPUTEES MAY FACE

Living with limb loss often leads to additional stress on the remaining foot. Common problems include:

- Calluses and pressure sores from uneven weight distribution
- Foot ulcers, especially in people with diabetes or reduced sensation
- Infections that can escalate quickly due to circulation problems
- Ingrown toenails, which can become serious if not treated
- Joint pain or arthritis, caused by gait changes or prosthetic use
- Peripheral Artery Disease (PAD)—reduced blood flow that slows healing and increases ulcer risk



ESSENTIAL DAILY FOOT CARE TIPS

- ① Wash and dry feet daily, paying attention to areas between the toes
- ② Inspect feet for cuts, redness, swelling, or blisters – Tip: Use a mirror if you can't see the bottom of your foot
- ③ Moisturize the skin, but avoid applying between the toes
- ④ Trim toenails straight across, not too short
- ⑤ Wear properly fitted shoes to prevent friction and blisters
- ⑥ Avoid walking barefoot, especially if you have reduced sensation

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Caring for your Residual Foot

Care of the remaining leg and foot is important, particularly if you have had your leg amputated due to poor circulation or diabetes.

Following an amputation, care of the remaining leg is of utmost importance, particularly if you have had your leg amputated due to poor circulation or diabetes. It is essential to realise that the disease can progress to involve the remaining leg and foot. Regular check-ups, regular foot care and monitoring by your doctor or a podiatrist are advisable, especially if you have poor circulation or diabetes.

If you have diabetes, it is important to attempt to maintain a stable blood sugar level to prevent complications such as reduced sensation or poor circulation to your limbs. Maintain good general health and stop smoking. Smoking may accelerate deterioration of circulation to the leg and foot.

Daily Care

Your foot should be carefully washed every day using a mild nonmedicated soap. After showering, the foot should be dried carefully, especially between the toes. The temperature of bath water should always be tested before immersing your limb otherwise you may scald yourself. You should also avoid the extremes in temperature.

Dry skin should be moisturised daily, using a non-greasy cream. Avoid using moisturisers and powders between the toes as this could encourage excessive moisture in these areas. If you have any problems with your feet, consult your doctor.

Toenail Care

It is always best to have the remaining limb assessed by a podiatrist. They can advise you on the safety aspects of trimming your own toenails. People with

diabetes and poor circulation should not cut their own toenails, and should routinely see a podiatrist for toenail reduction.

Regular inspection

The foot and leg should be carefully inspected every day for any changes. Do not forget to check between and under the toes and the back of the heel. A mirror placed on the floor may be useful in inspecting the bottom of your foot. Consult your doctor if you notice any changes. Ask someone else to check your leg and foot if you have problems with your vision. If minor scratches or abrasions do not heal quickly (that is, within two days) consult your doctor.

Buying and wearing shoes and hosiery it is important that it fits properly straight away and that it does not hurt your foot in any way. Wear shoes as often as possible to avoid damaging your feet.

When choosing a shoe look for:

- As low a heel height as possible. The heel should be firm to provide the most support.
- Adequate room in the toe area, both in height and in width.
- Adequate length at least 1cm from the end of the longest toe, to the end of the shoe.
- Laces, straps or buckles are best.
- A cushioned, flexible sole.
- The same shape as your foot.



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Caring for your Residual Foot [CONTINUED]

When shoe shopping some handy tips are:

- Look for shoes towards the end of the day (mid afternoon).
- Take along the socks or hosiery that you would normally wear.
- If you have any insert or orthotic, remember to take this with you.
- Do not shop for shoes if your feet hurt.
- Buy shoes by fit and not size.
- Make sure you try them on properly fastened in the shop.
- Make sure the shoes do not hurt.

Shoes, if fitted properly, should not need to be "broken in".

Hosiery

Clean hosiery should be worn daily. Socks and stockings with tight elastic bands and garters should not be worn on the remaining limb as they may reduce circulation to the foot. Natural fibre socks, such as those made from pure cotton or wool, are best, as they will allow your feet to breathe.

Once you have had an amputation due to diabetes or vascular disease the likelihood of having your other foot or leg amputated increases. To lower your chances of a second amputation maintain a healthy foot.

Do not try to remove any corns or callouses with razor blades, scissors or chemicals. If you have callouses it means your shoes do not fit properly. Your podiatrist can remove corns and callouses safely.

