

6 Key Tips for KEEPING FEET Healthy Through WINTER MONTHS

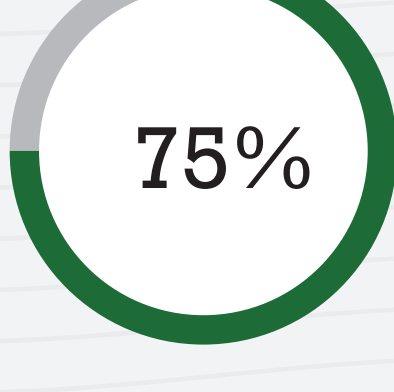


5000



Our feet are one of the hardest working parts of our body and the average adult takes around 5000 steps every day.

Yet around 20% of people think of their feet as their most unattractive body part and this can often lead to neglecting them, especially in the winter when we wear heavy shoes and boots.



75%

Around 75% of the population have foot problems and the winter is the time when foot health is at its lowest.

So keeping your feet healthy and in top condition during the winter is absolutely crucial. But how do you go about this?

01 Moisturising

Many of us use moisturiser in some form on our faces be it after the morning routine or after a shave. We often use body lotions after a bath or shower and hand creams at regular intervals. But do we moisturise our feet? And if do, do we use the right products?

The key to moisturising feet is using products designed specifically for the job. This is because the skin on our feet is thicker than on other parts of the body and normal moisturisers and body lotions just aren't designed to get through that thick skin and help with moisture levels.



02 Footwear

It may seem a bit of a simple thing to say but come winter, make sure your footwear is suitable and a good fit. It is easy to go for a pair of winter boots that are a little big but this can quickly lead to sore patches. Worse than this, it can allow the build-up of sweat on the feet and this leads to one of the true foot nasties – athlete's foot. This is a fungal infection that causes sore red patches and a really unpleasant smell.



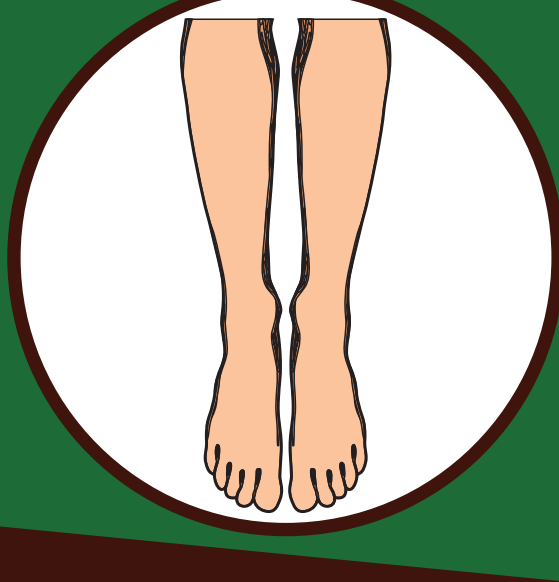
03 Keeping warm

Again, simple but crucial is keeping your feet warm during the winter. Sweating can be a bad thing as mentioned but being cold is just as bad. This can lead to chilblains as well as dry and cracked skin which can be very uncomfortable. Use fleece lined insoles if you find your footwear isn't keeping your feet warm and invest in a good pair of slippers night time.



04 Regular cleaning

The daily shower is common for most of us but we need to pay special attention to our feet, especially during winter. Take a moment to make sure your feet are completely dry as moisture can lead to those horrible fungal infections. Also keep a pumice stone handy for any dead skin and calluses to remove them and let new skin come through.



05 Waterproofs for the rain

A part of getting the right footwear is preparing for the rain and snow by having waterproof boots. Remember that moisture is the enemy of the foot and make sure your boots or shoes are completely waterproof for when the wet times come.

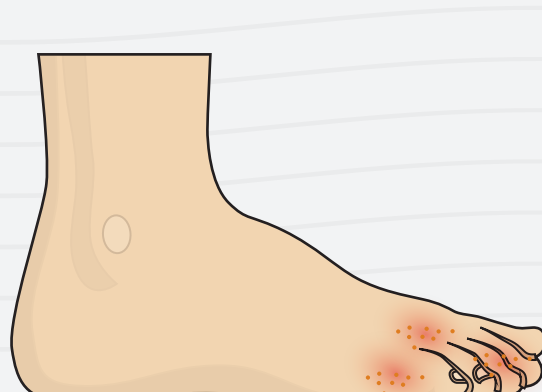


06 Treat yourself!

Finally, why not use the bad weather as an excuse for a pedicure? Getting the right treatment for your feet starts the season off in the best way and makes keeping your feet healthy through the winter much easier.



Disorders that trigger cold hands and feet



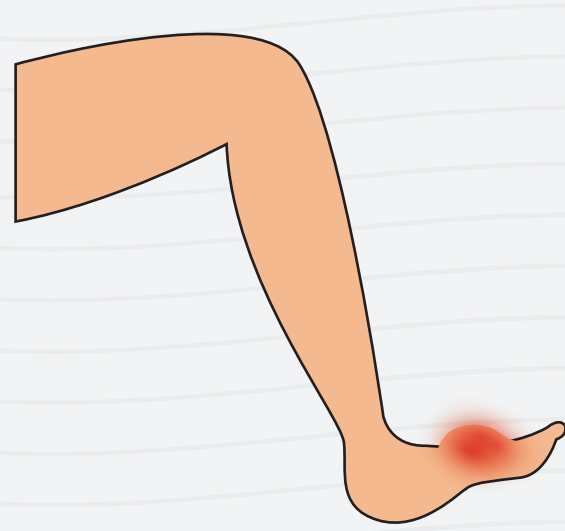
Frostbite

Frostbite is not a disease but a condition of being out in extreme cold weather. Damage to skin and tissues is due to freezing. Severe frostbite kills the muscles, tendons, blood vessels, and nerves. The skin shrinks and tears. A loss of feeling is a symptom and gangrene can be the result.



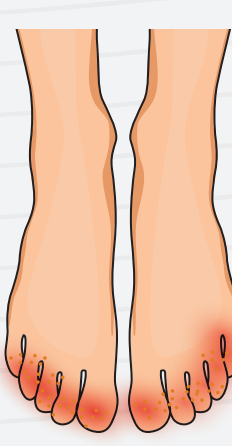
Anaemia

Anaemia often causes extreme pale skin fatigue, weakness and cold hands and feet. Iron deficiency anemia often goes undiagnosed until you experience Raynaud's disease. If your hands and feet stay cold despite warming measures, check your iron levels.



Diabetes

Diabetes causes different types of problems and including cold hands and feet due to circulatory problems, high blood pressure and thyroid problems.



Lupus

Lupus may be a contributor to cold hands and feet. Blood vessels come under attack with systemic lupus. Small blood vessels in the skin of hands and feet prevent normal blood movements. Icy hands and feet are the result.

Raynaud's

Raynaud's Disease or blood vessels in the hands and feet overacting to cold temperatures or stressful situations are a major cause of freezing hands and feet. Raynaud's disease triggers arteries in fingers and toes to enter vasospasm or a condition that narrows your blood vessels and limits blood supplies to the extremities. Over time these arteries thicken which further limits blood flow. One symptom is a pale and or dusky color to your fingers and toes.



Infographics produced by Snugtoes Heated Slippers

Innovators and manufacturers of the simpler, safer alternative to microwavable slippers, wheat bags and plug-in feet warmers.

SOURCES

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