



# Foot Care

## **Caring for Your Feet**

It is important to take care of your feet as you get older. Healthy, pain-free feet allow you to stay active and keep your balance. Good balance can prevent falls, a major cause of injury and loss of independence. When your feet are too sore to walk, you lose strength and increase your risk of falling.

## **Common foot problems**

Common foot problems include corns, calluses, nail fungus and plantar warts. Do not try to treat these problems yourself with chemicals or sharp tools because this may cause wounds that heal slowly and become infected. Consult a health care professional to treat your feet.

## **Diabetes and foot care**

People with diabetes may have trouble with their feet, as circulation can be affected. You may not be able to feel hot, cold or pain in your feet. Little cuts or sores, if not cared for, can become deeper and larger sores called ulcers.

## **See your doctor or foot specialist right away if:**

- you have a sore that is not healing or gets infected
- your feet are unusually cold
- you feel cramps, numbness, tingling or discomfort in your feet
- you see a change in the colour, shape or thickness of your toenails

*Choose to be active.*

*Increase your strength, flexibility and balance.*



For more information contact York Region  
Health Connection 1-800-361-5653,  
TTY 1-866-252-9933 or visit [www.york.ca](http://www.york.ca)

**HEALTHY AGING**  
*it's your move!*

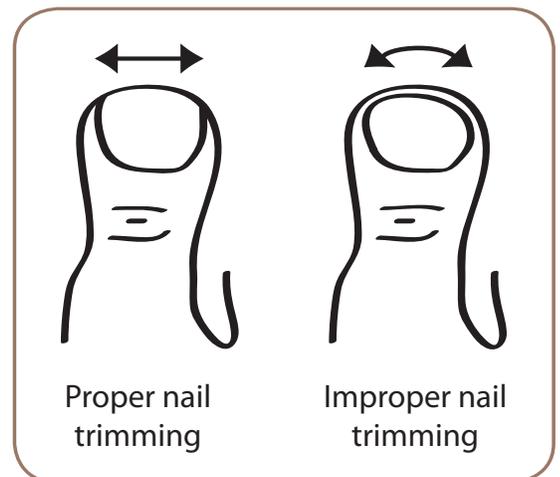
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## Daily foot care tips

- Wash your feet daily using warm water.
- Dry feet thoroughly, especially between toes.
- Use cream on the top and bottom of your feet to prevent dry skin.
- Wear clean, dry socks without a tight elastic at the top. Synthetic socks that remove moisture can be worn instead of, or underneath cotton or wool socks.
- Remove your socks and shoes occasionally during the day while relaxing.
- Check your feet every day for cuts, blisters, sores, infected toenails or swelling.
- Consult a health care professional to treat your feet.

## Nail care tips

- Cut toenails after bathing since water will soften them and they will be easier to cut.
- Use proper nail clippers to cut toenails.
- Trim nails straight across, and not too short. Your nail should not be shorter than the tip of your toe.
- If your eyesight is poor, or if you have a problem reaching your feet, seek help from a health care professional.



## Be active every day

Walking is the best way to keep you and your feet healthy because you can do it anytime, anywhere – for free! Avoid long periods of sitting or standing still. Move your feet, flex your muscles and change position frequently to increase your blood flow.

Adapted with permission from Toronto Public Health



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