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# FOOT NOTES NEWSLETTER

ATLANTIC  
foot & ankle  
specialists

Welcome to Atlantic Foot & Ankle Specialists' Foot Notes. Every month this newsletter will provide you with information and resources that are beneficial to your foot and ankle needs. Please feel free to forward this free newsletter to anyone you think will benefit from its content. Your feedback and editorial contributions are always welcome. Please send them to [brendan@atlanticfeet.com](mailto:brendan@atlanticfeet.com)

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Years come and go, and so do our New Years Resolutions. Well we've got a list that will make sure the this year will be a happy and healthy one for you and your feet!

1) **Don't Ignore Foot Pain** - We all have the tendency to put things off until we have more time, but the extra time never seems to come. Ignoring simple foot pain can lead even more serious problems in the future.



2) **Not All Back Pain is Just That** - It's common to attribute pains in the back to be just a back problem, but just as often these pains can be originating from an instability in the feet! The same goes for knee and hip pain as well. Always make sure to wear good fitting supportive shoes and for best results get a pair of custom orthotics too! Your back will thank you.

3) **Wear Clean, Dry Socks** - While it seems the most simple, if socks are not clean and dry it can lead to a myriad of foot problems like toenail fungus, dry cracked heels, and just plain smelly feet. Try to wear socks made from materials other than cotton, as they tend to help wick moisture away from the feet. You can also use talc or Dr. Remedy's Spray on Foot Powder to keep feet dry.

4) **Diabetics, Check Your Feet Often** - It is easy for us to ignore what we don't feel, but that is where the real danger lies. Because of neuropathy (a loss of sensation in the legs and feet), it is easy for most diabetics to never notice small injuries. But small injuries in the feet can quickly become a bigger problem, especially with the high risk of infection. Make sure to inspect feet daily. For diabetics with difficulty looking at the bottom of the foot, simply place a small hand mirror on the ground to help

5) **Visit Your Podiatrist** - regular foot exams can help prevent many foot problems, and just one visit to a podiatrist can usually make sure you walk away pain free!