



CLIFTON HEALTH DEPARTMENT

900 Clifton Avenue
Clifton, NJ 07013

Clifton Health Department and St. Mary's General Hospital to Hold Podiatry Screening

For Immediate Release

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The Clifton Health Department and St. Mary's General Hospital will be holding a free Podiatry (Foot) Screening on **August 29, 2019 from 11am-12:30pm at the Clifton Health Department, located at 900 Clifton Ave, 2nd Floor. Registration is required; please call 973-470-5773 to register.** This screening is open to Clifton and Little Falls residents. A Podiatrist from St. Mary's General Hospital will provide a physical exam of the foot and ankle, and, if needed, offer recommendations on follow up care. Patients should avoid wearing pantyhose, as shoes and socks must be removed for the screening.

Think about all the places your feet take you every day. You might use your feet to take a walk in the park or go out with your loved ones, play with your children or grandchildren, take care of your garden, and go dancing. Our feet are small, considering they have to support the entire height and weight of our bodies. Each step you take involves a remarkably intricate network of 26 bones, 33 joints, 19 muscles, multiple tendons, and 107 ligaments. That complexity, combined with all the weight feet carry, accounts for why feet can be so prone to problems such as bone fractures, arthritis, and plantar fasciitis, a swelling of the thick band of tissue that runs along the bottom of the foot.

Here are some important steps you should take to protect your feet:

- Keep your blood pressure, blood sugar, and cholesterol at the levels recommended by your doctor. Remember that diabetes can reduce the blood flow to certain areas of your body, especially your legs and feet, which makes it harder for your body to heal from injuries
- Don't smoke, and if you do smoke, quit. Smoking reduces blood flow to the feet
- Eat more fruits and vegetables
- Be physically active every day and maintain a healthy weight
- Take your medicines even when you feel good
- Have a podiatrist check your feet at least once a year

- Remember to always wear shoes that are comfortable and that fit well. Do not wear shoes that are tight or that rub or pinch your feet; these will give you blisters
- Wear socks or stockings with your shoes when possible and try not to walk barefoot or to wear just socks. Put on some slippers while you are at home

For more information on this free screening, or to register, please call 973-470-5773.

The Clifton Health Department is a contractual health agency serving the Township of Little Falls.

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