

## Foot Care

Our feet are the most abused and used part of our body, having to carry our weight around every day, but often receiving little attention and health care. It is important to provide your feet with the attention and care they deserve. Taking good care of your feet will prevent you from foot conditions, such as athlete's foot, or other fungal infections.

Here are some useful tips that will help you take better care of your feet:

- Wash your feet regularly, especially between toes. Be sure to dry them completely.
- Trim your toenails regularly, but stay away from the sides and the corners.
- Make sure the shoes you wear are the right size and shape for your feet.
- Don't wear the same shoes every day. It's preferable to wear shoes alternately.
- Always chose convenient and comfortable shoes for work or any activity that requires you to stand on your feet for long stretches of time.
- Don't ignore or disregard any pain in your feet. Try to relieve your feet by giving them a rub and a bath. If the pain continues, consult a doctor.
- Check your feet regularly and take notice of any sudden changes.
- Do not borrow shoes from someone with Athlete's foot (a fungal skin infection).
- Avoid walking barefoot as much as possible, to prevent calluses and infection.
- While fashionable, high-heeled shoes can cause long-term damage on your posture and your feet. High-heeled shoes double the pressure on the heel of your foot and on the ball of your foot, pushing your toes to the front and exposing them to more pressure. This uncomfortable position may lead to many feet or back problems.

Dry, cracked feet or heels are a common occurrence, but can lead to infections or problems if left untreated. If you suffer from cracked feet, follow the following steps:

- Take a foot bath everyday with warm water, soap and table salt.
- If you spent a large part of your day walking, wash your feet with cool water at night, followed by a gentle massage.
- Use effective medicine to moisturize your feet and remove calluses.

### **Some guidelines to follow when buying new shoes:**

- Shoes come in different sizes, shapes and types. Don't buy shoes just because they are the correct size, try them on first to see if they match the shape of your feet.
- Most of us have one foot that is slightly wider or larger than the other, which is why you will have to try on both shoes, not just one, before deciding to buy a new pair.
- Try out a pair of shoes by walking with them in the shop, not just by putting them on.
- Make sure that you can easily move all your toes inside the shoe.
- For a good-fitting shoe, there must be a space of about 1/2 inch between the longest toe of your feet and the toe cap of the shoe.
- Make sure to always buy real leather shoes, as leather helps your feet ventilate while also absorbing sweat.
- Make sure to wear socks made of natural fibers (cotton), as this helps your feet ventilate and absorb sweat.
- Try to avoid buying many high-heeled shoes, as high heels push your body to the front while walking which can cause back pain and heel pain.
- Always choose shoes that are suitable to the type of activity you are doing, such as safety shoes on a construction site, and running shoes for the gym.

### **Watch out in the summer from Athlete's foot**

- Athlete's foot are fungi that infect the skin, it's Latin name is "Tineapedis"
- 26% of the population in the world could be infected with Athlete's foot, so it is the most common skin diseases
- Patients with athlete's foot suffer from the bad smell of athlete's foot, especially in the summer, due to the sweating and moisture inside socks and shoes
- Athlete's foot often affects the space between the fourth and fifth toe, but can spread to other toes and the rest of the feet
- Athlete's foot appears in the form of patches and scales between the toes and can be painful, especially when the skin is stretched.

#### **Who is most susceptible to Athlete's foot?**

- Men more than women
- People who live in warm and humid places
- Those who frequently wear poorly ventilated athletic shoes or boots
- People that walk bare feet in public places such as swimming pools and sports centers

#### **How to protect yourself from Athlete's foot?**

- 1 - Wash your feet regularly and dry up very well, especially between the toes
- 2 - Wear cotton socks, because they absorb moisture and help to ventilate the foot.
- 3 - Change socks regularly (daily or twice a day) if you suffer from excessive sweating of the feet.
- 4 - Use a pair of shoes interchangeably within the day to give your shoes time to dry.
- 5 - Don't walk barefoot in public places like a sports center.
- 6 - Do not borrow the shoes from another person that may be infected with Athlete's foot.
- 7 - In case of infection with Athlete's foot, it is advised to use topical anti-fungal such as (Tinox cream)