

Have you ever visited a podiatrist?

There is a *lot* that can go wrong with your feet. With as much as you use them, some ailments require a specialist to give you the care you need, but it can be hard to know when you need to see a podiatrist! Here are five of the most common situations in which you may need to see a podiatrist!

## Foot Pain

With 28 bones, 36 joints, plus over a hundred different muscles, tendons, and ligaments, it is no wonder that 19% of men and 25% of women experience foot pain that limits their function. Whether experiencing acute pain from over doing it on a run, or pain you're experiencing walking or standing during the day, it is a good idea to be evaluated by a podiatrist. This way they can identify exactly what is causing the pain and get your feet back to pain-free function.

## Nail Fungus

Did you know? The number of cases of fungal infection on toenails has increased exponentially with the growing accessibility of nail salons! When left untreated, this can lead to your nails becoming thick and discolored, and you may accidentally spread the infection to those you come in close contact with. If you have thick and discolored nails, see your podiatrist for an examination and treatment.

## Recurring or Severe Athlete's Foot

Athlete's Foot is one of the most common fungal infections, usually occurring when people have sweaty feet squeezed into tight shoes. This is why it's most often associated with places like gyms and locker rooms.

Athlete's Foot can be treated over-the-counter, but if you have an especially severe or recurring outbreak of it, your podiatrist can prescribe you a more powerful cream, or even an oral treatment to get rid of the infection. If you're struggling with it, getting in contact with a podiatrist may be the answer to your problems.

## Numbness Or Swelling In One Foot

Some soreness and even swelling in your feet are normal, especially if you have a job that requires you to stand all day. However, if you notice sudden swelling, tingling that lasts longer

than just a few minutes, or numbness, you need to see a podiatrist to check for signs of something more serious.

## Ingrown Toenails

Ingrown toenails are painful and irritating, so you might be tempted to remove them yourself, but think twice! “Bathroom Surgery” gone the wrong way can be *very* painful, and you might end up going to see the doctor anyway. A podiatrist can make sure you feel little to no pain, and provide you with medication if you have an infection. Don’t let an infected ingrown toe nail go too long, as the nail is very close to the bone. Treating a bone infection takes a long time and can result in needing surgery.

The bottom line is don’t underestimate when you might need a podiatrist! If you've experienced any of these problems or just want more information on Foot Health, make an appointment today. We look forward to hearing from you soon!