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Health and wellness tips for your work, home and life—brought to you by the insurance and health care specialists at Cook, Hall & Hyde, Inc.

# Foot Health

## *The importance of proper footwear and foot care*

Footwear plays a big role in both the development and prevention of foot and toe problems.

### Why is Footwear Important?

An average day of walking brings a force to your feet equal to several hundred tons – that's a lot for your feet to endure on a daily basis. Proper footwear can prevent problems such as bunions, calluses, corns, hammer claw and mallet toe. Shoes that do not fit properly make these conditions worse or more painful.

### Buying Tips

The American Podiatric Medical Association (APMA) provides the following list of considerations when shopping for shoes:

- Try on shoes at the end of the day when your feet are at their largest.
- Measure both feet, and stand while being measured.
- Walk around the store to make sure the shoes fit well and are comfortable.
- Do not rely on the shoe breaking in before it fits comfortably.

- Buy shoes for the larger foot. Feet are seldom the same size.
- Ignore shoe size; pay attention to what feels best.
- Try on shoes when you're wearing the same type of socks or stockings you expect to wear with the shoes.

### General Foot Health Tips

The APMA provides these helpful tips on basic foot health:

- Don't ignore foot pain – it is not normal. If pain persists, see a podiatrist.
- Inspect your feet regularly – look for changes in color and temperature, cracks, cuts, peeling, scaling or growths.
- Wash your feet regularly – especially between the toes, and then be sure to dry them completely.
- Trim toenails straight across and not too short – be careful to not cut nails in

corners or on toes; this can cause ingrown toenails.

- Make sure your shoes are the right size – comfort is what's most important.
- Alternate shoes – don't wear the same pair every day.
- Avoid walking in bare feet – you'll be more prone to injury and infection.
- Be careful when treating foot ailments with home remedies – they can often turn a minor problem into a major one.



### Did you know...?

Disease, disorders and disabilities of the foot affect the quality of life and mobility for millions of Americans. Yet, most are unaware of the important relationship between foot health and overall health and well-being.