



Foot Health Awareness

April 2015



Greetings from Lindsey Fisher, your dedicated wellness coordinator!

This past month has been full of onsite Biometric Health Screenings! Recently, Hometown Health has visited many of our cities to host a health screening followed by the online Health Assessment through the Hometown Health Portal.

We had fantastic participation. Don't forget to schedule a call with your WebMD Health Coach to begin your positive lifestyle change. More information can be found on your [Hometown Health Portal](#).

This month's awareness topic is focused on Foot Health. See the summary and helpful links below, and don't hesitate to contact me with questions. All the best, Lindsey!

All Toes on Deck: Tips for Protecting Your Feet
From the Heat

One perk of a beach-bound vacation is knowing that instead of snow soaking through your Choos or having your feet feeling toasty in sweaty Uggs, you can lounge happily with your toes dangling in the warm weather, shoe-free with the sand at your feet. But alas, the dream does come with its own set of tootsie troubles. "Even if you are just lying still on your back soaking up the rays, your feet are still vulnerable," says American Podiatric Medical Association member Dr. Jane Andersen. "You can seriously sunburn your feet and no matter how upscale your hotel, athlete's foot can lurk in all public pool areas."



Wouldn't you rather spend time collecting sea shells than doctor's bills? No worries. There are ways to prevent these future foot predicaments so you can go back to your sun-kissed dreams and enjoy a liberated foot experience. [Learn More](#)

Avoid a Flip-Flop Fiasco

Donning flip-flops to enjoy warm weather? Follow these dos and don'ts!

- **Do** shop for a flip-flop made of high-quality, soft leather. Leather minimizes the potential for blisters and other types of irritation.
- **Do** gently bend the flip-flop from end to end, ensuring it bends at the ball of the foot. Shoes of any kind should never fold in half.
- **Do** ensure that your foot doesn't hang off of the edge of the flip-flop.
- **Do** wear a sturdy pair of flip-flops when walking around a public pool, at the beach, in hotel rooms and in locker room areas. Walking barefoot can expose foot soles to plantar warts and athlete's foot.
- **Don't** re-wear flip-flops year after year. Inspect older pairs for wear. If they show signs of severe wear, discard them.
- **Don't** ignore irritation between toes, where the toe thong fits. This can lead to blisters and possible infections.
- **Don't** wear flip-flops while walking long distances. Even the sturdiest flip-flops offer little in terms of shock absorption and arch support.
- **Don't** do yard work while wearing flip-flops. Always wear a shoe that



fully protects feet when doing outside activities such as mowing the lawn or using a weed-eater.

- **Don't** play sports in flip-flops. This practice can lead to twisting of the foot or ankle, as well as sprains and breaks.

Balance Boosting Footwear Tips for Older People

Balance in all aspects of life is a good thing. We work hard but make time for fun, love our children while setting boundaries, and eat healthy to enjoy a sundae on Friday night. But mental equilibrium isn't the only kind of balance that's important in life. Good physical balance can help older people avoid the debilitating and potentially life-threatening complications of a fall.



Falls are the leading cause of fatal and non-fatal injuries among older people, according to the Centers for Disease Control and Prevention (CDC). In 2010, 2.3 million fall injuries sent older folks to emergency rooms; 662,000 required hospitalizations; and falls cost \$30 billion in direct medical costs, the CDC says.

"Preventing falls among older Americans is a top health priority, and improved balance can help reduce the risk of a fall," says Dr. Matthew Garoufalis, a podiatrist and president of APMA. "Proper footwear can help improve balance, especially in older people who may struggle with mobility and balance issues." [Learn More](#)

Be sure to visit the Hometown Health [website](#) to complete the steps to your healthy path!

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