

Foot Health Awareness

33
JOINTS

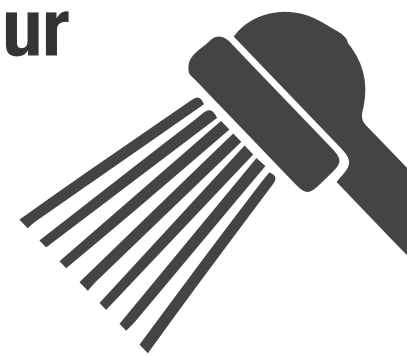
26
BONES



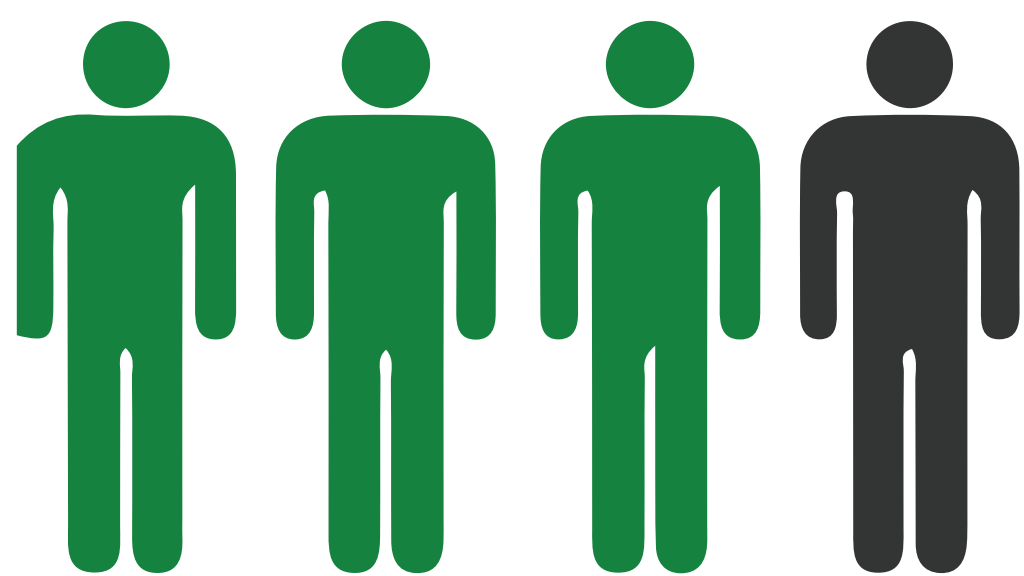
25% of bones in the human body are in your feet.

Walking barefoot or using communal showers without foot protection can put your feet at risk for many diseases such as:

PLANTAR WARTS
ATHLETE'S FOOT
RING WORM



Women have about **4** times as many foot problems as men. High heels are partly to blame.



75% of Americans experience serious foot problems in their lifetime.

9 out of 10 women wear shoes that are too small for their feet.



The average person takes **10,000** steps a day, which adds up to about **115,000** miles over a lifetime. That's enough to go around the circumference of the earth **4** times.



5%

of Americans have corns and calluses.



5%

of Americans have fungal infections.



5%

of Americans suffer from ingrown toenails.



60-70%

of Americans with diabetes will develop nerve damage in their feet.



19%

of Americans have 1.4 foot related problems each year.



WHEN TO SEE A PODIATRIST



Heel Pain
Swelling
Numbness



Discolored
Fungal
Ingrown Toenails



Foot Odor
Foot Pain
Discomfort



Open Sores
Bunions
Corns/Calluses

Pain in your feet is not normal. If you are experiencing foot pain, it's your body's way of telling you something is wrong.

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