

# ON THE JOB

## Active Duty Service Can Be Bad For Feet *Advice From The APMA*

(NAPSA)—Whether marching in training camp or tramping through war zones of the world, the American soldier spends most of his time on his feet. There's not much time to fuss with foot ailments, but there are quick tips to keep feet healthy.

The American Podiatric Medical Association has compiled a list of foot care tips for the young men and women in the Armed Forces. You may want to share this advice with your loved ones and friends both overseas and on the home front.

- Try to wash feet as often as possible. Ideally, at least once daily and dry them well.

- Wear two pairs of socks to absorb friction, and reduce the chance for blisters.

- Lubricate potential blister areas (toes, heels) with petroleum jelly. If blisters develop, pop them with a sterile needle, drain fluid, keep skin intact and cover with antibiotic ointment and a bandage.

- If possible, change socks daily and have a second pair of boots or shoes to rotate wearing.

- Use spray deodorant on feet or powder in shoes or boots to help absorb moisture. Air boots out at the end of the day or whenever possible.

- If athlete's foot develops, spray antifungal powder in shoes weekly and on skin daily.



**Wearing two pairs of socks can help reduce your risk of developing blisters.**

- If you notice any changes or discomfort in your feet, it is best to have them examined as soon as possible to help prevent more serious problems.

- Make sure your boots are comfortable, fit well, and do not hurt. Soldiers should be able to move toes around inside boots.

- Whenever possible, elevate and massage feet.

- If feet swell, drink lots of fluids, loosen bootlaces and elevate feet.

- Wear steel-toed boots to prevent injuries to the feet.

For free foot health information contact the American Podiatric Medical Association (APMA) at 1-800-FOOTCARE (1-800-366-8227) or visit [www.apma.org](http://www.apma.org).