

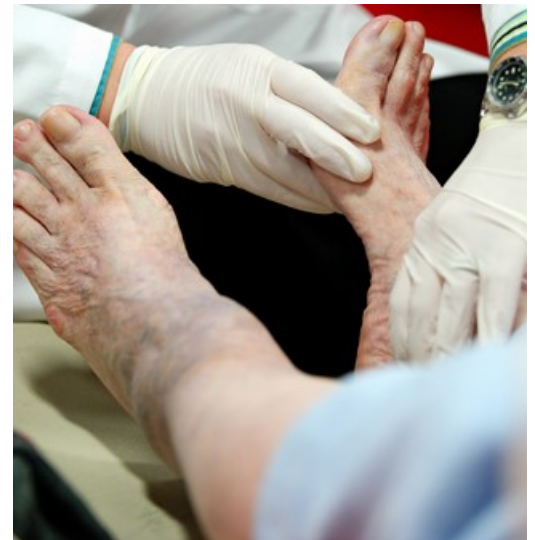
# Your Health Matters

## HEALTHY AND HAPPY FEET

Checking your feet regularly will help keep them healthy and prevent falls.

### Tips:

- Inspect your feet every day.
- Use a mirror for hard to see places.
- Look for any cuts, blisters, sores, infected toenails or swelling.
- Practice regular foot care including filing and clipping toenails.
- Ensure socks and shoes do not leave marks on your skin after you take them off.
- Wear socks that allow feet to breathe and keep your feet dry.
- Consult a foot care specialist if you are unable to care for your own feet.
- Consult with your doctor or nurse practitioner if you have a sore that will not heal on its own or looks infected.



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