

# 5 Tips for Healthy Holiday Feet



Don't let sore, achy feet ruin your holiday season. The American College of Foot and Ankle Surgeons offers five tips for healthy holiday feet.



## IF THE SHOE FITS, WEAR IT

When hitting the dance floor and shopping malls this season, don't compromise comfort and safety. Protect your feet from blisters, calluses and ankle injuries with the right shoes for the occasion.

## DON'T OVERINDULGE IN HOLIDAY CHEER

Your feet can feel the effects of too much holiday cheer—overindulging in certain foods high in uric acid can cause painful gout attacks in your feet.



## BE PEDICURE SAFETY CONSCIOUS

Reduce your risk of bacterial infections, including MRSA, during your holiday pedicure by choosing a salon that follows proper sanitation practices and is licensed by the state.



## WATCH FOR ICE & SNOW

Holiday winter wonderlands can be beautiful but also dangerous for ankles. Use caution when traveling outdoors and watch for ice or snow patches along your trail.



## LISTEN TO YOUR FEET

Don't let foot pain ruin your holiday fun; inspect your feet regularly for any evidence of ingrown toenails, bruising, swelling, blisters or calluses. If you have any issues, contact your foot and ankle surgeon.

For more health information and tips, visit [FootHealthFacts.org](http://FootHealthFacts.org)—the patient education website of the American College of Foot and Ankle Surgeons.



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