

Contact Numbers

Health Board	Area	Contact Details
Eastern Regional Health Authority	Dublin City and County, Counties Kildare and Wicklow	Dr. Steevens Hospital Dublin 8. Customer Services Tel: 1800 520 520
Midland	Counties Laois, Longford, Offaly and Westmeath	Arden Road Tullamore Offaly Tel: (0506) 21868
Mid-Western	Limerick City and County, Counties Clare and Tipperary (N.R.)	31/33 Catherine Street Limerick Tel: (061) 316655
North Eastern	Counties Cavan, Louth, Meath and Monaghan	Kells County Meath Tel: (046) 80500
North Western	Counties Donegal, Leitrim and Sligo	Manorhamilton County Leitrim Tel: (072) 20400
South Eastern	Waterford City and County, Counties Carlow, Kilkenny, Tipperary (S.R.) and Wexford	Lacken Dublin Road Kilkenny Tel: (056) 84100
Southern	Cork City and County and County Kerry	Wilton Road Cork Tel: (021) 4545011
Western	Counties Galway, Mayo and Roscommon	Merlin Park Galway Tel: (091) 751131

For further information contact:

The Society of Chiropodists –
Podiatrists of Ireland
10 Clonard Street, Balbriggan,
Co Dublin
Telephone (01) 841 3350



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The Ageing Foot



Advice on caring
for your feet



The Foot

Each foot is a complex structure. It consists of 26 bones, with ligaments and tendons, blood vessels and nerves.

Healthy feet are essential to help us stay active and mobile. Good foot care is essential for healthy feet. Try to have a routine of caring for your feet.

As we get older, foot problems are often related to our general health. Arthritis, circulatory and neurological diseases and diabetes often affect the feet. But many problems can be avoided by a little regular care and attention.

Cleanliness

- Wash your feet every day in warm, soapy water. Never soak them.
- Rinse your feet with clean water.
- Gently pat your feet dry. Never rub in between your toes.
- Gently rub in a small amount of moisturising cream (lanolin or other emollient). Don't use dusting powder.

Nail Cutting

- Cut your nails regularly.
- Use a proper nail clipper.
- Cut the nail straight across and not too short.
- Never cut down the sides into the nail groove.

To remove dirt or debris from the side of the nail use a soft nail brush. A tooth brush might be easier to use because of the long handle. Use an emery board or file to reduce a thickened nail.

If you find your nails too difficult to cut, visit your chiropodist or public health nurse.

Heat and Cold

In winter you need to keep your feet warm. Sometimes you may not realise your feet are cold.

- Wear loose fitting woollen socks
- Keep your room warm
- Keep active, walk and take exercise
- If you get your feet wet, wash them in warm water and dry them carefully as soon as possible.
- Remove hot water bottles from your bed before getting in.

As we get older our blood does not circulate as well in our bodies. Hands and feet can be particularly affected.

To help your circulation

- Put your feet and legs up on a stool or other chair when sitting
- Don't cross your legs
- Don't sit too close to fires or heaters.

Badly fitting socks and stockings can be harmful. Make sure that elastic stockings are properly designed and fitted to suit you. Ask your public health nurse, family doctor or chemist for advice. Never wear garters.

Footwear

Wear good fitting laced up shoes with soft uppers. Soft rubber soles will also be more comfortable. Have your feet measured when buying shoes. Only wear slippers for short periods. Remember, expensive footwear is not necessarily good footwear.

Professional Care

Good foot care may not always stop problems happening. If you have problems with your feet speak with your family doctor or chiropodist.

Never treat corns or painful nails yourself. Look for advice early and as often as you need it.

Helpful Services

You can find out about chiropody services from your local health board or public health nurse. Some services may be free to eligible persons.

