

FOOTPRINTS

AN INFORMATIONAL NEWSLETTER FOR PATIENTS OF APMA MEMBER PODIATRISTS

APRIL 2018

SPRING EDITION

TODAY'S PODIATRIST: A PHYSICIAN FOR EVERY STAGE OF YOUR LIFE



Think podiatrists only treat skin and nail conditions? Think again! Today's podiatrists are physicians, surgeons, and specialists who can help treat foot and ankle conditions. From that pesky toenail fungus that won't go away, to operating on your heel spurs and treating ankle fractures, today's podiatrist can do it all. Today's podiatrist is specially trained to help you treat that debilitating foot pain.

FOOT PAIN BY THE NUMBERS

According to a 2018 study by the American Podiatric Medical Association (APMA),

- **75%** of US adults experience foot problems
- **47%** of US adults say they experience at least two foot problems
- **52%** of US adults say foot pain restricts their regular activity

It is important to note that foot pain is not normal and will not go away on its own. If you are suffering from any type of foot pain, schedule an appointment with your podiatrist immediately.

COMMON FOOT AILMENTS

According to the same 2018 study, the top five common foot ailments US adults suffer from are:

1

Nail problems



2

Sweaty feet/
foot odor



3

Heel pain/
plantar
fasciitis



4

Pain from
wearing
high heels



5

Pain in
the ball of
the foot



TODAY'S
podiatrist

MEMBER **APMA**
AMERICAN PODIATRIC MEDICAL ASSOCIATION

FOOT AILMENTS ACROSS THE AGES: TRUE OR FALSE



71% of US adults ages 18–22 experience foot problems

TRUE FALSE



US adults ages 18–53 complain that sweaty feet are their number 1 foot problem

TRUE FALSE



US adults ages 36–53 are most likely to experience foot problems

TRUE FALSE

If you answered “true” to all of the above statements, you are correct!

But some of these foot ailments are completely preventable! Many common, painful foot conditions can be prevented if you follow these easy tips:

- Make sure your shoes have enough room in the front part of the shoe and that your toes are not excessively compressed
- Wear shoes with adequate padding in the ball of the foot
- Avoid prolonged time in shoes with a narrow toe box or excessive heel height (greater than two inches)
- Wear the proper shoes for each activity
- Prepare properly before exercising
- Pace yourself when you participate in athletic activities
- Maintain a healthy weight

BENEFITS OF SEEING A PODIATRIST

Not only can today's podiatrist help keep you on your feet, but he or she can also diagnose other disorders by performing a simple foot exam. Common disorders a podiatrist can diagnose in your feet include:

- Circulatory disorders
- Diabetes
- Arthritis
- Nerve disorders

