



## FALL FOOT CARE

It's Fall. You've turned in your flip-flops and sandals for closed-toe shoes and boots. But that doesn't mean you should neglect your feet for the next few months. It's important to practice everyday foot care with a few simple steps:

- Gently Exfoliate...** Use a pumice stone to reveal fresh skin.
- Moisturize...** Soften skin with a heavy-duty moisturizer after you bathe.
- Trim & File...** Keep your nails healthy by trimming and filing them regularly.
- Inspect...** Check your feet daily and make sure there are no new bruises or cuts.
- Shoe Selection...** Choose a shoe that fits you well, makes it easier to walk and do daily activities in
- Wear Your Socks...** Wearing clean socks with your shoes can help prevent athlete's foot, bad odors and help absorb sweat.

Remember, proper foot care should be practiced throughout the year and our board-certified podiatrists are here should a concern arise. They are accepting new patients - call **(914) 723-8100** for an appointment.

Learn more about our podiatry services:  
[www.scarsdalemedical.com/podiatry](http://www.scarsdalemedical.com/podiatry)