

Keep Your Feet Pain-Free



by Dr. Eunice Ramsey-Parker, DPM, MPH,
Clinic Administrator, Foot Center of New York

place, due to the foot type you inherited, the pressures of your weight on your foot, or injuries. It looks like a bump that juts out from the base of the big toe. Tight shoes can make the problem worse.

Hammertoes – are contracted toes, bent in the middle joint. They are most likely to occur in the toe next to the big toe. Shoes that constrict the toes and bunions can contribute to the formation of hammer-toes.

Corns and calluses – are signs of irritation. Your skin has thickened to protect that area of the foot. Corns and calluses are usually caused by rubbing or

pressure on that area. They often occur on the raised joint of a hammertoe.

If you're diabetic, or if every step you take is accompanied by pain, please seek the care of a podiatrist or physician for any of these conditions!

But, if you have one or all of these disorders and your feet are pain-free, here are:

Tips for keeping your feet pain-free:

- **Wear shoes** that are non-constrictive, with a wider width and higher toe box.
- **Wear shoes** with uppers made of soft leather or soft material.
- **Wear cotton socks** that

allow the feet to breathe. Stockings are fine. If you have to wear

compression hose, buy them without toes.

• **Do Not** use medicated corn pads.

• **Do Not** try to shave, pick at, or cut corns or calluses. Serious injury could result.

• **Do Not** soak your feet to alleviate any of these disorders. Just wash and dry thoroughly.

More about diabetes and foot care next month.

Dr. Eunice V. Ramsey-Parker, DPM, MPH, is Clinic Administrator of the Foot Center of New York at 55 East 124th Street between Park and Madison Avenues. Learn more about the Foot Center at www.footcenter-ofnewyork.org.

DON'T MISS ANOTHER ISSUE

SUBSCRIBE TODAY!

GO TO PAGE 23

Visit our

website to learn more:

www.harlemcommunitynews.com

Lots of people, young and old, have disorders of the foot that can range from just unattractive to painful conditions that warrant surgery. Today I want to look at three common disorders and help you learn how to think about them.

Bunions – bunions are enlargements of the joint at the base of the big toe that occur when the bone of the big toe joint moves out of

Living with HIV/AIDS?



We are the premier Skilled Nursing Facility and Outpatient Adult Day Health Care Program for People living with HIV/AIDS

- The **only** AIDS Specialty Skilled nursing facility in Harlem
- **5 out of 5** star overall rating (Source: www.medicare.gov/nursinghomecompare)
- Staff trained in sensitivity to serve the GLBT community
- Adult Day Health Care for people with HIV
- **Approved by Amida Care Provider**
- Medical Care & Physical Therapy
- Social Services & Case Management
- Substance Abuse Counseling
- Therapeutic Recreational Activities
- Support Groups
- Nutritional Meals
- Spiritual Counseling & Support

Saint Mary's Center

Serving Harlem Since 1992

512-516 W. 126th St., New York, NY 10027
212-665-5992 • www.StMarysHarlem.com

Foot Pain? Diabetes?

FOOT CENTER of NEW YORK

55 East 124th St.
(between Madison & Park Aves.)

Most Insurances accepted, including Medicare and Medicaid

Monday, Tuesday & Thursday
8 am - 4 pm
Wednesday
8 am - 7:30 pm

Full-Service Physical Therapy Center Diabetic Wound Care

Expert staff diagnose and treat foot ailments including:
Sports Injuries • Foot Pain • In-toeing • Out-toeing
Flat Feet • Ingrown Toenails • Walking Problems
Heel Spurs • Bunions • Hammertoes

Treating Adults & Children

55 East 124th St. btwn. Park and Madison Avenues, NYC
Call 212-410-8158 for an appointment
www.footcenterofny.org