

NATIONAL
FOOTHEALTH
AWARENESS MONTH
APRIL



**TIPS FOR
HEALTHY
FEET**

- 1. Inspect your feet daily, including the bottoms of your feet. A good time to check is after bathing.**
- 2. Use a handheld mirror to see those hard-to-see/hard-to-reach places.**
- 3. Dry well in between toes after bathing to reduce the risk of athlete's foot**
- 4. Use lotion on dry skin areas to avoid cracks/fissures. It is best to apply within 15 minutes after bathing, sparing the spaces between toes.**
- 5. Replace walking shoes every six months or 500 miles whichever comes first**
- 6. Do not walk barefoot. Well fitted shoes serve as armor to protect your feet from the environment.**



If you have questions and would like to schedule an appointment, please call (520) 562-3321
Ext. 1258, Ext. 2664, Ext. 6520