



Health Note for March 25, 2018

*How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation Isaiah 52:7*

Spring has arrived! We can finally get a chance to wiggle our toes in the sand or garden soil without freezing, and we can dig out those summer sandals, but, "oh my!" our feet are in need of attention!

It is hard to walk all the way to Jerusalem with achy feet, heel pain, cramped toes, nails that are turning white from being in tight shoes all winter, severe pain that occurs under the smaller toes; the list goes on.

Paying attention to your feet can be the smartest thing you do. Many health conditions can manifest with foot problems: gout presents with redness and swelling and very painful area on the foot, diabetic problems can cause sores on the foot, athlete's foot can cause serious infections if not treated. Ingrown toenails can cause serious infection. Claw foot is another problem that can be caused by shoes that are tight and pinch your toes or by a disease that damages nerves, such as diabetes, alcoholism, or other neurological disorder. Your toes will be bent upward as they extend from the ball of the foot, then downward from the middle joint, resembling a claw. They may respond to stretching and exercises of the toes or you may need special shoes or even surgery. Clubbing of the toes is another condition that causes discomfort and should be brought to the attention of your care provider. Lung disease is the most common underlying cause, but it also can be caused by heart disease, liver and digestive disorders, or certain infections.

If you feel like you're walking on a marble, or if pain burns in the ball of your foot and radiates to the toes, you may have Morton's neuroma, a thickening of tissue around a nerve, usually between the third and fourth toes. It is eight to 10 times more common in women than in men. It is caused by injury or too much pressure on the toes. Again, paying attention to our feet, wearing the correct type of shoes, seeing your care provider when symptoms occur can ultimately prevent more serious problems.

With care, your feet can help us bring good news; we can make it to Jerusalem by next week if we all work together. How beautiful that would be!

Blessings to you as you walk with the Lord in prayer and thanksgiving...with healthy feet!

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