

Monthly Newsletter

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Accepting new patients

Contact Your Podiatrists

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Foot Care While Hiking!

Every adventure-loving soul loves to experience breathtaking sceneries. While our eyes allow us to appreciate the beauty of the surroundings, we can never reach places without our walkers. It is important that care and consideration always be given to our feet when hiking. Follow these basic tips:

1) Feet warm-up. As with exercising, hikers need a warm-up to avoid getting strained and injured. Get used to walking by gradually increasing the distance and cadence each day. That way, your feet's muscles, tendons and ligaments are prepared for a more strenuous activity.

2) Pack light. If you carry a pack with you, make sure it is enough to carry all your hiking essentials and not too heavy to injure your body especially your feet. Walking

puts much pressure on your feet as you carry your body weight and what whatever you take along with you. Packing lightly reduces the chances of getting sore and aching feet.

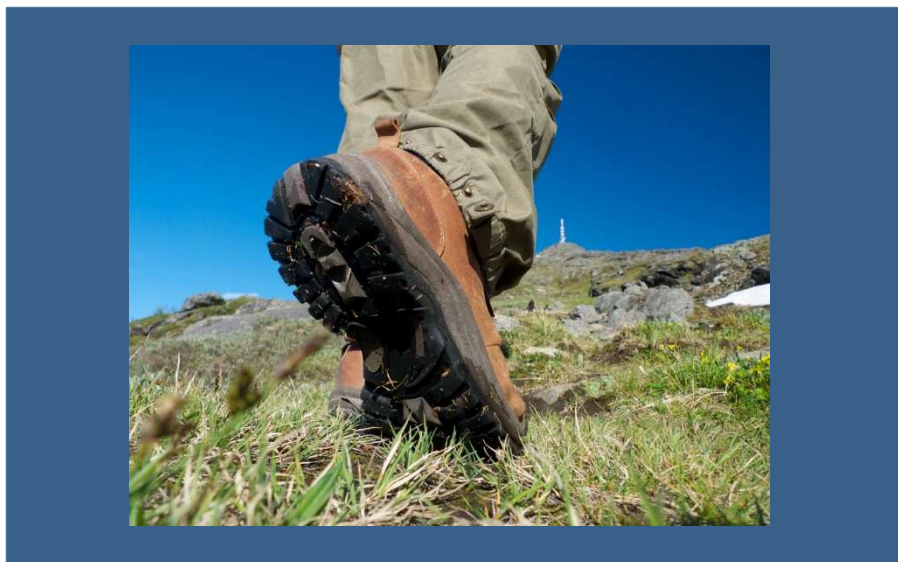
3) Wearing the right, comfortable, and activity specific footwear. Aside from carrying a light pack, it is a must that you wear a pair of shoes that has a good fit and is designed for the task! Wearing shoes that compress your feet or are too loose will pose harm, as will overly flexible shoes. You can either slip with your loose shoes or get swollen feet if it's too tight. Secure your ankle and heels at all times especially when going for long hikes and on rough terrains.

(Continued next page...)



Foot Care While Hiking! (Cont'd from previous page)

- 4) Cushioned and breathable socks are recommended. Socks should also go with your shoes. Consider the type of socks you wear as you need ample room for your feet once you put on your shoes. Don't use overly thick socks that can cause your walkers to sweat.
- 5) Rest your feet and give a soft massage. Take a break so you can elevate your feet and allow it to breath by removing all your footwear. A gentle massage on your toes can provide a quick relief too.
- 6) Observe proper foot hygiene. At the end of a hike some Epsom salt with lukewarm water, can soak away aching, to attain relief and refresh your walkers at the same time. Always dry well.



- 7) Treat hotspots. With your emergency first-aid kit, include foot treatments and don't wait for hotspots to turn into blisters. ♦

Peeling Skin on The Foot

Peeling skin on the foot can be caused by a number of external or internal factors. This may be a sign that something you're doing is damaging your foot, or an internal health condition is causing your skin to get too dry, thus impacting the skin on your foot.

The Most Common Causes for Peeling Skin on The Foot

While there may be different causes for peeling skin on the foot, it is important to know

that there are several common factors. Each one of these causes have certain symptoms and signs that will help you identify them and act accordingly. Let's take a look at the most common causes:

- Athlete's foot - this fungal infection mostly affects the part between your toes. It is also important to note that it can affect one foot or both at the same time.



It causes an itchy rash, which can also be accompanied by burning, stinging, or dryness.

- Dry skin - while some people may have dry skin naturally, there are other medical causes for it. Smoking, stress, using excessively hot water when showering or bathing and low environmental humidity may be probable reasons for it.
- Eczema - this skin condition may develop anywhere on your body. Arms, elbows, and feet are the most common ones. Cracked skin, rashes, and skin infections are the most common symptoms.
- Psoriasis – Marked by red patches with silvery scales, psoriasis is a chronic disease

that can happen anywhere on your body, including the soles of your feet.

How To Treat Peeling Skin on The Foot

Depending on the cause, peeling skin on the foot may be treated in different ways. Fortunately enough symptoms can be treatable. For example, in the case of athlete's foot, antifungal medication could be the most common solution.

Other cases, such as dry skin, can be treated with moisturizers after bathing. Using a mild soap may also help reduce the symptoms. This way, irritation may gradually disappear. In the cases of psoriasis and eczema, specific medication can be taken to reduce the symptoms.

Peeling Skin on The Foot (Cont'd from previous page)

When Should You See A Doctor?

While peeling skin on the foot may not be taken as something really serious, it may also be the case that this is a sign or symptom of something more severe happening in our bodies. If after applying common treatment the signs or symptoms do not disappear, expert help may be necessary.

If you notice peeling skin on the foot, make sure to contact your Podiatrist as soon as possible.



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**The Care,
Professionalism and
Time that your feet
deserve.**



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