

November 1, 2015

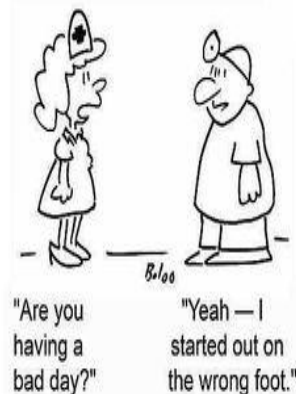
PREMIER PODIATRY SERVICES

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Hello!

We are so happy you have picked up our November newsletter. With November here, so is the cold. The cold weather brings about many concerns and problems regarding your feet if you are not careful and attentive to your feet. Simply wearing the wrong foot wear in these cold months can cause a slip or twist leading to injury of the foot. Simple precautions and daily habits will keep your feet warm, dry, healthy and comfortable. Keep reading below for tips and advice.

PODIATRY HUMOR



Winter Foot Care Tips

1. Keep your feet clean and dry

Wearing boots and thick socks may keep your feet warm and toasty in the winter, but it can also cause them to sweat a lot. Damp feet get cold more easily and are prone to bacterial infections. Keep your feet clean and dry by putting foot powder in your socks, treating yourself to footbaths throughout the winter, and drying your feet thoroughly after each footbath.

2. Use cotton and wool socks

When choosing socks for the wintertime, go with natural fabrics like cotton and wool instead of synthetic blends. Wool wicks moisture away from the skin and keeps your feet dry. On the other hand, socks made of synthetic materials can cause your feet to get sweaty and smelly. Excess moisture can also cause the skin to cool down more quickly and potentially lead to frostbite.

3. Wear comfortable boots

Wear boots that fit comfortably and that aren't too tight. Tight footwear can decrease blood flow, making it harder to keep your feet warm and increasing the risk of frostbite. You should be able to wiggle your toes, but your heel, instep, and the ball of your foot should be immobilized. Your boots should have a solid base, supportive heel, and laces or straps to ensure that you're able to remain stable on wet and slippery surfaces.

If you're buying winter footwear for your children, such as winter boots, skates, or ski boots, avoid the temptation to buy a larger size in order to get two seasons of wear out of the shoes. It is crucial for footwear to fit properly right away in order to prevent chafing, blisters, and foot injuries.

4. Dry your boots and shoes out

Prior to going back outside in your boots or shoes again, be sure to dry them out thoroughly. This will help prevent your feet from getting cold quickly as well as prevent the growth of fungi and bacteria.

5. Wash your feet every day

Wash your feet thoroughly every day with soap and water. Keeping your feet clean can prevent toenail fungus and other unpleasant problems. Make sure that your feet are completely dry before you put socks and shoes on again. Change your socks daily. It's also a good idea to soak your feet in Epsom salt and warm water every once in a while to relieve discomfort and prevent infections.

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