

FAQs About Foot Care

How many people suffer from foot problems?

Studies show that 75 per cent of the population will experience foot problems at some point in their lives.

Do women have more foot problems than men?

Women have about four times as many foot ailments as men; high heels are frequently to blame. Women should limit the time they wear pumps with heels higher than 5 cm/2 in., and alternate these with good-quality sneakers or flats for part of the day.

Are people born with foot problems or do they develop later?

The American Podiatric Medical Association estimates that only a small percentage of foot problems are genetic. Foot problems often develop because of neglect and poor understanding of proper foot care. Common causes include ill-fitting shoes and constantly wearing high heels.

How much sweat do feet produce in a day?

Your feet contain about 250,000 sweat glands, which can produce as much as 250 mL/1 cup of moisture a day.

How should toenails be trimmed?

Trim your toenails straight across and leave them slightly longer than the tips of your toes. Don't cut nails in the corners or on the sides as this can lead to ingrown toenails.

What are orthotics?

Orthotics are custom-made shoe inserts which prevent abnormal foot motion and encourage the foot muscles and tendons to perform more efficiently. They can help treat flat feet, high arches, heel pain, bunions and even callus formation.

My children don't have any foot pain. Why should I take them to a podiatrist?

Children may have structural imbalances of the feet that may go unrecognized and can lead to deformities and imbalances within the skeletal system. Early detection can lead to fewer difficulties as your child grows up.

Does a broken toe need medical attention?

Yes. Prompt attention will help prevent improper healing and deformed toes with painful corns. Seek prompt treatment for injuries to foot bones.

Can serious medical problems first show up in the feet?

Your feet mirror your general health. Conditions such as arthritis, diabetes, nerve and circulatory disorders can show initial symptoms in the feet, so foot ailments can be your first sign of more serious medical problems.

What's the best exercise for your feet and overall health?

Walking is the best exercise for your feet.

How many bones are in your feet?

The 52 bones in your feet make up about one-quarter of all the bones in your body. Together, they also contain 66 joints, 214 ligaments and 38 muscles.