



THE PATH TO HEALTHY FEET

APRIL IS
NATIONAL
FOOT HEALTH
AWARENESS
MONTH

Because foot health can be an indicator for other health problems, and non-healing wounds may adversely affect quality of life, it is important to take care of your feet each day.

Keep your feet healthy:



PERFORM DAILY
FOOT CHECKS



AVOID WALKING
BAREFOOT



KEEP FEET CLEAN
AND MOISTURIZED



WEAR PROPERLY
FITTED SHOES



AVOID
TEMPERATURE
EXTREMES



KEEP TOENAILS
TRIMMED



WEAR SOCKS/
STOCKINGS WITH
SHOES



AVOID OVER-THE-
COUNTER REMEDIES
FOR CORNS



Just 2 in 10 people consider
their foot health regularly.

<https://www.apma.org/files/APMA2014TodaysPodiatristSurveyAllFindings.pdf>

➔ FOR MORE INFORMATION