

HEALTHY IS UNDERSTANDING YOUR FOOT HEALTH

Every day, the average person walks between
8,000-10,000 STEPS.

In the average lifespan, this equates to more than
four trips around the world!

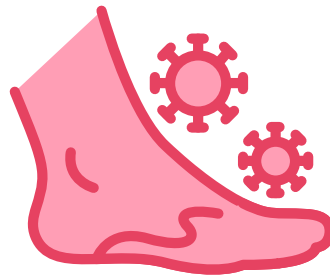


Foot pain can lead to trouble getting around, which can cause weight gain, weakness, and worse - heart function. It can also cause impaired balance, increased risk of falls, loss of independence and reduced quality of life.

Keep your feet healthy, strong, and pain-free, and reduce the risk of injury, infection, and complications.

COMMON FOOT CONDITIONS

- Athlete's foot (tinea pedis)
- Diabetes mellitus
- Fungal nail infections
- Tendinitis



Some foot conditions are directly related to your hygiene.

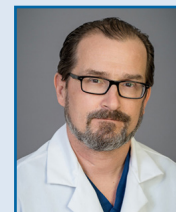
OTHER CONDITIONS

include bunions, calluses, corns, plantar fasciitis, neuropathy, skin changes, poor circulation, or even ulcers.

If you develop severe pain, swelling, wounds that haven't healed or ooze, signs of infection, or other symptoms such as numbness or change in foot shape, see a podiatrist right away.

BASIC FOOT CARE TIPS:

- Wash your feet every day and dry them completely.
- Clip your toenails short and keep them clean.
- Change your socks at least once a day.
- Check your feet regularly for cuts, sores, swelling, dryness, corns, and infected toenails and apply treatment as needed.
- When visiting a salon for foot care, choose a salon that is clean and licensed by your state's cosmetology board.
- Avoid walking barefoot.
- Wear appropriate and well-fitting footwear.



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