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National Foot Health Awareness Month

Clearwater, FL - April xx, 2021 - April is National Foot Health Awareness Month and it's the perfect reminder to check in on the health of your feet. Whether you're headed out to the beach or running daily errands, your feet are the foundation of your body and keeping them healthy is essential to your overall well-being. Daily activities such as exercise, your job and even walking can contribute to the normal wear and tear that may be causing, or potentially cause, foot pain.

Michael Werner, DPM, a board-certified podiatrist at Orthopaedic Associates of West Florida, explains that prompt and proper care for your feet is important. "Many people tend to neglect their feet. What may seem minor at the time can develop into major complications," he says. "Practice proactive foot health and if you are having pain, seek help from a qualified physician before it worsens."

Fortunately, there are many simple, at home tips you can incorporate to keep yourself active and your feet pain-free:

- Keep your feet clean and dry: Healthy feet start with good hygiene. It is important to thoroughly clean and dry your feet every day. Leftover moisture attracts fungal organisms increasing your risk of developing an infection.
- Examine your feet: Early detection is key. Perform a self-exam of your feet at least once a week. Keep an eye out for signs of athlete's foot or discoloration of the toenails, which may indicate nail fungus. If you have been diagnosed with diabetes, it is essential that you examine your feet every day as there is increased risk for foot sores and infections.
- Choose proper footwear: When buying shoes, choose a broad, rounded shoe with plenty of room for your toes and a wide, stable heel. If you can, avoid pointed-toe shoes, which can cramp your toes and cause ingrown toenails and calluses.
- Know when to visit your doctor: Any pain, redness, swelling or discoloration that persists should be checked out by a medical professional. In most cases, the problem can be treated with prescription medicine or minor in-office procedures.

If you are struggling with foot-related issues, schedule a consultation with Dr. Werner by calling our office at (727) 461-6026.

About Orthopaedic Associates of West Florida: With over three decades of established group experience, Orthopaedic Associates of West Florida and their Board-Certified physicians specialize in every area of adolescent and adult Orthopaedic services. OAWF merges state-of-the-art technology, unsurpassed physician skills, and a patient-friendly atmosphere to provide a superior experience for all patients.

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