

Tips for Healthy Holiday Feet

Don't let sore, achy feet ruin your holiday parties this year. Follow these five tips to keep your feet healthy and happy:

1. Wear the right fitting shoes! Whether it's being on your feet all day to finish holiday shopping or hitting the dance floor at a party, do not compromise comfort and safety when picking out your shoes.

Narrow shoes, super high-heeled or shoes that aren't worn often like dress shoes can irritate your feet causing blisters, calluses, swelling and even severe ankle injuries. Choose a shoe with a low heel and fits your foot's length, width and depth properly while you are standing.

2. Avoid overindulging in holiday foods. Certain foods high in purines, including shellfish, red meat, red wine and beer can cause painful gout attacks. Gout is a condition in which uric acid builds up and crystalizes in and around your joints, particularly in your big toe. It's extremely painful and will wreak havoc on holiday fun.

3. Proceed with caution during pedicures. Before you book your holiday pedicure this year, remember nail salons can be a breeding ground for bacteria and fungi. Reduce your risk by finding a salon that follows proper safety and sanitation practices and is licensed by the state. You can also consider bringing your own pedicure tools to bring with to your appointment.

4. Watch your step! Winter wonderlands are beautiful, but can be dangerous if you don't tread carefully. Watch out for snowy and icy patches when traveling outdoors. If you happen to slip and fall, take a break from activities until you can see a foot and ankle surgeon. Use RICE (Rest, Ice, Compression and Elevation) to help reduce pain and swelling.



5. Listen to your feet. You can't enjoy holiday festivities with painful feet so keep an eye out for any issues. Inspect your feet regularly for any sign of ingrown toenails, bruising, swelling, blisters, dry skin, calluses, or pain.

If you notice any pain, swelling or other signs of problems, make an appointment with our office to have your foot checked out.

'Tis the Season for a Mid-Year Foot Check



The school year is halfway over, and it's a perfect time to check your child's feet. Did you know that a child's feet can grow up to two sizes in six months? Now is a perfect time to make sure their shoes still fit properly. Signs that shoes are too tight include blisters on the back of heels, corns, calluses on toes and ingrown toenails.

Winter is also a great time to check shoes for any wear and tear since this causes them to lose shock absorption over time. If it's time to buy new shoes for your child, choose a pair that has a little—but not too much—room for growth. For the best fit, aim for about a finger's width

of space between your child's longest toe and the front of the shoe. Be careful not to buy shoes that are too big as oversized shoes can cause feet to slide forward and put pressure on the toes. The shoes should have a toe box wide enough to accommodate your child's feet and give enough cushioning and shock absorption. If your child has flat feet, look for shoes that provide them with arch support.

Make an appointment with our office if your child has any issues walking or experiences any pain despite from properly fitting shoes.

Beware of Gout this Holiday Season

Family isn't the only thing that comes to town during the holiday season. Be on the lookout for painful gout attacks as you enjoy some extra holiday treats. Gout attacks are caused by the accumulation and crystallization of uric acid in joint tissues. Uric acid is sensitive to temperature change making the big toe the most affected by gout as it's the coolest part of the body.

Signs of a gout attack include a red, swollen toe that is extremely painful to the touch. This normally shows up in the early morning hours. Foods high in purines contribute to uric acid buildup. These foods include shellfish (shrimp, crab, etc.), organ meats (kidney, liver, etc.) red meat, red wine and beer. Gout can be treated with medications, diet changes and increasing daily water consumption to approximately six to eight glasses a day.

If dealing with pain in your feet or big toe this holiday season, make an appointment with our office to schedule an exam as soon as possible.

