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April is Foot Health Awareness Month



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Easter spells out beauty, the rare beauty of new life.

~S.D. Gordon



Bunnies are cuddly

April Is Foot Health Awareness Month



Top 10 Foot Problems

1. Plantar Fasciitis/Heel Pain

Plantar fasciitis is an inflammation of the long band of connective tissue running from the heel to the ball of the foot. Heel spurs are bony overgrowths on the heel bone. Painful steps first thing in the morning are common to 83.5 % of patients with plantar

The large and the small
But I like chocolate ones
The best of them all.
~Author Unknown



Q: How do bunnies stay healthy?
A: Egg-xercise!
~Author Unknown

FAQ FREQUENTLY ASKED QUESTIONS

FAQ's About Foot Care

How many people suffer from foot problems?

Studies show that 75% of the population will experience foot problems at some point in their lives.

Do women have more foot problems than men?

Women have about four times as many foot ailments as men; high heels are frequently to blame. Women should limit the time they wear pumps with heels higher than 5 cm/2 in., and alternate these with good-quality sneakers or flats for part of the day.

fasciitis or heel spur.

2. Bunion

Bunions are an enlargement at the base of the big toe, caused by a misalignment of the joint. They tend to be hereditary, but can be aggravated by shoes that are too narrow in the forefoot. Surgery is frequently recommended.

3. Ingrown Toenail

When nail corners dig painfully into the skin, they have become ingrown. They are caused by improper nail trimming, as well as by shoe pressure, tight socks/stockings, injury, fungus infection, heredity and poor foot structure. Women are 50% more likely to have ingrown toenails than men.

Trim nails straight across and select proper shoe sizes and styles to help prevent them.

4. Athlete's Foot and Onychomycosis

Athlete's foot is a common infection of the skin characterized by itching, scaling, redness and the formation of small blisters. In general, the lesions start between the toes and can extend to the borders and bottom of the foot. The fungus has the potential to spread to the toenails, causing them to become thickened, discolored and painful. In this case the infection is called onychomycosis. A warm, dark and humid environment encourages fungal growth. The infection can be picked up anywhere where bare feet come in contact with the fungus. A podiatrist may prescribe anti-fungal medications to treat athlete's foot.

5. Corn or Callus

A corn or callus is a build-up of skin that forms at points of pressure or over bony prominences on your foot. Calluses form under the foot; corns form on top of the foot or between the toes. They afflict 37 out of 1,000 men, and 91 out of 1,000 women. Wearing supportive shoes with a wide toe box and a low heel helps alleviate them.

6. Hammertoe

Are people born with foot problems or do they develop later?

The American Podiatric Medical Association estimates that only a small percentage of foot problems are genetic. Foot problems often develop because of neglect and poor understanding of proper foot care. Common causes include ill-fitting shoes and constantly wearing high heels.

How much sweat do feet produce in a day?

Your feet contain about 250,000 sweat glands, which can produce as much as 250 mL/1 cup of moisture a day.

How should toenails be trimmed?

Trim your toenails straight across and leave them slightly longer than the tips of your toes. Don't cut nails in the corners or on the sides as this can lead to ingrown toenails.

What are orthotics?

Orthotics are custom-made shoe inserts which prevent abnormal foot motion and encourage the foot muscles and tendons to perform more efficiently. They can help treat flat feet, high arches, heel pain, bunions and even callus formation.

My children don't have any foot pain. Why should I take them to a podiatrist?

Children may have structural imbalances of the feet that may go unrecognized and can lead to deformities and imbalances within the skeletal system. Early detection can lead to fewer difficulties as your child grows up.

Does a broken toe need medical attention?

When a toe is bent in a claw-like position, usually because of a muscle imbalance, it is called a hammertoe. Selecting shoes and socks that do not cramp the toes will avoid aggravating the condition.

7. Flat Foot/Fallen Arches

A flat foot is a structural deformity that causes the lowering of the arch of the foot. Painful fallen arches or high arches may need treatment such as custom orthotics or surgery. People with flat feet may have ankle, knee or low back pain.

8. Plantar Warts

Warts invade the skin through small cuts and abrasions. They are often mistaken for corns or calluses, which are layers of dead skin that build up on an area of the foot that is constantly irritated. Warts, however, are caused by viral infections. They can be painful, particularly if they develop on weight-bearing areas. The virus thrives in moist, warm areas, which is why infection is common at bathing facilities.

9. Neuroma

A neuroma is an enlarged benign growth of nerves, commonly between the third and fourth toes. This can result in pain, burning, tingling or numbness between the toes and in the ball of the foot. Poorly fitting shoes, high heels, trauma and heredity can all be causes.

10. Achilles Tendonitis

Athletes who over train or don't do warm-up exercises can experience an irritation and inflammation of the tendon that attaches to the back of the heel bone. It can be treated with ice, rest, aspirin and anti-inflammatory medications. Chronic pain or any swelling should be professionally evaluated.

