

## Ten Things Your Feet Would Say

**News Alert:** Our feet can't talk! Well they do by providing feedback like pain, burning, deformities and calluses but they can't tell you what to do! So, the foot doctors at East Texas Foot Associates felt it might help those exploring podiatry care online by sharing what your feet want you to know. Enjoy!

### **Things your feet would say #1, "Foot pain is not normal"**

Too often in our practices we run into patients that feel their feet are supposed to hurt. We want you to know this is not true. Your feet are wonderful machines that transfer your desire to move into motion. They are made to last a lifetime and with a little tender loving care will be there for the duration. Sure, you can expect a little tenderness when you wear those ill-fitting high heels to that wedding or decide to jog a few miles in your old canvas tennis shoes but pain that alters your daily routine and limits your activities should not last days. It is our role as podiatrists to help you determine what is expected and one of the most rewarding parts of being a podiatrist is our ability to resolve your foot pain and return you to a full active healthy life style.

### **Things your feet would say #2, "We're complicated"**

There is a lot going on in those feet of yours. There are 52 bones, 66 joints and over 100 muscles and tendons packed into pretty small spaces. On top of that there is a complicated network of arteries, veins, nerves and skin that keeps us on our toes! All of this works together in three-dimensional motion allowing the pressures of our activities and weight to move forward in efficient working order. Considering we will be using these feet for many years, wear and tear is inevitable. Podiatrists are specially trained to understand these complexities and can help this engineering marvel, the foot, function pain free.

### **Things your feet would say #3, "If you don't do something, it will get worse"**

Considering the repetitive nature of foot mechanics, one might be reminded of the old adage that says doing the same thing over and over while expecting different results is not very productive. Delaying care often allows the condition to get worse. Another common example is a wound that does not get care in a timely fashion can become infected and then puts the whole foot at risk! Often, foot issues just need a little help and the podiatrists at East Texas Foot Associates know how to keep care as simple as possible. We thoroughly discuss your condition and review treatment options before any are taken. Your feet want you to know that something has to change before the injury, deformity or wound progresses to a point that only aggressive procedures are needed. Our foot doctors want the same thing!

**Things your feet would say #4, “We are a mirror to your health”**

Too often owners of feet forget that their feet are attached to their bodies! On top of that these feet are the end of the line for many parts of our anatomy and often these “ends” are where disease shows up first. Podiatrists are specially trained to recognize the subtle changes of skin quality and coloration, pulses, foot shape and nerve conduction giving insight into their bigger picture of one’s overall health. Things like hairless feet, itching flaking skin, yellow toenails, cold feet, swelling or a sore that won’t heal are just a few indicators that things aren’t right in your feet but possibly in your body as well. Our podiatrists often relay stories of patients that had no idea of how serious their medical situation was and with proper assessment and medical direction severe health complications were avoided.

**Things your feet would say #5, “We impact your health more than you think”**

Too often patients fail to appreciate how important foot health is to overall health and well-being. It is understandable, because so often our lifestyle changes start quite small. For example, “ouch my foot hurts, I guess I won’t go on my walk”. What just happened? The exercise you needed for cardiovascular health was just compromised for a foot pain that is likely easily addressed. Or, “ouch my foot hurts, I’ll just keep going and hope it passes”. Now we are walking with an altered gait and other things such as back pain, falls or worsening of the painful condition occurs. It seems, the foot really is talking to you in these instances! Not to mention the loss of connection one feels when their mobility is limited. Time with friends, shopping, and community involvement suffers. That is not the quality of life anyone wants. East Texas foot Associates is uniquely positioned to return you to the life you want while helping you avoid deterioration of your overall health because of your foot problem.

**Things your feet would say #6, “A little tender loving care would go a long way”**

Let’s face it, we abuse our feet. A typical person will walk over 100,000 miles in their lifetime. That’s over four times around the earth! They deserve a little maintenance. Daily care should include washing, drying (especially between the toes) and a general inspection for any changes that might have occurred the previous day. Also, we need to be careful how we trim our toenails being careful not to injure our toes in the process. This can become more difficult as we age. No, your legs are not getting longer...we just become less flexible or our midsections begin to limit access to these important parts of our bodies. Sometimes we need to ask for help from family, friends or podiatrists. If our skin is dry, we should apply moisturizers to our feet but never between the toes. Also, picking shoes that fit properly with plenty of room for our toes is very important. Shoes should support our activities and socks help reduce moisture buildup while reducing friction. Choose wisely! Podiatrists offer excellent advice concerning your foot maintenance and can recommend appropriate products to protect your primary mode of transportation, your feet!

**Things your feet would say #7, “I am at greater risk if you have diabetes”**

Diabetic foot complications are a tremendous drain on our health care system. East Texas Foot Associates spends a large portion of each day trying to help patients with diabetes avoid those complications. By performing complete diabetic foot exams at each visit, we are able to educate you on your specific needs concerning your feet and your health. Not generic rules that are applied to all diabetics but to your situation exclusively. We are specially trained to detect problems early, helping you keep your feet! At a minimum, annual foot exams will help you know where you are at risk and will provide you with the information you need to maintain your foot, and overall, health. Over 70,000 lower leg amputations happen every year in the United States and statistics show that podiatric care can reduce your risk of amputation significantly.

**Things your feet would say #8, “Sometimes I need foot surgery”**

At East Texas Foot Associates, we pride ourselves in excellent conservative care of the foot and ankle. This means we make every effort to return you to a pain free active lifestyle without surgery but there are foot conditions that require more advanced care. Our doctors are specially trained to determine when surgery is needed and are skilled at the art of surgery of the foot. This ranges from mechanical deformities such as bunions, hammertoes, heel pain, excision of soft tissue masses, wound debridement, and amputation when required. Often surgery can resolve pain, reduce risk of infection, improve mobility, and return you to activity you had thought might never be possible again! Let our doctors help you make the best choice for your situation.

**Things your feet would say #9, “We want to look good”**

Nobody wants to be embarrassed by their feet. Too often our patients assume this is part of aging or they say “there is nothing that can be done about it” but this is far from the truth. Thick discolored toenails, corns, calluses, and painful lesions cause too much anxiety! East Texas foot Associates has full diagnostic capabilities, excellent dermatological techniques, and products to return your feet to their best appearance.

**Things your feet would say #10, “Please pick East Texas Foot Associates”**

Listen to your feet! If you have read this far, it is likely you need our services. We understand the anxiety and fear that so often comes with the unknown. Our doctors have years of experience and can guide you to better foot health. East Texas Foot Associates provides the most advanced podiatric services you will find anywhere. We will help you to your goals with a plan that works for you. Our six highly trained physicians, friendly medical staff, and 10 locations offer excellent foot care right here in East Texas. We care about your foot health and we want you to learn to love your feet again!



We hope you have enjoyed this opportunity to have a conversation with your feet! Please call our offices to continue this dialog with physicians who can help.

**Have a great day!**

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Call to Make An Appointment

**877-747-3668**