

## **Don't Play The Fool, Get Acquainted With Your Feet April Is Foot Health Awareness Month**

(NAPSA)—By mid-life most people have traveled at least 75,000 miles on their feet. Doctors of podiatric medicine, skilled in understanding the way the foot works and ways of correcting foot ailments, believe that most people take their feet for granted. So the American Podiatric Medical Association (APMA) has created a way to bring Americans up to speed on the care feet need, so we can maintain an active, healthy, and independent lifestyle as we age.

By designating April, each year, as Foot Health Awareness Month, the APMA proudly stands behind the notion that foot health is vital to, and indicative of, our overall physical condition. Their commitment to preventative foot care has made this year's foot health education campaign interactive. Through their Web site, toll free number and other outreach networks the association is challenging the public with "The 75,000 Mile Checkup" designed to calculate the miles you've put on your feet; and the "Jump Feet First Into Fitness" free brochure

recommending people see a foot and ankle specialist, before beginning any strenuous exercise.

"Seventy-five percent of the American population will develop foot health problems during their lives. Only a small percentage were born with foot problems; leaving the rest of the cases that my colleagues and I see linked to personal neglect and lack of understanding when it comes to the question of what is best for good foot health," relates seasoned podiatric physician Ronald Jensen, DPM, Chair of APMA's Public Education and Information Committee that spearheads April's foot health alert. "Basically, we want to get the message out that foot pain is not normal, and that, if feet do hurt, a podiatric physician can help."

As part of their month-long effort to educate the average American about taking care of his/her feet, APMA is offering a quiz on heel pain, *the number one reason* people see a podiatrist.

For more information, contact the APMA at 301-581-9221 or on the Web at [www.apma.org](http://www.apma.org).

### **Yes-or-No Quiz on Plantar Fasciitis (Heel Pain)**

1. Do you experience heel pain first thing in the morning? If so, does walking relieve the pain?
2. Do you have heel pain when you rise after sitting for a prolonged period of time?
3. Do you have heel pain during or after driving?
4. Have you ever successfully used over-the-counter anti-inflammatory medication for relief of heel pain?
5. Does your heel hurt after physical activity?
6. Have you suffered from heel pain for more than a month?

If you answered yes to three or more of these questions you may need to consult a podiatrist for a foot evaluation. To find a podiatrist near you, visit APMA's Web site at [www.apma.org](http://www.apma.org) or call 1-800-FOOTCARE (366-8227) for more foot health information.



*Editor's Note: April is Foot Health Awareness Month*