
Foot Health Tips

1. Don't ignore foot pain—it's not normal. If the pain persists, see a podiatric physician.
2. Inspect your feet regularly. Pay attention to changes in color and temperature of your feet. Look for thick or discolored nails (a sign of developing fungus), and check for cracks or cuts in the skin. Peeling or scaling on the soles of feet could indicate athlete's foot. Any growth on the foot is not considered normal.
3. Wash your feet regularly, especially between the toes, and be sure to dry them completely.
4. Trim toenails straight across, but not too short. Be careful not to cut nails in corners or on the sides; it can lead to ingrown toenails. Persons with diabetes, poor circulation, or heart problems should not treat their own feet because they are more prone to infection.
5. Make sure that your shoes fit properly. Purchase new shoes later in the day when feet tend to be at their largest and replace worn out shoes as soon as possible.
6. Select and wear the right shoe for the activity that you are engaged in (i.e., running shoes for running).
7. Alternate shoes—don't wear the same pair of shoes every day.

8. Avoid walking barefooted—your feet will be more prone to injury and infection. At the beach or when wearing sandals, always use sunblock on your feet just as on the rest of your body.

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 podiatric physician at least once a year for a check-up.

Your podiatric physician/ surgeon has been trained specifically and extensively in the diagnosis and treatment of all manner of foot conditions. This training encompasses all of the intricately related systems and structures of the foot and lower leg including neurological, circulatory, skin, and the musculoskeletal system, which includes bones, joints, ligaments, tendons, muscles, and nerves.

FACTS YOU NEED TO KNOW

CONQUERING SMOKING



Your podiatric physician should know if you smoke. Did you know that smoking reduces healing time and constricts circulation?

Most smokers want to quit. They know cigarettes threaten their health, set a bad example for their children, annoys non-smokers, and cost a lot of money.

Quitting smoking isn't easy, but millions have quit. Anyone who is determined to quit, can.

List all the reasons you want to quit. Don't worry about how difficult it *might* be. SET A TARGET DATE FOR QUITTING.

Two weeks before this date switch to a brand you don't like, and keep changing every few days. Don't buy a new pack until you finish the one you're smoking. Stop carrying a lighter. Watch in the mirror as you light each cigarette. Do not empty the ashtrays.

On the day before you quit try to smoke 4 packs, saving all the cigarette butts in water in a quart jar. Tell your friends and family that you are quitting.

On the day you quit throw away all the cigarettes, matches, lighters, and ashtrays. Make a list of things you want to buy or places you want to go with the money you can save. Keep very busy -- go to a movie, the library, church, take long walks, eat in the non-smoking section of a restaurant. Have the dentist clean your teeth to remove all cigarette stains.

The first few days after you quit spend as much time as possible in places where smoking is prohibited. Drink 8-10 glasses of water daily. Avoid alcohol and coffee. Keep a pencil, plastic straw, or similar object in your hand. Try sugarless gum or mints. Brush your teeth immediately after each meal. Temporarily avoid situations that trigger your urge to smoke. If you must be in a situation where you'll be tempted to smoke, stick close to the non-smokers. Change the habits of your lifestyle to make smoking difficult, impossible, and *unnecessary*. Exercise regularly. Keep your hands busy. Find activities that are difficult to do when smoking. Get plenty of rest. Pay more attention to your appearance.

Don't let **anyone** smoke in your home. TAKE ONE DAY AT A TIME.

When you get the "urge" chew on such items as carrots, pickles, sunflower seeds, apples, celery, sugarless gum, etc.

- ◆ Never allow yourself to think that "one won't hurt" -- it will.
- ◆ Periodically, write down new reasons why you are glad you quit.
- ◆ Reward yourself for not smoking.
- ◆ Know that you can save enough money for a great vacation instead of spending your hard earned money on cigarettes.
- ◆ Buy yourself some new clothing
- ◆ Throw out all ash trays from your home and clean out the one in your car
- ◆ Vow you won't smoke in your car and throw away all cigarette lighters.

One last thing...

Most people who quit do not gain weight. Giving up cigarettes is far healthier for you than adding a few extra pounds.

If you try to quit and fail -- KEEP TRYING. Don't feel guilty.

Your Podiatric Physician

As a member of the health care team, your doctor of podiatric medicine (DPM) is vitally concerned about hypertension (high blood pressure) and vascular disease (heart and circulatory problems), which can all be attributable to smoking in some cases.

Because you are a patient, your podiatric physician and surgeon is interested in all aspects of your health and your treatment program for the best outcomes of your care.