

# Foot News And Notes

## Seniors: Prevent Falls By Fixing Painful Feet

(NAPSA)—Older adults shouldn't live with foot pain, especially when it can increase their risk for dangerous falls. That's why the American College of Foot and Ankle Surgeons (ACFAS) is urging Americans aged 65 and older to seek treatment for painful foot conditions that can put them at risk for falling.

Government health officials recently announced that falls have become the leading cause of injury deaths for senior citizens. When your feet hurt, it becomes more difficult to maintain your balance, more difficult to walk and easier to fall.

"Reducing or eliminating foot pain in seniors improves their balance, coordination and stability when walking or standing," says Molly S. Judge, DPM, FACFAS, a foot and ankle surgeon from Toledo, Ohio. "Just one fall can permanently rob seniors of their independence and dramatically reduce their quality of life."

A number of conditions can cause foot pain in older adults, including arthritis, corns, bunions, hammertoes, complications of diabetes and other foot ailments.

Dr. Judge says foot and ankle surgeons can recommend conservative pain-relief measures such as stretching exercises or padding for



painful corns and hammertoes. When surgery is the most appropriate treatment, simple surgical techniques can frequently be performed on an outpatient basis.

"It's just not true that foot pain is a normal consequence of growing older," says Dr. Judge. "No one should let pain hold them back from leading a full and active lifestyle."

For reliable health information on foot and ankle conditions, or to locate a foot and ankle surgeon nearby, visit [FootPhysicians.com](http://FootPhysicians.com).