

# Not So Golden Years:

## The Importance of Foot Health Care & Proper Fitting Shoes in Falls Prevention



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# Age-Related Foot & Ankle Problems

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- Foot deformities
- Skin and nail changes
- Decreased bone strength
- Arthritis
- Other health problems



# Deformities & Aging

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- Bunions, hammertoes, flatfeet, etc.
- Many are progressive conditions
  - Symptoms get worse
  - Can cause corns and calluses
- Foot gets stiffer
- More difficult to get relief from cushions, inserts or pads



# Age-Related Skin Changes

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- Skin becomes thinner
  - Too much standing or walking
  - Corns and calluses
- Cushioning becomes thinner
  - Pain when standing or walking



# Age-Related Toenail Changes

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- Thickened or discolored
- Difficult to trim
- Fungal infections



# Age-Related Bone Changes

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- Bone density often decreases
  - Can lead to osteoporosis
- Stress fractures



# Arthritis

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- Can develop in any joint
- Associated with “wear and tear” of the body
- Progresses with age
- Can occur in the big toe or ankle
  - Makes walking difficult
  - Can produce corns and calluses



# Other Age-Related Health Problems

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- Decreased ability to heal
- Hypertension
- Diabetes
- Gout





# What Can You Do?



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# Foot Deformities: What to Do

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- Non-surgical treatment options
  - Footwear modifications, padding, shoe inserts/custom orthotics, injections, etc.
- Surgery
  - Foot and ankle surgeon will determine if this is advisable



# Skin Problems: What to Do

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- Self-examine your feet
- To help prevent cracks and cuts
  - Moisturize your feet
- To help prevent corns and calluses
  - Make sure your shoes fit properly
- To treat corns and calluses
  - Surgeon can trim down
  - Topical medicine
  - Over-the-counter padding



# Toenail Problems: What to Do

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- See a foot and ankle surgeon
- Proper footwear
- Medication for fungal infection
- Trim toenails



# Stress Fractures: What to Do

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- Don't overdo exercise
- Walk on good surfaces
- Wear supportive shoes
- Maintain good bone health
- See your foot and ankle surgeon



# Arthritis: What to Do

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- Modify activities
- Proper footwear
- Ankle replacement surgery



# Visit Foot & Ankle Surgeon for Routine Foot Care

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- Toenail trimming
- Corns
- Calluses
- Other problems



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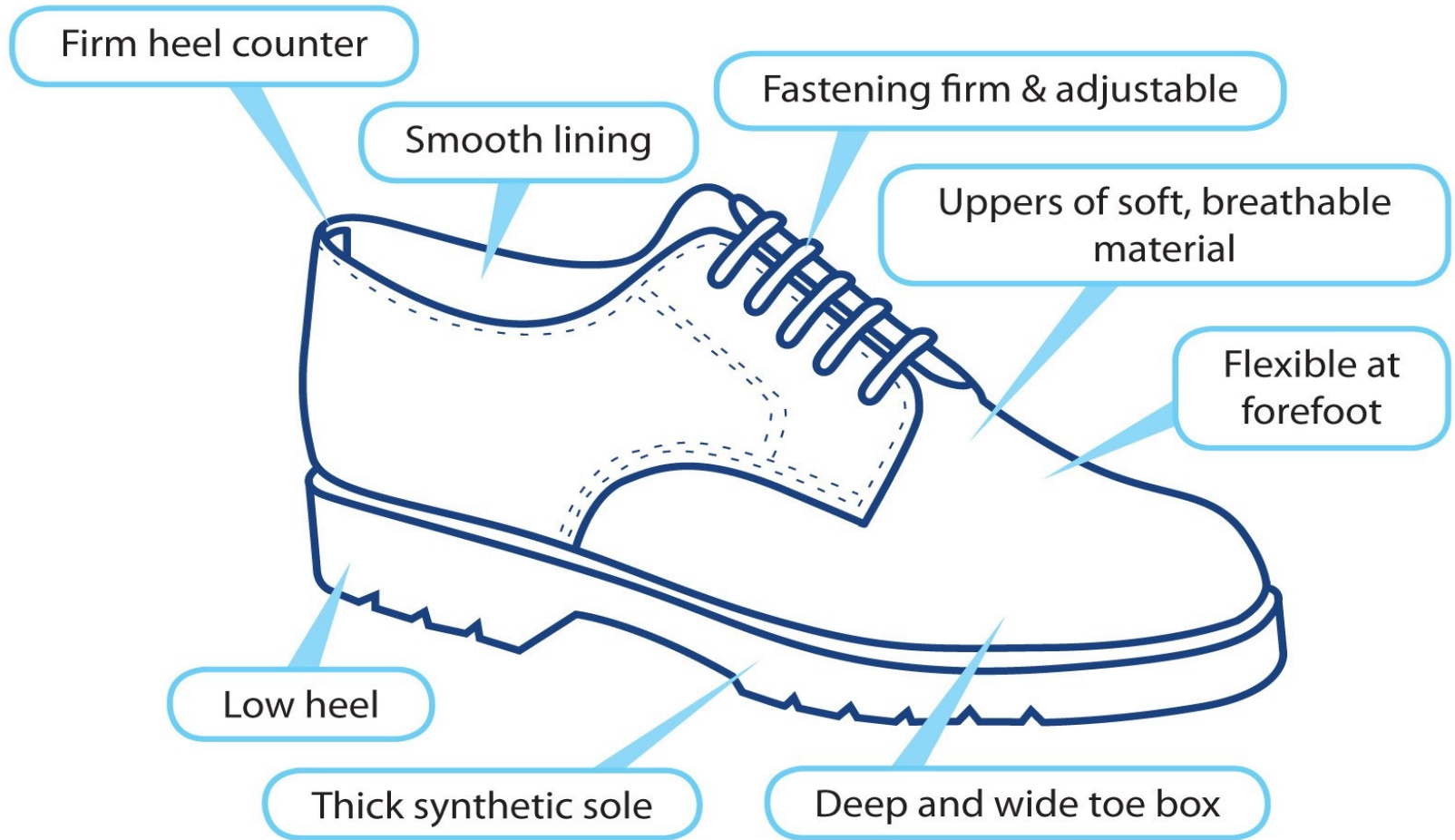
# Fall Prevention:

- Risks Factors:
  - Risk taking
  - Home safety
  - Blood Pressure
  - Depression
  - Balance
  - Stroke
  - Parkinson's
- Vision
- Footwear
- Nutrition
- Dizziness
- Bathroom
- Medication





# The Ideal Shoe



# Take Good Care of Your Feet

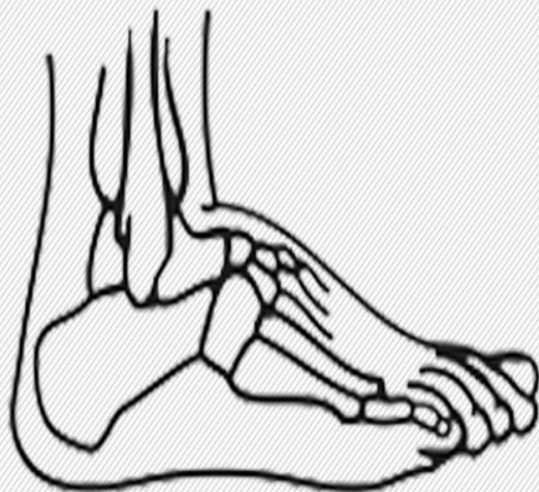
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