

Good Medicine

Top Ten Foot Care Resolutions For The New Year

(NAPSA)—Take the right steps in the New Year to take better care of your feet. The American Podiatric Medical Association (APMA) has created the following 10 resolutions for better foot care this year:

1. Don't ignore foot pain, it is not normal. If any pain persists for more than a week, see a podiatric physician.

2. Have new shoes fitted periodically to make sure you are wearing the correct size. Don't just rely on the size you have "always been," but get fitted and be sure.

3. Inspect your feet regularly. Pay attention to changes in color and temperature of your feet. Look for thick or discolored nails, and check for cracks or cuts in the skin.

4. Wash your feet regularly, especially between the toes, and be sure to dry them completely.

5. When you come in from out of the cold don't use hot water to warm your feet. Start out with tepid water and increase the temperature slowly to avoid burning your feet.

6. Alternate shoes—don't wear the same pair of shoes every day.

7. Avoid walking barefoot;



your feet will be more prone to injury and infection.

8. Select and wear the right shoe for the activity that you are participating in (i.e., running shoes for running).

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 podiatrist at least once a year for a check-up.

For more information on foot care please visit www.apma.org or call 1-800-FOOTCARE (366-8227) for a free brochure.