



Foot health tips for summer

When warm weather arrives, many people break out the flip-flops, sandals or forego shoes altogether. But the American College of Foot and Ankle Surgeons says this can be harmful to your feet if you're not careful.

Many flip-flops and summer shoes contain little to no support or protection. This increases your chances for foot injuries. They can also aggravate conditions such as plantar fasciitis, bunions, and other painful foot problems.

You can still enjoy summer and keep your hard-working feet healthy by following these tips:

- Don't go barefoot in public bathrooms. If you have a cut on your foot, it can get infected. You could also get a foot fungus or plantar wart. Use flip-flops in these cases to protect your feet.
- If you have diabetes or neuropathy, never go barefoot — even indoors.
- Don't rely on flip-flops for daily wear. Use them in place of going barefoot around the pool, or in public bathrooms. Instead, choose sandals or lightweight shoes that have good arch support and are designed for comfort.
- Use sunscreen on the tops and bottoms of your feet any time they are exposed.
- Wear closed-toed shoes to mow the lawn or do yard work.
- If sandals are rubbing or causing blisters, don't wear them. Don't pop blisters. This leaves the foot open to an infection.
- Wear proper walking shoes and socks to the airport when traveling for summer vacation. Never try out new shoes on vacation. Pack shoes that you know are comfortable and won't rub or cause blisters or pain.