

foot care



Answers
at *Walgreens*™



Answers begin here for foot care.

The average man walks over 7,000 steps a day, and the average woman walks over 5,000 steps.¹ Each step you take places pressure on your feet—equal to 2–3 times your body’s weight.² That means your feet are more likely to be injured than other parts of your body.³ This brochure will help you take care of your feet and keep them comfortable for all those steps you take.



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How can I take good care of my feet?

Years of wear and tear can be hard on your feet. But you can prevent many foot problems with these simple steps:

- Keep your feet clean and dry.
- Apply a moisturizer after washing and drying your feet. Do not use the moisturizer between your toes.⁴
- Cut your toenails straight across. Don't cut them too short and don't cut into the corners of the nail. This will help you avoid ingrown toenails.
- Use a large nail clipper.⁵
- Wear shoes that fit your feet.⁶
- Try not to wear the same pair of shoes everyday.⁷
- Change your shoes at least once a day.
- If you are buying new shoes, shop at the end of the day. That is the time when your feet will be at their largest.



be *i*nformed

Your foot health can be a clue to your overall health. For example, numbness and tingling can be a sign of diabetes. Joint pain/stiffness can be a sign of arthritis. Swelling can be related to heart disease, high blood pressure or kidney disease.⁹

- Wear shoes at all times to protect your feet from injury.
- Wear clean, dry socks or nonbinding pantyhose that fit well to avoid blisters or sores.⁸

inserts and insoles



How can I avoid pain in my feet and lower back from standing too much or walking on hard flooring?

If you stand for long periods of time, your legs can swell and ache. You may also develop varicose veins, poor circulation and foot and joint problems. When you stand, shift your weight and walk around.¹⁰ Wear proper footwear and shoe inserts and stand on cushioned floor mats for long-term support.¹¹

Are inserts and insoles the same?

While they are not the same, they are similar:

Inserts give targeted support and/or cushioning for a specific part of your foot, such as the heel, arch or ball of the foot.

Insoles offer more general support and cushioning for your whole foot. There are many types of insoles and inserts for all kinds of foot problems and shoes. Speak to your podiatrist or other healthcare provider about the best product for your needs.¹²

Both inserts and insoles can help relieve arch and heel pain, as well as pain that comes from plantar fasciitis, tendonitis, shin splints, calluses, corns, bunions and hammer toes. They can also help certain types of leg, posture, lower back and neck pain.¹³

Cushioned insoles tend to be thicker than standard shoe insoles and come in a large variety of materials. Corrective inserts help place your foot in a more neutral position if it doesn't sit properly in your shoe.¹²

What are orthotic inserts and how can they help my feet?

Orthotic inserts are specially made by podiatrists or other healthcare providers to fit each wearer individually. A small change in the support of the foot can correct an imbalance and make your foot function correctly. That may provide relief to other areas of the body, as well.¹⁴ Walgreens also offers orthotic inserts. Speak to your pharmacist about which one is right for you.





How can I make my high heels and open-toe shoes feel better?

Try an insert or insole that cushions and absorbs shock, mostly in the ball of the foot area. Special open-toe insoles are made shorter and narrower so they fit into these types of shoes.¹⁵ A heel liner can also help prevent rubbing and slipping.¹⁶





What causes foot odor and how do I prevent it?

When sweat gets trapped inside your shoe, it combines with bacteria, which can cause a bad smell.¹⁷ To help prevent it:

- Wash and dry your feet every day.
- Change your shoes at least once a day and let them air out. Wear shoes made of leather, mesh or canvas that allow your feet to breathe. Avoid plastic or other synthetic shoes.
- Change your socks daily or throughout the day, if needed. Wear socks made of cotton, wool or other natural fibers to help absorb moisture. Avoid nylon socks.
- Use foot powders and antiperspirants.
- Soak your feet in vinegar and water.^{18,19}



athlete's foot



What is athlete's foot?

Athlete's foot is a common infection caused by a fungus that lives and grows in warm, moist, dark areas, such as your shoes, damp flooring and the ground.

Symptoms may include:

- Itching
- Burning
- Cracked skin
- Scaly skin²⁰

How do I prevent and care for athlete's foot?

- Wash your feet every day. Dry your feet well, especially between your toes. Do not walk barefoot. Change shoes, socks and stockings often to decrease moisture. Wear shower shoes in locker room showers and protective shoes on moist ground.
- Use antifungal powders or creams to help control and treat the problem. Use the treatment as directed or for one to two weeks after the infection has cleared to prevent it from returning.
- If your athlete's foot does not clear up within two to four weeks or as directed, returns or involves the toenail, speak to your healthcare provider.^{21,22}



corns and calluses



What is the difference between a corn and a callus?

Corns and calluses are both thickened skin. However, a corn is thickened skin on the top or side of your foot or toe and a callus is usually thickened skin on the bottom of your feet.

Both corns and calluses are caused by pressure or friction that often comes from poorly fitting shoes. Although they can sometimes be painful, neither corns nor calluses are serious conditions.²³



How do I prevent corns and calluses?

- Try to avoid wearing high heels every day.
- Wear shoes that fit, and have a wide and deep toe box.

How do I care for corns and calluses?

- Soak your feet in warm (not hot) water. Gently use a pumice stone to soften and reduce the size of your corn or callus. Do not rub hard. Do a little bit every day so you don't make a sore on your skin.
- If you have diabetes or poor circulation, seek medical treatment for foot problems—do not self-treat.
- Wear a doughnut-shaped foam pad over corns to help relieve the pressure. These products are available in the foot care aisle.
- Use lamb's wool (not cotton) between your toes to help cushion the pressure from the bones of your other toes.²⁴
- Buy relief products at Walgreens, such as Corn Cushions, Gel Corn Protectors, Moleskin Padding and Callus Cushions.

warts



What are warts?

Warts are small growths of hardened skin caused by a virus and sometimes are a result of a compromised immune system. Warts can appear anywhere on your body and they are contagious, but they are usually not painful.

Children get warts more often than adults, and they usually get them on their hands, feet and face. Warts on the sole of the foot are called plantar warts.²⁵



How do I prevent and care for warts?

- Keep your feet clean and dry.
- Change your shoes and socks daily.
- Don't walk barefoot.
- Don't touch any warts you find on other people or on different parts of your body.
- Don't touch a towel, bath, shower, surface or anything else someone with a wart has used.²⁶
- If you notice a wart, show it to your healthcare provider.²⁷

How can I remove warts?

Nonprescription wart removers contain a mild acid that removes the dead skin cells on the wart. These medications should only be used under a healthcare professional's supervision to make sure they don't break down your skin.²⁸



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Questions about which foot care products are right for you?

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