

COMFY FEET go a long way



Don't let your feet let you down

Being able to move around freely and comfortably allows us to keep active, and stay independent. Over the years everyone's feet change shape, lose padding underneath and the skin can change. This can affect balance and walking, and lead to pain, slips, trips and falls.

Early advice and treatment is best. Look after your feet and see a podiatrist regularly if your feet need special care, particularly if you have diabetes.

What can you do to look after your feet?

Wash and dry: especially between the toes

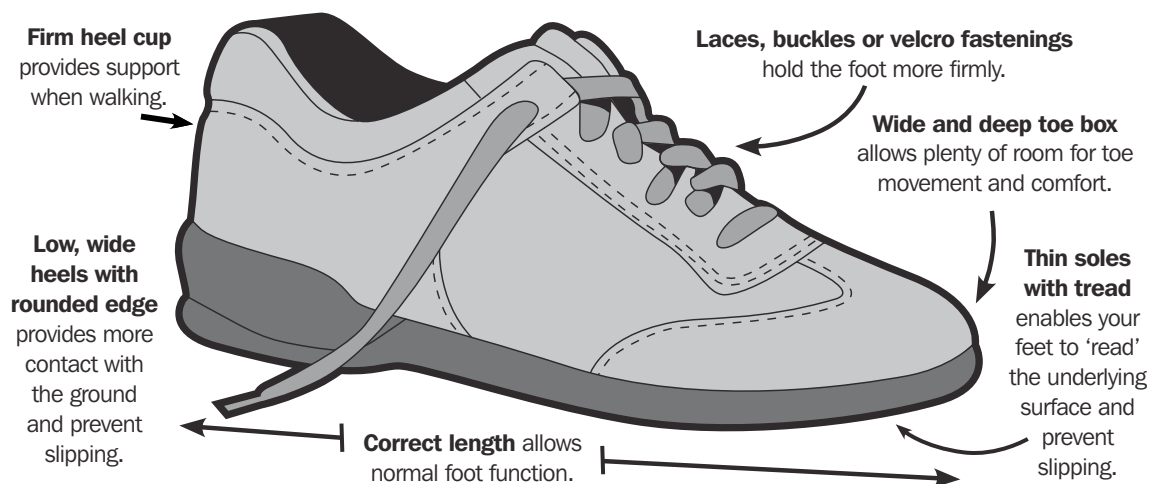
Inspect feet: look for changes such as blisters, sores and changes in colour. If you notice any, speak to your doctor or podiatrist

Look after nails and skin: Cut your toe nails regularly and apply moisturiser. If you have trouble cutting your toe nails or are diabetic, speak to your doctor or podiatrist

Protect: wear wool or cotton socks and well-fitting footwear that is suitable for the activities you do

When choosing shoes, look for:

- > space for toes.
- > non-slip, thin sole.
- > buckles, laces or velcro fastening.
- > enclosed heel area.
- > low and wide heel.
- > shoes that are wide and long enough to provide a good fit.





What are common foot problems?

- > Corns, calluses and cracked skin
- > Thin fragile skin
- > Out of shape feet e.g. bunions, hammer toes
- > Toenail problems e.g. ingrown toe nails, thick nails.
- > Numbness or pain
- > Swelling around the ankles and feet

Who can help?

- > Your **doctor** - talk with your doctor about any concerns about your feet.

Your doctor can refer you to other health professionals or any services you may be eligible for.

- > **Podiatrists** treat foot problems, foot pain and advise on foot care and footwear.

To find a podiatrist (no referral needed) near you, phone the **Australian Podiatry Association SA Inc.** (08) 8210 9408 or **Commonwealth Carelink** 1800 052 222 (toll free), or look in the Yellow Pages.



For more information

Adelaide area: Call 1300 0 FALLS (1300 0 32557) for information about falls prevention services that are close to you.

Country SA: Please contact your local health service for information about services close to you. You can also email the Country Health Falls Prevention coordinator at Health.CHSAFallsPreventionProject@health.sa.gov.au

www.sahealth.sa.gov.au/falls

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This document has been reviewed and endorsed by SA Health PwC&CAG* for consumers and the community, March 2015.

*SA Health Partnering with Consumers and Community Advisory Group



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