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# Florida Podiatric Medical Association

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## **APRIL IS FOOT HEALTH AWARENESS MONTH - HOW DO YOUR FEET MEASURE UP?**

**TALLAHASSEE** – Humans have suffered with foot pain since time began. The ancient Greek philosopher Socrates once observed, “When our feet hurt, we hurt all over.

We often take our feet for granted. They have the dutiful job of supporting the entire body. Not surprisingly, all this pressure makes feet susceptible to injuries that can be quite debilitating. For example, a broken bone in the foot incapacitates us much more than a broken arm.

Our feet are amazing structures. There are 26 bones in each foot, one quarter of all the bones in the body. Statistics indicate that about 75% of Americans will experience foot problems at one time or another in their lives. These problems can range from general aches to broken bones, infections, corns, calluses, and numerous other painful conditions. Foot problems can also be indicative of serious health issues, including diabetes, arthritis, and nerve and circulatory disorders.

Dr. Maria Noll, President of the Florida Podiatric Medical Association, states “Trendy shoes are not always the smartest choice. Those daring 3” - 4” heel styles currently featured in fashion magazines are problematic from the first step.” Any heel height over two inches results in body weight shifting forward. This puts incredible pressure on the balls of the feet as well as the toes. This pressure is compounded by any weight issue the wearer may have. High heeled shoes do not leave enough room for the toes. The toes are crushed and this can lead to alignment issues as well as nerve compression that can cause pain and lead to bunion formation.

A sensible selection of shoes, along with wearing the proper shoe size, can eliminate most foot pain. Dr. Noll notes, “Some people have not changed their shoe size in years and, unfortunately, many shoe stores have gotten away from measuring feet”. Most of us don’t have feet that are identical in size. They may differ by half a size, so always buy for the larger foot. If a store does not have a device that measures the length and width of the foot while standing,

then visit a podiatric physician. These specialists of the foot and ankle can evaluate your feet and identify size issues so future purchases are more comfortable, even if they may not be sensible.

If you are experiencing any foot discomfort, schedule an evaluation with your local podiatric physician. Foot pain is not normal.

For more information about foot health, and to find a podiatric physician in your area, visit [FPMA.com](http://FPMA.com).



Maria G. Noll, DPM, 2014 President of the Florida Podiatric Medical Association (FPMA)

*The FPMA is a Tallahassee-based, statewide, professional association representing podiatric physicians in Florida. Founded in 1927 for the purpose of advancing the science and art of Podiatric Medicine, the FPMA is dedicated to promoting the importance of podiatric healthcare among the general public and healthcare professionals throughout the state of Florida. The FPMA currently has over 900 members and represents 70% of the active, licensed podiatric physicians in Florida.*

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