



# Spring/Summer Tips for your Toes

**Knowledge is prevention; knowing what to do and doing it can help prevent foot problems and keep feet for a lifetime.**

**Wash, dry, look at and moisturize** feet to prevent dry skin, cracks and heel fissures, which can lead to infection. White cotton socks will show discharge from open areas that may not seen or felt, as well cotton socks allow feet to breath and absorb sweat. Sweaty feet can lead to foot fungus; powder feet after lotion is absorbed into skin.

**Protective steps while outside** spray feet, ankles and shoes with bug spray. Apply SPF 30 sunblock. Have water and snacks. Find shade to avoid sun- or heat stroke. Always carry extra socks. To reduce risk of injury or infection never walk bare foot in public.

### Shoe Tips

Older shoe inspection, place on a table they are at eye level, look from behind at how the shoe sits, if the heel is not in line with the toe or is leaning to one side or the other that means that the shoes have worn down and no longer give support .

**Shoe/sandal shopping** shop in the afternoon when feet are naturally swollen, look for heel support and or straps, as well as thick soles for shock absorption. Opt for breathable materials. Breaking shoes in takes time. Wear new shoes indoors with socks for a week to ensure shoes fit comfortably.

**Match the shoe to the activity** For example, consider ankle boots for hiking or gardening, runners or sneakers for sports and rubber boots during wet weather.

Shake out footwear and inspect inside for damage before wearing.

Nutrition is important. Keep blood sugar levels within normal limits 4-7 mmol