

Podiatry In Motion

Bay Area Foot Care



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Obesity and its Effects on Foot Health

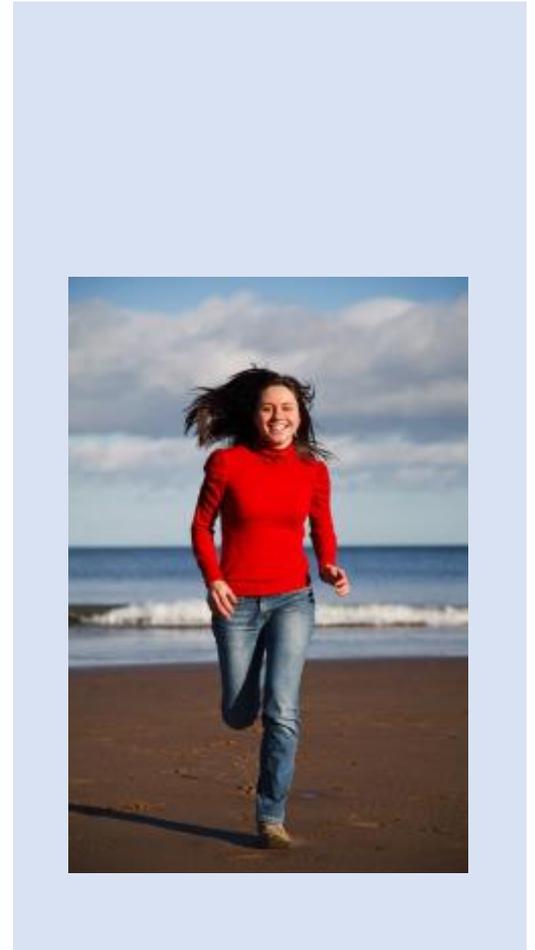
Our feet are responsible for carrying our body weight, and so one of the factors that can cause harm to our feet is obesity or being overweight.

Obesity is a state of increased and exceeding adipose or fat tissue mass. A combination of excess food intake and minimal energy output causes accumulation of fat. This may be caused by environmental, social, or medical factors.

As a person gains more weight than usual, it adds pressure to weight-bearing body parts such as your feet. As a result, it places a lot of stress on the feet, thus increasing their wear-and-tear. This may also cause foot deformities in the long run. A person may feel foot pain due to inflammation and edema that was brought by increased pressure on the muscles and veins.

Managing your weight

In order to prevent problems such as sore feet, weight management is the key! Diet, exercise, and positive behavior towards weight reduction will do the trick.



Nutrition plays a big part in weight management

You should start recording diet patterns, and having a diet diary will help you get on track.

Food-related behavior should be monitored carefully (such as avoiding fast-food, eating small but more frequent meals, eating a full breakfast) to ensure proper behavior and control over unhealthy food content.

Exercises should be done religiously and be gradually increased to a minimum of 150 minutes per week of moderate physical activity.

For those who are obese due to medical conditions (such as Diabetes Mellitus type 2 or congenital syndromes), approaching your doctor is the best idea because in some cases, medicines or surgeries should be part of your therapy.

Saving and preserving the quality of your feet will also spell quality of life. This is possible with fully functioning feet, which you can surely experience if your body is healthy overall! ♦

Blood Sugar and Foot Health

Diabetes cases are increasingly growing worldwide. This disease affects multiple organs, including our feet.

Diabetes Mellitus is a group of metabolic disorders characterized by increased blood sugar either due to insulin deficiency or resistance. This disorder causes neuropathy, particularly numbness on the extremities.

Increased blood sugar also changes the consistency of blood, causing it to have impaired blood flow. Glucose in blood also attracts many microorganisms once there is a break on the skin.

The foot is particularly of importance because it is prone to injury when not well taken care of. Sometimes injuries come unnoticed due to the numbness. Poor healing occurs as a result of poor circulation, and the build-up of microorganisms can cause a foot gangrene.

Diabetic Foot Care

These are the following foot care steps that you need to observe if you are diabetic:

1. Keep your blood sugar at a normal range by religiously adhering to your medical and diet regimen.
2. Inspect your feet everyday - check whether there are cuts, blisters, and swelling. Also check for any change in temperature.
3. Wash your feet daily and be sure to keep them dry, particularly between the toes.
4. Keep it soft and smooth by applying a thin layer of lotion on the top and bottom. Avoid putting lotion in between your toes.
5. Trim your toenails weekly.



6. Wear protective shoes and socks daily. Make sure that the lining inside the shoe is smooth and that no other objects are present inside.

7. Wear socks at night when your feet are cold and wear shoes on a hot day.

8. Keep your blood circulating by wiggling your toes and feet for 5 minutes, 2 to 3 times a day. Avoid crossing your legs and put your feet up when sitting or lying on your bed. Quit smoking.

9. Have your feet checked regularly by your health care provider.

Summary

If you have recently been diagnosed with diabetes, be sure to check with your health care provider about changes you need to make to your lifestyle. Protecting your feet is also important to prevent major problems in the future! ♦

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Special Thanks

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

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

Once again, thanks for your unwavering support!

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