Don’t let your Feet Ruin Your Day at the Beach

As families hit the beach this summer, I’d like to share these safety tips that will help your feet stay healthy and pain-free.

**Puncture wounds and cuts:** Wear shoes to protect your feet from puncture wounds and cuts caused by sea shells, broken glass and other sharp objects. If you wear flip-flops try the *gel between-toe spreaders* available now. It wraps around the thong to reduce friction and enhances walking comfort in thongs, flip-flops, and sandals. Wear a diver’s sock/shoe to help protect your feet while in the water. Don’t go in the water if your skin gets cut – bacteria in oceans and lakes can cause infection. Put an anti-bacterial cream or lotion on it such as *Amerigel®* and a water proof self adherent bandage such as *Spyroflex® Abrasion Dressing*. To avoid complications from a puncture wound, see a foot and ankle surgeon for treatment within 24 hours.

**Jellyfish stings:** Remember that a jellyfish washed up on the beach can still sting if you step on it. If their tentacles stick to the foot or ankle, remove them, but protect your hands from getting stung too. Vinegar, meat tenderizer or baking soda reduce pain and swelling. Soaking the foot in a bath with *Tea-Tree®* crystals will alleviate pain and soothe the area. Most jellyfish stings heal within days, but if they don’t, medical treatment is required.

**Sunburns:** Feet get sunburn too. Rare but deadly skin cancers can occur on the foot. Don’t forget to apply sunscreen to the tops and bottoms of your feet. A great lotion after a sunburn is *Mango Magic*. It features mineral oil, aloe vera, vitamin E, lanolin and urea to nourish your skin and has the refreshing sent of mangoes.
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E-Newsletter

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Don't go in the water if your skin gets cut – bacteria in oceans and lakes can cause infection. Put an anti-bacterial cream or lotion on it such as Amerigel® and a waterproof self-adherent bandage such as Spyroflex® Abrasion Dressing. To avoid complications from a puncture wound, see a foot and ankle surgeon for treatment within 24 hours.

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Burns:

Sand, sidewalks and paved surfaces get hot in the summer sun. Wear shoes to protect your soles from getting burned, especially if you have diabetes.

Visit our Step Alive Shoes store and see the many styles and vendors we offer. From athletic to dress we have both men and women 'stepping alive'! Our featured vendor this month is Dr. Comfort.

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Ankle injuries, arch and heel pain: Walking, jogging and playing sports on soft, uneven surfaces like sand frequently leads to arch pain, heel pain, ankle sprains and other injuries. Athletic shoes provide the heel cushioning and arch support that flip-flops and sandals lack. If injuries occur, use rest, ice, compression and elevation to ease pain and swelling. It’s a great idea to keep a travel size ice compression pack such as RecoverIce® that requires no refrigeration. It’s a must when on-the-spot cold compression is required for an injury. It’s easily carried in your beach bag or sports pouch for quick access. Any injury that does not resolve within a few days should be examined by a foot and ankle surgeon.

The 20 million Americans with diabetes face serious foot safety risks at the beach. The disease causes poor blood circulation and numbness in the feet. A diabetic may not feel pain from a cut, puncture wound or burn. Any type of skin break on a diabetic foot has the potential to get infected and ulcerate if it isn’t noticed right away. Diabetics should always wear shoes to the beach, and remove them regularly to check for foreign objects like sand and shells that can cause sores, ulcers and infections. A great dressing that can speed the healing of ulcers is DermaRite® Silverderm wound dressing. With silver anti-microbial ingredients, the silverderm wound dressing can be purchased on our website.

If you keep these safety tips in mind a day at the beach doesn’t have to mean a day at the emergency room.

Remember to have these items in your beach bag or sports pouch:

1. Amerigel® wound dressing for cuts or wounds
2. Spyroflex® Abrasion dressings that are self-adherent and waterproof
3. RecoverIce® non-refrigerant cold and compression packs
4. A good 35 or higher SPF lotion!