



# HEALTH AWARENESS

## Pain-Free Feet Key To Active Lifestyle For Older Americans

(NAPSA)—When it comes to preventing foot pain, a few steps in the right direction can make a big difference in your life and health.

According to the American Podiatric Medical Association, more than 50 percent of Americans suffer from foot pain. Some studies indicate that among older Americans, foot pain is even more prevalent, affecting nearly nine out of 10.

Foot pain can lead to a variety of problems, such as knee and lower back pain, a reduced quality of life and a curtailment of everyday activities. For the elderly, repercussions can be even more significant.

It could be the first sign of such serious conditions as arthritis, diabetes and nerve or circulatory disorders and should be promptly evaluated by a physician.

In addition, research published in the *Journal of the American Geriatrics Society* showed that musculoskeletal pain is a substantial risk factor for falls in older women with disabilities. According to a recent survey by the American Podiatric Medical Association, 19 percent of Americans say foot pain has kept them from daily activities such as going to work or to the gym. The number soars to 29 percent for people between 51 and 60.

Dr. Lori Weisenfeld, clinical advisor to the American Running and Fitness Association and a podiatrist affiliated with Mount Sinai Medical Center, offers these tips to keep feet in top shape:

- Make sure your shoe size is right. As you age, your feet flatten out. People over 40 can gain half a shoe size every 10 years.

- Don't ignore foot pain. Chronic foot pain should be evaluated by a physician. Common foot and ankle strains that can keep you from an active life also should



**To reduce the risk of falls and preserve an active lifestyle, it's important that older people take steps to keep feet pain free.**

be addressed. You can use a topical analgesic such as Synovium from ProFoot Footcare Products. The only topical analgesic specifically formulated for absorption into the skin found on feet and ankles, it contains capsaicin for the temporary relief of minor muscle and joint aches and pains and increased circulation, and glucosamine, a natural compound that refreshes cartilage and lubricates joints.

- Use insoles and inserts. Aging feet have less padding, especially on the balls of feet, reducing their ability to absorb impact. Consider an insole that can mold to the contours of your feet, such as ProFoot's "2 oz. Miracle."

- Make sure the skin on your feet stays hydrated. The body's ability to produce oils declines with age. Dry skin can lead to painful cracks and fissures. A moisturizer specifically formulated for feet is ProFoot's Superior Moisturizing Heel Rescue Foot Cream.

- Keep blood circulating. Put feet up when sitting or lying down. Treat yourself to a warm (never hot) footbath.

You can learn more about foot care online at [profootcare.com](http://profootcare.com).