

final thoughts...

Start practicing good foot care today, so you don't have to 'foot the bill' later!



in this issue >>>

- Guide to Foot Inserts
- All About Feet...
- Tips to Healthy Feet
- Common Foot Problems
- Fun Foot Facts

in every issue >>>

What's Coming Up?

MY ROAD TO WELL BEING STARTS WITH MAKING THE RIGHT CHOICES



FUN FOOT FACTS:

- The average person walks about 115,000 miles in their lifetime, more than four times around earth.
- A quarter of the body's bones are in the feet.
- 3 out of 4 Americans experience a serious foot problem in their lifetime.
- It's rare that both of one's feet are the same size.
- Sweat glands in your feet produce approximately 1 pint of perspiration daily.
- Women have almost 4 times as many foot problems as men, often related to shoe selection.
- The pressure on a runner's feet when running can be as much as 4 times the runner's body weight.



coming soon >>>

In The Next Issue

- Happiness
- The 30 Day Affirmation Challenge
- And more...

(ENTER YOUR LOCATION HERE) Health & Wellness Monthly Newsletter: April 2015

Wellness Matters...

What's Coming Up?

FILL OUT WITH WHATEVER EVENTS ARE COMING UP IN YOUR LOCATION

CONTACT INFORMATION FOR YOUR MEDICAL & IMPORTANT INFORMATION SUCH AS PROMOTION FOR FUTURE CHALLENGES, MATERIAL FROM THE HSD WEBSITE, ETC.

Health and Wellness Monthly Newsletter is brought to you by Caterpillar Wellness Services. Designed by Jor-Gia Dalrymple, RN

If you have questions about the newsletter or other topics you would like me to cover, please email me at the address below.

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SOURCES: webmd.com, APMA.org, National Institute of Aging, American Diabetes Association, foot.com, UCLA Health Sciences, Dr.Scholls.com

current topics >>>

GUIDE TO FOOT INSERTS:

Arch supports: Some people have high arches, while others have low arches or flat feet. Arch supports are designed to support the natural arch of the foot and they often have a raised appearance.

Insoles: Insoles are often made of gel, foam, or plastic. Insoles help provide extra cushioning and support.

Heel liners: Heel liners, heel pads or heel cups provide extra cushioning in the heel region only.

Foot cushions: Foot cushions come in many different shapes and sizes and can be used as a barrier between you and your shoe.

Prescription Custom Orthotics: These are custom made for each individual and require an exam and fitting by a podiatrist or doctor. They are often more expensive and are used for controlling abnormal motion or to provide additional support or cushioning.

**If you are just looking for extra cushion or support, store bought inserts might work. If you have injury or disease such as diabetes or poor circulation, orthotics could be beneficial. It is always best to consult with your doctor or podiatrist before making the decision.

All About Feet...

Feet are flexible structures made up of bones, joints, muscles and soft tissue. Each foot has 26 bones, 33 joints, and more than 100 tendons, muscles, and ligaments.

WHAT DO OUR FEET DO?

Our feet support the weight of our entire body when we are upright. They allow us to move and pivot, as well as allow us to stay balanced and grounded.

They act as the initial shock absorber when hitting the ground, while usually getting very little attention from us. They take wear and tear from normal, everyday use and with other activities as well.

Foot problems are sometimes the first sign of a more serious medical condition such as arthritis, diabetes, and nerve or circulatory disorders.

Certain diseases, poor circulation, improperly trimmed toenails, and wearing shoes that don't fit can add additional wear and tear on your feet. Don't wait for symptoms to become severe. Tell your doctor about any new foot problem.

IF THE SHOE FITS...

Always measure your feet to ensure the correct size. Make note of the fact that our feet size change as we get older. One foot is usually bigger than the other so whenever you are measuring, use the size of the larger foot. If you want the most accurate measurement, measure your feet at the end of the day when they are largest.

A correct fitting shoe should have about 1/2" between your toe and the end of the shoe when standing.

Be sure that the ball of your foot sits comfortably on the widest part of the shoe. ALWAYS try shoes on before buying... walk around in the store to ensure fit and comfort.

Choose shoes that are shaped like your foot. Be mindful of the occasion and wear shoes appropriate for it (e.g. running shoes for running.) And of course, replace shoes once they show signs of wear and tear.

In case of minor problems, have these on-the-go foot care items...

Flip flops: for the pool, spa, hotel room, and airport security check points
Sterile bandages: for covering minor cuts and scrapes
First aid cream: to treat any skin injury
Emollient-enriched cream: to hydrate feet

Blister pads or moleskin: to protect against blisters
Toenail clippers: to keep toenails trimmed
Emery board: to smooth rough edges or broken nails
Sunscreen: to protect against the scorching sun



The Health & Wellness information provided is for general informational purposes only and is not medical advice. Consult a physician if you have concerns about your health or your family's health.