Yes. Prompt attention will help prevent improper healing and deformed toes with painful corns. Seek prompt treatment for injuries to foot bones.

Can serious medical problems first show up in the feet?

Your feet mirror your general health. Conditions such as arthritis, diabetes, nerve and circulatory disorders can show initial symptoms in the feet, so foot ailments can be your first sign of more serious medical problems.

What's the best exercise for your feet and overall health?

Walking is the best exercise for your feet.

How many bones are in your feet?

The 52 bones in your feet make up about one-quarter of all the bones in your body. Together, they also contain 66 joints, 214 ligaments and 38 muscles.



for Healthy Feet

1. Don't ignore foot pain. It isn't normal. See your podiatrist if pain persists.

2. Inspect your feet regularly, paying



Quiz on General Foot Health

1. People with diabetes should inspect their feet daily. **(True)**
People with diabetes can develop numbness in their feet that they are unaware of. When the feet are numb, the patient can have injuries that go undetected which could develop into serious problems unless daily foot inspections are performed. Early diagnosis greatly improves the chances of successful treatment.

2. If your toes always burn or are numb your shoes are just too tight. **(False)**
Burning pain or numbness in the toes or the ball of the foot could indicate a nerve inflammation such as a neuroma and should be evaluated by a podiatrist.

3. Bunions may be inherited. **(True)**
A bunion is a bone deformity of the foot that is genetically related. High-heeled, pointy-toed shoes tend to aggravate the area and encourage bunions to form sooner. Some forms of trauma may also cause bunions. If a bunion is painful or is growing larger you should consult a podiatrist.

4. A bunion is a dislocation of the big toe joint. **(True)**
A bunion is an enlargement at the base

attention to changes in colour and temperature. Look for thick or discoloured nails, which is a sign of developing fungus. Check for cracks or cuts in the skin. Peeling or scaling on the soles of the feet can indicate athlete's foot. Any growth on the foot is not normal.

3. Wash your feet regularly, especially between the toes, and be sure to dry them completely.

4. Trim toenails straight across, but not too short. Cutting nails at the corner or along the sides can lead to ingrown toenails.

5. Don't pop blisters. Instead, cut a hole in a thin piece of foam to protect the blister, or cover it with a protective soft gel dressing to prevent infection and speed up the healing process.

6. Make sure your shoes fit properly. Buy new shoes later in the day when feet tend to be at their largest. Have your feet measured while standing and if your feet are different sizes, buy shoes in the size of the larger foot. Beware of shoes that need to be "broken in."

7. Alternate your footwear. Don't wear the same pair of shoes every day. When travelling, pack several pairs.

8. Maintain your shoes. Run-down heels put uneven pressure on your feet, which can translate into pains throughout the body.

9. Don't forget to apply sunscreen to the tops of your feet.

10. Apply ice if you suspect a fracture, sprain or dislocation in your feet. Do not use heat or hot water, which promotes blood

of the big toes caused by a misalignment of the joint that may become swollen, tender and painful when wearing shoes. The big toe bends toward the other toes and may become stiff and sore, making wearing shoes difficult or impossible.

5. Swelling, redness and pain around a toenail are signs of an ingrown nail. **(True)**
Toenails should not be painful. Pain or redness surrounding the nail is frequently a sign of infection caused by an ingrown toenail and should be inspected by a podiatrist.

6. Toenails should be rounded when cut to avoid snagging socks and stockings. **(False)**
The corners of toenails should be visible after cutting or trimming. Improper nail trimming causes most ingrown toenails.

7. If you have pain and swelling in your feet it may indicate a stress fracture and should be treated medically. **(True)**
Stress fractures can occur without any specific injury being identified as the cause. Pain can arrive suddenly or slowly develop over time. Pain and swelling should be evaluated by a podiatrist.

8. Experiencing heel pain first thing in the morning is normal. **(False)**
Heel pain when first arising in the morning is not a sign of old age that should be accepted as being normal. Evaluate your shoes for proper support and reduce activity for at least a week. If pain persists, you should be evaluated by a podiatrist.

9. Ankle sprains should heal within one week. **(False)**
Ankle sprains can result from ligament damage, which, if ignored,

flow and greater swelling.

can cause chronic pain or arthritis. Proper evaluation by a podiatrist should be done to rule out fractures and avoid permanent injury.

10. Women suffer four times more foot trouble than men.

(True)

Studies show that women suffer more frequently from foot trouble because of improper shoe selection and heredity. Women should receive annual foot exams from a podiatrist in an effort to avoid injury.

11. Shoes must be broken in to be comfortable. (False)

A shoe that is properly constructed and fitted correctly should be comfortable when it is first worn. A shoe that causes discomfort or pain when first purchased is most likely to remain painful and could cause damage to your feet.

12. Foot pain is natural, and everyone should expect to experience it at one time or other in their life. (False)

Foot pain is not normal and should be evaluated whenever it is severe or persistent. If the source of the pain is not easily identified or resolved, it should be treated by a podiatrist before permanent damage occurs.

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