

## Foot Health

### *Don't Tiptoe Around its Importance*

When it comes to caring about foot health it's the last thing on a person's mind. People think they can just ignore the fact that their feet are sore because it's part of life. However, the health of your feet, despite the distance from your heart, can affect your overall health. Aching or pain in your feet can have many causes, and you shouldn't ignore foot pain or regard it as a normal part of life.

### Complex and Vital Body Parts

Your two feet contain more than 50 bones, which accounts for one-fourth of all the bones in your body. There are also 60 joints and 200 muscles, tendons, and ligaments that hold your foot's bones together and help them move. It's not surprising that many problems can affect your feet. Think of all the activities that stress your feet; a job may require that you stand or walk around for hours at a time, choice of exercise, and the lifestyle you live in.



### Foot Health Related Problems

Your feet can develop certain health problems because they're the farthest body parts from your heart. One major health problem this leads to is diabetes. Diabetes, a condition that affects about 29 million Americans, this can lead to reduced blood flow to your feet which can severely threaten diabetics health. Other common conditions that can affect your feet, bones, or tissues inside range from athlete's foot to bunions (misshapen joints in the big toes) and neuromas (painful but benign growths on a nerve). If pain in your feet is keeping you from exercising and moving around, schedule an appointment with your doctor or a podiatrist.



### The Worst Shoes for Your Feet

Ultra-High Heels	Stilettos	Ballet Flats
Flip-Flops	Platform Shoes	Pointy Toes (Men/Women)
Wrong Size Shoes	Minimalist Shoe	Rocker Bottoms

### 3 Tips for Better Shoes

- ⇒ Make sure the shoe bends at the toe box, but is not too flexible
- ⇒ Make sure there is a sufficient arch support
- ⇒ Choose a chunky heel that is less than 2 inches high

### Sand Run Pharmacy Can Help You

#### Diabetes Foot Care Solutions

Sand Run Pharmacy provides comfortable Extra Depth Shoes for people with diabetes. If you are a person with diabetes on Medicare with Medicare Part B or Aetna Medicare you are eligible or entitled to one pair of shoes and three custom made insoles every calendar year. All you need to do is call Sand Run Pharmacy and schedule an appointment. You will need to bring copies of your insurance cards and a prescription for the shoes and insoles. The prescription needs to be signed by the physician that treats you for your diabetes.



#### Custom Made Insoles

Do you have sore and tired feet by the end of the day? Do you suffer from arch or heel pain? Many times these problems can be relieved by wearing arch supports. Sand Run Pharmacy now offers custom made arch supports that you put into your shoes. For only 40 dollars, we can have a custom arch support made just for you. This process takes about 7 business days. Available for anyone! No prescription needed. Ask any Sand Run Pharmacy staff member for assistance, it's a quick and easy process. Stop in the pharmacy to get started on your way to happier, healthier feet!



## Up Coming Events:

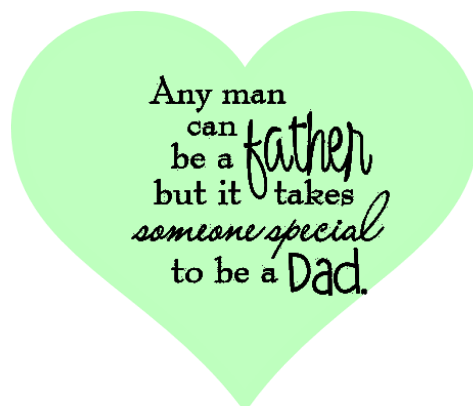
14th Annual Pet Expo, WAKR  
June 6th, Saturday  
10AM to 4 PM  
Hardesty Park, Akron



### **Sand Run Pharmacy is hosting a Diabetes Management Education Session**

## **Happy Father's Day** June 21st

Date: **June 17th, Wednesday**  
Time: **5:30 - 7:00 PM**  
Location: At the Pharmacy  
Presenter: Registered Dietitian/  
Certified Diabetes Educator



### Learn About:

- ⇒ What diabetes is
- ⇒ The importance of checking blood sugar levels
- ⇒ A1C and how it affects blood sugar
- ⇒ Meal planning and exercise
- ⇒ Medical Tests
- ⇒ Types of medication that help manage blood sugar

### June is Men's Health Month

- ⇒ The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.
- ⇒ Encourage the men and boys in your life to seek regular medical advice and early treatment for disease and injury.

**To sign up call (330) 864-2138 or sign up at the pharmacy counter! No Charge!**  
Walk-ins also welcome



**Wear Blue  
to support  
Men's Health  
Month!**



Sand Run Pharmacy

Refill prescriptions online at:  
[www.sandrunpharmacy.com](http://www.sandrunpharmacy.com)

40 Sand Run Road Akron, Ohio 44313



330-864-2138