HAVE YOU HAD YOUR VOLUNTARY, CONFIDENTIAL EXAM AT NO COST TO YOU?

Did You Know?

HYPERTENSION or HIGH BLOOD PRESSURE

can cause the following to your feet:

- Cramping in the feet and legs, particularly with exercise
- Sores on the feet or legs that do not heal or take a long time to heal
- Changes in color to the feet
- Changes in temperature to the feet
- Loss of hair on the feet and legs

DIABETES can cause the following symptoms to your feet:

- Skin color changes
- Swelling of the foot or ankle
- Numbness in the feet or toes
- Pain in the legs
- Open sores on the feet that are slow to heal
- Ingrown and fungal toenails
- Bleeding corns and calluses
- Dry cracks in the skin, especially around the heel

THE EARLIER YOU KNOW, THE EARLIER YOU CAN DO SOMETHING ABOUT IT! CONTACT YOUR LOCAL MEDICAL OR CALL 1-877-838-0596 TO SET UP YOUR WELLNESS EXAM!

Tips to Healthy Feet

Here are a few helpful tips to help you put your best foot forward!

- 👣 Inspect your feet; look for changes, open areas or lesions.
- 👣 Practice good foot hygiene, including washing and drying between the toes.
- 👣 Use lotions and creams to keep the skin on your feet hydrated. Avoid lotion between your toes.
- 👣 Trim toenails straight across. Do not angle them at the corners, this can cause ingrown toenails.
- 👣 Avoid walking barefoot to help protect your feet from infection and injury.
- 👣 Proper shoe selection is very important. Buy the proper size and wear the correct shoe for the condition.
- 👣 Exercise is important for maintaining a healthy weight, which reduces stress on the feet.
- 👣 Wear sunscreen on your feet if there are sun exposed areas, to avoid sunburn.
- 👣 Alternate your shoes daily. Your feet sweat and your shoes should have ample drying time before being worn again.
- 👣 Do not ignore foot pain. See your doctor for foot pain that persists or worsens.

Common Foot Problems>>>

Problem	Cause	Symptoms	Remedy
Arch Pain	Flat feet, improper arch support	Pain or fatigue in feet, legs, or back	Healthy weight, arch support, proper shoes, limit high heels
Ball of Foot Pain	weight aligned properly over ball of foot	Aging (loss of fat pad), high arches, overweight, high heels, ill-fitting shoes, arthritis	Healthy weight, insole support, proper shoes, limit high heels
Heel Pain	plantar fasciitis, bone spurs, repetitive stress, prolonged standing	Intense pain upon getting out of bed or chair that lessens with walking	Proper fitting shoes, insoles, health weight, exercise and foot stretches
Plantar Fasciitis	Increased motion, improper arch support, worn out shoes, tight calves	Intense pain upon getting out of bed or chair that lessens with walking	Ease into increased exercise program, insoles or inserts
Tired, Achy Feet	Overuse of foot muscles, improper support or position, overweight	Tired, achy, burning, discomfort	Healthy weight, proper fitting shoes, insoles
Ingrown toenail	Edge of toenail grows into skin	Pain, swelling, redness alongside of toenail, usually big toe	Proper trimming of toenails, proper fitting shoes
Bunion	Heredity, poorly fitting shoes, arthritis	Pain, redness, swelling, decreased motion in big toe joint, callus under big toe joint	Properly fitting shoes, even in children
Callus	Friction and pressure from footwear	Large area of thick skin on heel, ball, or sides of feet	Proper fitting shoes, rotate shoe type daily, taking pressure off callus may allow healing
Corn	Friction and pressure from footwear, repetitive activities (e.g. sports)	Small, round, thickened skin usually over a toe joint	Proper fitting shoes, rotate shoe type daily, taking pressure off callus may allow healing
Foot Odor	poorly ventilated shoes, leather boots, non-wicking socks	Sweaty, smelly feet or shoes	Good hygiene, rotate shoes daily, wicking or cotton socks, drying agents or powder
Athlete's Foot	Contact with infected person, walking barefoot in common areas	Itching, burning, scaling, redness, cracking, or discomfort on toes or feet, can spread to other areas of body (jock itch), can affect toenails	Wash and dry feet well, wear shoes in common areas, locker rooms, etc., wear clean, wicking socks and properly fitting shoes
Blister	Shoe rubbing, improperly fitting shoes	Pain, blister	Wear properly fitting shoes designed for your activity, wear socks or hose with new shoes

Which running shoe is right for you?



For feet with low arches: Choose a supportive shoe that is designed for stability and motion control. These shoes help to correct for over-pronation.



For feet with normal arches: Choose a shoe with equal amounts of stability and cushioning to help absorb shock.



For feet with high arches: Choose a cushioned running shoe with a softer midsole and more flexibility. This will compensate for the poor shock absorption of a high-arched foot.