



Foot and toenail disorders affect more than 80% of the population. Proper foot care can help prevent bunions, corns, calluses, bacterial and fungal infections, and bone spurs.

I would like to begin offering a monthly foot care clinic at Sacred Heart. A team from Trinity would come to Sacred Heart and provide basic foot care. This is a very nice service for those who would like to have their nails trimmed, for diabetics, or anyone who might want to have their feet pampered. Appointments would be made and there is a small fee for the service. I would like to hear from those who might be interested and if we have enough support, I would like to start the clinic in the next month or two. Please let me know if this is something that interests you.

## Tips for Maintaining Healthy Feet!

Research has shown that certain preventative measures can considerably reduce the number of foot complications.

### **Wash your feet everyday**

- Wash your feet in warm (not hot) water every day

Dry your feet well. Be sure to dry between the toes

### **Check your feet every day**

- Examine your feet and toes every day for cuts, blisters, red spots, bruises and swelling

If you have diabetes, consult regularly with your health care team to keep your blood sugar within a good range

### **Keep the skin soft and smooth**

Apply a thin coat of good moisture retention cream over the tops and bottoms of your feet but not between your toes

### **Wear Shoes and Socks at all times**

- Never walk barefoot. Wear comfortable shoes that fit well. Your shoes are the first lines of defense in protecting your feet

Wear thick, soft cotton or wool socks to protect and cushion your feet

### **Keep the Blood Flowing to your Feet**

- Put your feet up when sitting
- Exercise by wiggling your toes and moving your ankles up and down for 4 to 5 minutes, 2 to 3 times per day
- Don't cross your legs for long periods of time

### **Don't smoke**

### **See your doctor right away if you notice any of the following:**

- an injury that doesn't heal or becomes infected
- any part of your foot or leg that turns blue or black
- pain when walking that is relieved by rest
- reduced sensation to pain or extreme temperatures
- any unusual coldness, cramping, numbness, tingling or discomfort in

Article by: Julie Frutiger, Parish Nurse