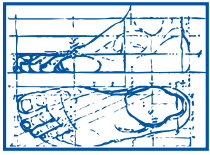


# foot facts



**ALEXANDRIA  
PODIATRY  
ASSOCIATES**

Dr. Jeffrey S. Coster  
Dr. Jeffrey L. Graziano  
Dr. Joonhyun Yoon  
Dr. Monique Rolle  
703-379-0700 (office)

## YOUR FEET AT FIFTY

As you approach the age of retirement give your feet consideration and enjoy a more comfortable, useful and longer span of life.

### Circulation

The toes are the most distant part of the body from the heart. The arteries must carry the blood a great distance to supply the foot. To bring the “used” blood back to the heart nature has provided two sets of veins, complete with a complicated valve system. In advanced years many of these vessels may deteriorate, leading to circulatory troubles. By an early diagnosis your podiatrist can help prevent possible serious complications. Some of the common signs may be:

- Swelling of the feet and ankles
- Cramps in the feet and the calf while walking or at night
- Inability to keep the feet warm
- Loss of the fat tissue on the padded surfaces of the feet
- Chronic ulcers on the feet which fail to respond to treatment
- Absence of, or bounding pulse in the arteries of the feet
- Showing of arteries in the foot on routine x-ray
- Burning in the soles of the feet

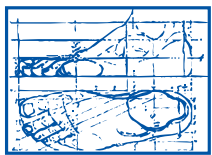
### Skin and Nails

At every age the skin is the first line of defense against infection. It is very important to guard this body covering, especially in the feet. As the foot circulation decreases various skin conditions sometimes appear. When our skin shows the effects of aging, and this often happens prematurely, self care either by cutting or used advertised corn and callus cures can produce severe disablement, and occasionally loss of limb and life. The rate of growth and texture of our nails is altered, sometimes becoming paper-thin or occasionally thick and powdery. Your podiatrist is best qualified to treat and suggest measures to aid all these conditions.

### Arthritis

Almost everyone approaching “3 score and 10” will complain of some general joint pain. After many years of complain of some general joint pain. After many years of constant walking on your feet, time, has naturally made many changes. Nowhere in the body is there as much “wear and tear” (osteoarthritis) as is seen in the feet. This condition is not the popularly

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phrased “fallen arches” or “dropped metatarsal.” With foot pain and its accompanying foot imbalance other symptoms usually appear in the ankles, legs, knees and lower back. Your foot doctor has many excellent methods of treatment to aid in controlling the discomfort of this painful ailment.

### **Don’t Diagnose - Don’t Suffer**

Of all the health problems none has more “home cures” or “False claims for relief” than conditions of the human foot. For example:

- Millions of metatarsal pads are used annually when the forefoot pain may be due to a circulatory problem, a nerve pressure, lack of fat padding, or a misalignment of bones.
- 
- As the years progress tissue does not repair too quickly. A sprained ankle or stubbed toe is not a minor injury and should not wait weeks before it is diagnosed and treated by your podiatrist.
- 
- All skin eruptions are not “Athlete’s Foot,” yet many will use “over-the-counter” preparations, without results, before seeking correct diagnosis and proper treatment.
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- The list is long and the foot is a complicated and intricate structure. For many more years of foot comfort consult the best friend your feet can have - your podiatrist.