

Podiatry in Motion

Bay Area Foot Care

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Learn how to care for your feet!

Most Common Foot Problems and How You Can Avoid Them

There are lots of foot problems faced by people every day. Some may be caused by microorganisms, injuries and even congenital abnormalities. Although many foot problems are not severe, immediate attention is required.

To prevent such problems from occurring, you have to know which ones are more common and what preventive measures you can take.

The most widely known foot problem is the **athlete's foot**. Although athletes are the most at risk to this disease, do not be deceived into thinking it only happens to athletes!

Athlete's foot is a fungal

infection that may recur several times if not treated properly. It usually develops when the feet is not properly dried. Athlete's foot can be found in any part of the feet, including the nails.

To prevent succumbing to Athlete's foot, you have to keep your feet dry all the time. There are special foot powders that you can apply as well. Changing your socks or stocking everyday will also help. It's really all about foot hygiene.

Corns and calluses are also very common foot problems. The majority of people have this but some are more pronounced and severe.

Corns and calluses are direct

20100 Lake Chabot Road,
Ste 2
Castro Valley, CA 94546
510-581-1484

2299 Post Street,
Ste 205
San Francisco, CA 94115
415-292-0638

4000 Dublin Blvd.,
Ste 310
Dublin, CA 94568
925-556-4460

6600 Mercy Court,
Ste 150
Fair Oaks, CA 95628
916-459-4398

3010 Colby Street,
Ste 118
Berkeley, CA 94705
510-581-1484

www.bayareafootcare.com



Walking with you!



Flat foot is usually inherited / genetic

Most Common Foot Problems...

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results of friction or the rubbing together of two surface areas in the feet.

As a result, a thickened yellowish skin develops. To prevent this from happening, you have to wear the right kind of shoes; sometimes wearing a size bigger than your feet is most helpful. If you already have this, don't try to remove it yourself—especially if you have diabetes! Consult your

podiatric physician. Aside from seeking medical help you can always go to a nice spa and have your feet pampered.

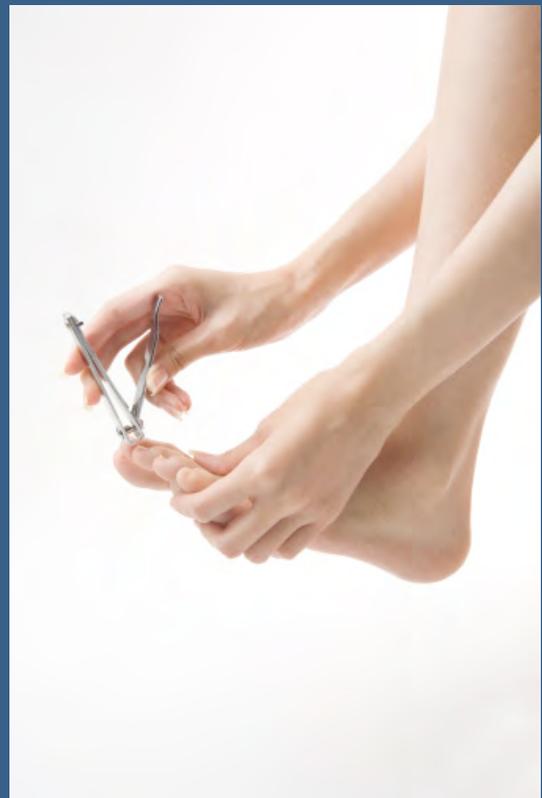
If you're fond of going to the salon and having your nails cleaned and polished, then you may know about this foot problem: **ingrown toenails**.

Ingrown toenails is caused by not cutting the nails properly. A portion of the

nail breaks apart from the skin, thus causing pain and even an itchy tingling feeling. If untreated, this may lead to infection. To avoid this you have to learn the proper way to cut your nails.

The last common foot problem is the so called **Pes Planus** or **Flat foot**. The term itself can be understood literally because it is how the feet will actually appear; flat to the ground without curves. Flat foot occurs due to several reasons but usually it is genetically related.

Other factors include having medical conditions and even a direct result of foot injury. To deal with flat feet, the person has to practice foot strengthening exercises and wear orthotics. □



Nails must be cut the right way to avoid getting ingrown toe nails

Foot Care for Diabetics

Our feet take us everywhere we go. They support our weight and allow us to move with ease. We often take our feet for granted, but for people with diabetes, the possibility of losing a foot due to severe infection is very real.

Foot wounds and foot ulcers which can lead to sepsis and foot amputations are some of the major yet preventable complications of diabetes. If you are a male, have had diabetes for 10 years or more, have poorly controlled blood sugar and other complications related to diabetes, you are even more at risk for foot ulcers and amputations than diabetics without these risk factors.

Why are diabetics more at risk for foot ulcers and amputations?

Individuals with diabetes are prone to having consistently elevated blood sugar levels. This may interfere with the nerves and sensation in the feet; a condition known as peripheral neuropathy. Because of this, diabetics may not be able to feel the presence of blisters or cuts on their feet until it is too late. These small injuries can become infected, leading to more serious complications. Elevated blood sugar levels can also interfere with circulation to the feet, so healing can take longer than usual.

Proactive foot care can help you avoid foot ulcers and keep your feet healthy and intact. Here are some of the things you can do to care for your feet:

Daily foot monitoring

- Individuals with diabetes should perform a close inspection of their feet every day. You can use a mirror to look at the soles of your feet. Check all the parts of your feet for reddened areas, ingrown toenails,



Inspect feet every day to check for signs of irritation

cracked heels, chafing, or other signs of irritation. If there are blisters or wounds, see your physician as soon as possible before an infection takes place.

Proper nail and skin care

- Diabetics should wash their feet daily with warm, not hot, water, and dry them with a soft towel or cloth, especially in between the toes.
- Trim your toenails straight, and file away sharp edges with a nail file.
- Lotion may be applied on the heels and over the tops of the feet, but never between the toes
- Corns, calluses and ingrown toenails are better left to a professional.

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Foot Care for Diabetics

Proper footwear

- Never go barefoot. Wear comfortable, well-fitted, low-heeled shoes and avoid shoes that rub on your heels or are unnecessarily tight in some areas.
- Break in new shoes slowly so as to prevent the formation of blisters and ulcers.

- Always visually inspect the inside of your shoes before putting them on. Any small objects or pebbles lodged are a potential source of injury.

An active lifestyle

- Engaging in regular physical activity is good for increasing circulation to the limbs as well as keeping blood sugar levels in check.□

Special Thanks

Thanks for reading our newsletter; we hope you've gained valuable insights!

For any enquiries regarding foot care or injuries, do feel free to contact **Bay Area Foot Care** (see details left).

Thanks for your support!