

# HEALTHWISE

Advice From The American Podiatric Medical Association

## Keeping Up With Your Feet

(NAPS)—You may be better able to put your best foot forward, whatever the weather, if you heed a few hints.

The American Podiatric Medical Association has ten tips to keep busy and active people on their feet for many years:

- When you're going to be on your feet a long time, wear comfortable, properly fitting shoes.
- Make sure that your shoes are not too short. A good rule to follow: while you are standing, your shoe should be a thumb's width longer than your big toe.
- Never sacrifice good fit for fashionable shoes.
- If the weather is bad, wear shoes that keep your feet dry and warm. Be certain that your shoes have a sole that prevents you from slipping.
- When carrying heavy packages, distribute evenly to avoid undue stress on the feet and maintain balance.
- Feet tend to swell at the end of a day of heavy activity such as shopping, so elevate the feet and legs to reduce swelling.
- If your feet are cold when coming in from the outdoors, warm them gradually. Put on dry socks and shoes. Never use hot water or heating pads to warm the feet.
- If your feet perspire heavily or remain damp, take extra precautions to keep them dry. Lightly



**Take extra steps to take care of your feet when the weather turns cold.**

powder your feet with talcum powder and wear dry socks and shoes.

- Excessive dry skin that cracks can also be a common problem when you're running around more than usual. Use moisturizers to help avoid cracking, especially around the heels that can lead to bleeding and infection.
- Select absorbent socks to keep your feet dry and warm.
- Don't walk or stand around the house barefoot. It is easy to spill, step on, or drop things on your feet that can result in serious injury.

To request a free booklet on foot health you can call 800-FOOTCARE and for more information visit the APMA's Web site at [www.apma.org](http://www.apma.org).