

# FOOTNOTES 2007

NEWS YOU CAN USE FOR FALL 2007

## The Facts about Feet

Knowing the truth can keep your feet healthy.

"Don't cross your eyes, they'll stay that way!"

Old wives' tales and myths like that example are fun to laugh at. But there are other myths that are no laughing matter, especially when they involve your health. Some foot care myths are so common we may think they're fact. Instead, this only causes problems in keeping our feet healthy.

Some believe that cutting a notch (a "V") in an ingrown toenail relieves the pain. Not only does this not relieve the pain, it may actually cause greater problems and discomfort. If you have an ingrown toenail, call our office to schedule an appointment. In many cases, a simple 10-minute surgical procedure will ease the pain and cure the ingrown toenail permanently.

Have you heard that walking on an injured foot means it isn't broken?

However, it is possible to walk on a broken foot or ankle, depending on the severity of the injury and your threshold for pain. Not only can walking on a broken foot make the injury worse, it can also lead to serious complications. Stay off an injured foot until it's examined by your foot and ankle surgeon.

Another myth is that shoes cause bunions, which is not the case. Although wearing shoes that crowd the toes together can, over time, make bunions more painful, bunions are most often caused by an inherited faulty mechanical structure of the foot. Only surgery can correct a bunion.

We've heard some say that a doctor can't fix a broken toe. The truth is that broken toes left untreated may develop arthritis or become deformed, making wearing shoes and walking difficult. It



is important to see your foot and ankle surgeon if you think your toe may be broken.

Has someone told you that foot pain is normal as we get older? The reality is that foot pain is not normal at any age. Your foot and ankle surgeon can provide relief for many painful conditions such as arthritis, corns, bunions, hammertoes, and complications of diabetes. Call our office to schedule an appointment. 🍀

## People with Diabetes Need to Keep Feet Fit

Fall brings changing leaves, cooler weather and the start of the holiday season. It also brings National Diabetes Awareness Month in November and a good time for a reminder about the importance of foot care to those who have this disease.

Diabetes can be dangerous to your feet – even a small cut could have serious consequences. To avoid serious foot problems, follow these prevention tips and schedule check-ups with our office on a regular basis.

For more guidelines and information on diabetes, go to [www.FootPhysicians.com](http://www.FootPhysicians.com).

**Inspect your feet daily.** Check for cuts, blisters, redness, swelling, or nail problems. Call our office to schedule an appointment if you notice anything.

**Moisturize your feet.** Use a moisturizer daily to keep dry skin from itching or cracking. But DON'T moisturize between the toes – this could encourage a fungal infection.

**Wear socks to bed.** If your feet get cold at night, wear socks. Never use a heating pad or hot water bottle.

**Keep your feet warm and dry.** Don't get your feet wet in snow or rain. Wear warm socks and shoes in the winter.

**Shake out your shoes and boots** Remember, you may not feel something in your shoe – so always look inside before putting them on. 🍀

# Parents: Are Your Kids Wearing the Right Shoes?

Did you know your child's feet can grow up to two sizes in six months? You need to account for growth when buying shoes. But don't buy shoes that are too big – oversized shoes cause the foot to slide forward, putting excessive pressure on the toes. A good fit is about a finger's width from the end of the shoe to the tip of the big toe. Check to see that the toe box flexes easily and the shoe doesn't bend in the middle of the sole. Don't let your child choose shoes if they already feel tight and uncomfortable in the store – they won't fit any better when you get home.

If you haven't checked your child's shoes recently, now is a good time. Follow these basics of a good fit:

- Look for proper cushioning and arch support. Shoes lose their shock absorption over time.

- Wear and tear around the edges of the sole usually means it's worn out and needs to be replaced.
- Shoes that are too tight can cause blisters, corns and calluses on your child's toes, blisters on the back of the heels or ingrown toenails.
- Children with flat feet need shoes with a wide toe box, maximum arch support and shock absorption. The best shoes to buy are oxford, lace-up shoes that have enough depth for an orthotic insert, if necessary.

The basics of a good fit also apply to athletic shoes. Also, for comfort and injury prevention, children who regularly participate in a sport should wear shoes designed specifically for the demands of that sport. For example, tennis shoes are designed for side-to-side motion. When shopping for a general athletic shoe,



cross trainers are a suitable choice. If specific socks are required as part of a uniform, have your child wear these socks, or ones of the same thickness, to try on the shoes.

If a child is having trouble walking and running, and is experiencing pain despite properly fitting shoes, a check-up by a foot and ankle surgeon is advised. 🍌

