

# Podiatry In Motion

Bay Area Foot Care

October 2015 | Issue Number 34



Making the most of wet weather!

## Foot Care in Wet Weather!

With the changing of seasons, the weather becomes unpredictable especially during autumn. Rain might suddenly fall without any prior warning and our feet will become exposed to moisture. If the feet are in constant contact with water, bacteria and fungi will fester.

### Ways to Take Care of Your Feet in Wet Weather

The best way to take care of your feet is to always keep them dry! If water comes into contact with the feet, then dry them immediately. Use a clean towel to remove any moisture; be sure to include the gap between the toes when drying your feet.

You should also wear waterproof shoes if you expect rain while you're out. This way, the water will not penetrate to the interior of your footwear,

which will help in maintaining your feet's dryness.

Wearing open-shoes or flip-flops is not advisable when it is raining. Although moisture will not be trapped within the footwear, the feet will be exposed to water that may contain different microorganisms, and not all of these are good ones.

Bacteria can enter through the toe nails or the pores of the skin, which could cause unwanted infections.

Another important habit you should develop is to trim your nails occasionally. This way, you prevent dirt from accumulating underneath the toenails. It also lessens the risk of microorganisms entering the human body.

(cont'd next page)

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](http://www.bayareafootcare.com)



It's important to keep your feet dry

## Foot Care in Wet Weather! (Cont'd from previous page)

### Fussing over Feet?

As much as people tend to fuss over their hair, skin and other body parts, your feet should be just as important- They help you to get around from Point A to Point B!

At the end of the day, regardless whether it's rain or shine; summer or winter; proper foot care should be a year-round affair!♦

### Heel Fissures

Heel fissures are also referred to as cracked heels. For the most part, heel fissures are more of a cosmetic problem and a nuisance; however, those troubled with a weakened immune system or diabetes can have serious complications, such as an infection, as a result of these fissures.

Characteristic for their linear cut-like appearance, fissures typically affect only the surface level of the skin called the epidermis. If left untreated, they can penetrate deeper into the dermis of the skin, become painful and cause bleeding.

### Causes

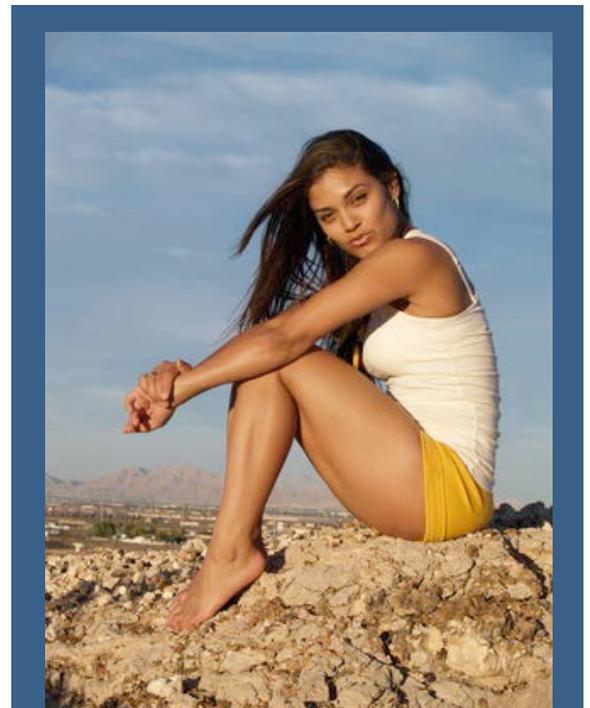
Anyone can be affected by heel fissures, but individuals who have a higher risk of fissure development tend to have one or more of the following characteristics:

- Living in a dry climate
- Obesity
- Consistent use of sandals or open-back shoes and walking barefoot
- Inactive sweat glands
- A callus (thick, dry skin) affecting the heel area that is prone to cracking due to constant feet activity
- Prolonged standing at home or work, especially on hard floors
- Other diseases or disorders, such as psoriasis, eczema, athlete's foot, diabetes, or thyroid disease
- Loss of skin elasticity associated with advanced age

(cont'd next page)



Watch out for cracked heels...



Living in a dry climate, and not wearing proper footwear, can cause heel fissures

## Heel Fissures (Cont'd from previous page)

- Poor fitting shoes
- Circumstances or conditions that are unhygienic
- Deficiency of vitamins or minerals

Commonly, individuals that are continuously on their feet exerting pressure to the heel area, and senior citizens, are affected by heel fissures.

### Treatment Options

Daily use of a pumice stone can decrease the thick, dry, and flaky layer of the skin. To improve the condition, shoes with strong shock absorption should be worn. Moisturizer should be applied to your feet at least twice a day. Wearing socks to bed after applying a moisturizer can help to retain moisture.

### Prevention

Whether you are trying to prevent heel fissures or keep them from worsening, regular moisturizing of the feet is necessary at all times. Avoid walking barefoot or wearing sandals, shoes with thin soles, or open-back shoes to keep the affected areas protected and properly supported.

### Home Remedies

Home remedies offer safe and cost effective solutions for heel fissures. There are many types of remedies that you can try until you find one that is suitable for your feet:

- Wash and dry the cracked areas of your feet and apply hydrogenated vegetable oil or shortening. Using a thick sock, cover your feet after application. Leaving this



Applying moisturizers can work wonders

application on overnight leads to positive results within a few days.

- Apply the pulp of a ripe banana to affected areas and leave in place for 10 minutes before rinsing. Repeat this application daily. For a thicker paste, add half an avocado or half of a coconut flesh to the banana and mix in a blender.

This paste provides your skin with essentials as avocados and coconuts are rich in fat-soluble vitamins and essential oils. Both applications can be used to prevent and treat heel fissures.

- To soothe and cure the bothersome fissures, apply a mixture of rosewater and glycerin to affected areas regularly.

(cont'd next page)

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](http://www.bayareafootcare.com)

## Heel Fissures (Cont'd from previous page)

- On a weekly basis, soak your feet in lemon juice for approximately 10 minutes. Lemon juice is a mild, natural acid that helps dissolve dry and dead skin for easy removal with a soft foot brush.
- Paraffin wax can be melted and mixed with a small amount of mustard oil. At bedtime, apply this mixture directly to the cracked areas of the heel and rinse in the morning. Desirable results can be noticed after continuous application for 10 to 15 days.

Remember, your podiatrist is here to help in the event that you need help with foot conditions! ♦

## 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!

### Attribution:

All images are from Fotolia.