
Foot Health Tips

1. Don't ignore foot pain—it's not normal. If the pain persists, see a podiatric physician.
2. Inspect your feet regularly. Pay attention to changes in color and temperature of your feet. Look for thick or discolored nails (a sign of developing fungus), and check for cracks or cuts in the skin. Peeling or scaling on the soles of feet could indicate athlete's foot. Any growth on the foot is not considered 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. Be careful not to cut nails in corners or on the sides; it can lead to ingrown toenails. Persons with diabetes, poor circulation, or heart problems should not treat their own feet because they are more prone to infection.
5. Make sure that your shoes fit properly. Purchase new shoes later in the day when feet tend to be at their largest and replace worn out shoes as soon as possible.
6. Select and wear the right shoe for the activity that you are engaged in (i.e., running shoes for running).
7. Alternate shoes—don't wear the same pair of shoes every day.

8. Avoid walking barefooted—your feet will be more prone to injury and infection. At the beach or when wearing sandals, always use sunblock on your feet just as on the rest of your body.

9. Be cautious when using home remedies for foot ailments; self-treatment can often turn a minor problem into a major one.

10. If you are a person with diabetes, it is vital that you see a podiatric physician at least once a year for a check-up.

Your podiatric physician/surgeon has been trained specifically and extensively in the diagnosis and treatment of all manner of foot conditions. This training encompasses all of the intricately related systems and structures of the foot and lower leg including neurological, circulatory, skin, and the musculoskeletal system, which includes bones, joints, ligaments, tendons, muscles, and nerves.

FACTS YOU NEED TO KNOW

Obesity



Your podiatric physician should know if you have any condition related to obesity.

Obesity is defined as excess (fat) adipose tissue. Obesity is a leading cause of United States mortality, morbidity, disability, healthcare utilization and healthcare costs. It is likely that the increase in obesity will strain our healthcare system with millions of additional cases of diabetes, heart disease and disability.

Obesity is a disease that affects over one-third of the adult American population (approximately 72 million Americans¹). The number of overweight and obese Americans has increased since 1960, a trend that shows no sign of slowing down. Today, 66.3 percent of adult Americans (about 200 million) are categorized as being overweight or obese. Since 1960, adult Americans have increased average heights by 1 inch and average weight by 25 pounds. In 1963 a ten year old boy weighed, on average, 74.2 pounds. Now the average boy weighs 85 pounds.

Each year, obesity causes at least 112,000 excess deaths in the US.* A study published in the August 24, 2006 New England Journal of Medicine showed increase risk of death among both men and women who were overweight but not obese. Obesity has been associated with numerous, adverse health effects. They include: type 2 diabetes, high cholesterol, hypertension, gallstones, fatty liver disease, sleep apnea, GERD, stress incontinence, heart failure, degenerative joint disease, birth defects, miscarriages, asthma, [cancers in men](#) (esophageal, colorectal, liver, pancreatic, lung, prostate, kidney, non-Hodgkin's lymphoma, multiple myeloma and leukemia), and [cancers in women](#) (breast, colorectal, gallbladder, pancreatic, lung, uterine, cervical, ovarian, kidney, non-Hodgkin's lymphoma and multiple myeloma).

* Katherine M. Flegal; Barry I. Graubard; David F. Williamson; Mitchell H. Gail. Excess Deaths Associated With Underweight, Overweight, and Obesity- JAMA, April 20, 2005; 293: 1861 - 1867.

How does my weight relate to type 2 diabetes?

Carrying extra body weight and body fat go hand and hand with the development of type 2 diabetes. People who are overweight are at much greater risk of developing type 2 diabetes than normal weight individuals. Being overweight puts added pressure on the body's ability to properly control blood sugar using insulin and therefore makes it much more likely for you to develop diabetes. Almost 90% of people with type 2 diabetes are overweight. The number of diabetes cases among American adults jumped by a third during the 1990s, and more increases are expected. This rapid increase in diabetes is due to the growing prevalence of obesity and extra weight in the United States population.

Your Podiatric Physician

As a member of the health care team, your doctor of podiatric medicine (DPM) is vitally concerned.