

Steps to Healthy Feet

Feet are highly complex parts of our anatomy that supports us and gives us the ability to stand, walk and run. They can reflect our general state of health by signaling the onset of serious medical conditions such as diabetes, arthritis, and nerve and circulatory disorders. Unfortunately, many of us ignore these hard working extremities until problems develop. Begin a regimen of good care today to keep your feet healthy and pain free in the future.

Choosing the right footwear. Ill fitting shoes can place too much pressure on the skin or position the foot incorrectly. Footwear should support your feet and hold them firmly in place. Consider these tips when buying shoes:

- Have your feet measured. Foot width can increase with age so make sure your shoes are the right size.
- Don't sacrifice comfort for style. Shoes that are too tight or too high can cause undue pressure to areas of the foot.
- Select shoes with cushioned soles. They provide comfort and support, especially if you walk or stand for long periods of time.

Tips for at home foot care.

- Hygiene. Wash feet daily and dry thoroughly
- Examine your feet. Look for blisters, cuts and scratches, especially between your toes.
- Nail cutting. Keep toenails trimmed. Cut straight across to prevent ingrown nails.
- Keep feet warm. Wear stockings or socks and exercise to increase circulation.

Podiatric care. If you develop foot pain, incur an injury or suffer from a hereditary foot problem, you may need to consult a podiatrist. These physicians diagnose and treat a wide variety of foot and lower limb problems. A qualified podiatrist can diagnose and treat flat feet in children, ankle sprains and tendonitis and diabetic foot ulcers and infections.

Dr. McQuaid is a board certified foot and ankle surgeon practicing in Lakeport. He has training in all aspects of foot care and treatment including custom made arch supports. For an immediate appointment call Dr. McQuaid at 707-263-3727