All ulcers must be seen by a doctor, even small ones.

If you have any concerns please call your doctor or podiatrist immediately.



An Unhealthy Foot

- Blisters
- Inflamed skin
- Calluses
- Cracks & cuts
- Sores or ulcers



A Healthy Foot

- The heel is supple and without cracks
- No marks from poorly fitting shoes
- The toes are free of fungal infections
- The toe nails are trimmed and filed



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A MINDFUL WEEK

M

Say something kind to yourself.

T

Write down something you are grateful for.

W

Find a moment to take five deep breaths.

TH

Do a quiet and calming activity you enjoy.

F

Celebrate something you achieved this week.

S

Observe what you see, hear, and smell outside.

S

Something you can accomplish next week.



Queensland Ambulance Services Falls Information

Join us and the Queensland Ambulance Service (QAS) Falls Co-Response team for more information on what the team does and how they can help after a fall.

Queensland Ambulance Services Falls Information is a **Healthy Ageing Hub** event, empowering older people to confidently manager their own health and wellbeing in the community.

Date: Wednesday, 4 March 2026

Where: Ben Matthews Playground Community Centre
47-55 Ellen Street, Logan Central

Time: 10:00 am (includes morning tea)

RSVP: Please contact Lynda on 3290 4293 or email admin@afsg.org.au for catering purposes.



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Falls Prevention

Join us and Issi Bunker from Mater at home for simple, practical ways to reduce your risk of falls as you age. This session is designed to focus on balance, strength, home safety and confidence in everyday movement.

Falls Prevention is a **Healthy Ageing Hub** event, empowering older people to confidently manager their own health and wellbeing in the community.

Date: Wednesday, 1 April 2026

Where: Ben Matthews Playground Community Centre
47-55 Ellen Street, Logan Central

Time: 10:00 am (includes morning tea)

RSVP: Please contact Lynda on 3290 4293 or email admin@afsg.org.au for catering purposes.



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- When:** Wednesday, 25 February 2026
Wednesday, 25 March 2026 (Easter Bingo)
- Time:** 9.00am (9:30am heads down)
- Cost:** \$15 per person (includes 20 games, lunch & a lucky door ticket)
- Where:** Ben Mathews Playground
47-55 Ellen Street, Logan Central

RSVP is essential for catering purposes.

RSVP to Lynda on 3290 4293 by the Friday before each Bingo session.





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FREE

Chiropractic Care

Did you know that Chiropractors may help with neck pain, headaches, shoulder pain, back pain, arthritis, stiffness and soreness.

Date: Every Tuesday

Where: Ben Matthews Playground Community Centre
47-55 Ellen Street, Logan Central

Time: 10am to 1pm (by appointment only)

Please contact Lynda on 3290 4293 for an appointment.



MEMBERSHIP APPLICATION



☐ New

☐ Renewal

Name: _____ Surname: _____

Partner: _____

Address: _____

Suburb: _____ Post code: _____

Mobile: _____ Email: _____

Date of Birth: _____

Amputation level/s: _____

Cause of amputation: _____

Membership Contribution

Yearly membership - (1 July to 30 June)

☐ \$20 Individual

☐ \$30 Families/ Pensioner Families

☐ \$50 Organisations

☐ I would like to make a donation of \$ _____

☐ I would like someone to contact me about volunteering.

☐ I have paid via direct deposit to Heritage Bank | BSB: 638070 | Account: 11471050.
(Reference use first initial and surname).

☐ I have paid via paypal at www.amputeesqld.org.au

☐ I enclose my Cheque / Money Order to the value of \$ _____
for membership and/or donation.

Signature: _____

Date: _____

Please complete application and return to:

Amputees Queensland Inc.
PO Box 31, Kingston QLD 4114
Email: admin@afsg.org.au
Telephone: 07 3290 4293

A man with a prosthetic leg is surfing on a blue surfboard. He is wearing a black wetsuit and is captured in a dynamic pose, leaning forward as he rides a wave. The background shows a sunset or sunrise over the ocean, with a bright sun low on the horizon and a cloudy sky. The overall mood is one of freedom and achievement.

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“
*This is
a whole
new level of
freedom.*

Caleb

Genium X4.

#WhatsYourNextMove

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