

Education Session: Foot Health Awareness

Live Webinar from **April 28, 2025**



Disclaimer

The information presented in this presentation is intended for educational purposes only and should not be considered as medical advice. It is not a substitute for professional medical evaluation, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or treatment.

The presenters and organizers of this presentation do not assume any liability for the use or misuse of the information provided. Individual health needs and circumstances vary, and it is essential to consult with a healthcare professional before making any decisions related to your health or medical care.

If you are experiencing a medical emergency, please call your local emergency services immediately.

Agenda

Part 1: Introduction

Part 2: General Foot Information

Part 3: Common Aliments

Part 4: Summer Precautions

Part 5: Questions Session



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Founder & Owner of
Nyota Medical Footcare

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Introduction

- Nadege founded Nyota Medical Footcare, PLLC in 2020.
- She created Nyota because she noticed a gap in care for her patients when she spent time working in primary care.
- Nadege is passionate and knowledgeable in the field of podiatry.



General Foot Health



Common Foot Ailments

Athletes foot, corns and calluses, and ingrown toenails.

Athletes Foot

RISK FACTORS

- Excessive sweating of the feet
- Occlusive Footwear (non-breathable shoes)
- Having Diabetes or disease that suppresses the immune system
- Medications like steroids

Causes	<ul style="list-style-type: none">• Is a skin infection that is caused by a fungus called dermatophytes. It can start in between the toes and progress to bottom, side and/or top of the feet.
Signs and Symptoms	<ul style="list-style-type: none">• peeling or white macerated skin in between toes• Dry scaly skin to bottom of feet that extends to sides and top of feet• Itchiness, occasionally• Inflammation of the skin showing as redness in light skin tones and hyperpigmentation in darker skin tone.• Burning or stinging sensation• Blisters or pustules (commonly seen in severe cases)
Treatment and Prevention	<ul style="list-style-type: none">• Topical or Oral Antifungal• Resolve the underlying Cause• Let your feet air out• Wash Feet daily and dry in between toes thoroughly• Change socks when moist• Alternate your footwear• Protect your feet in public showers, pools, nail spa and locker rooms• Do not share footwear with others who may have this infection• Clean and sanitize your footwear• Avoid walking barefoot when outdoors• Clean and sanitize all sources of where fungus is present in your home

Athletes Foot

- Scratching your feet and then touching other parts of your body can spread infection
- If applying foot cream to dry skin does not resolve then it's probably athlete's foot
- Does not always cause itching

Fun Fact

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Image source: Dermatology Atlas Brazil, Canva Stock Photo

Corns and Callus

Corns and calluses are skin lesions that resemble an area of hard and thickened skin.

RISK FACTORS

- Wearing shoes that are too small or too big
- Wearing excessively high heels
- Having Hammertoes, bunion, bone overgrowth that would rub in your shoe
- Genetic predisposition, i.e. palmoplantar keratoderma

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Causes

- Develop when an area on your foot experiences repetitive friction and or pressure. .

Signs and Symptoms

- Hard raised bumps on the feet and toes
- Painful when touched or during walking
- Corns
 - Smaller in size.
 - can be very deep into the skin
 - Hard when on top/side of toes. Soft when in between.
- Callus
 - Develop in high pressure points on the feet.

How to Manage

- Wear shoes that fit your foot shape and size
- Apply a toe cushion or padding to bottom of feet
- Separate toes using lamb's wool, moleskin to relive pressure
- Consider orthotics to alleviate pressure
- Apply a keratolytic cream with either Urea 20-40% , Lactic or Salicylic acid to your feet for treatment and maintenance

Corns and Callus

Complications of Untreated Callus and Corns

- Ulcer development
- Fissures, if left untreated develop into a wound
- May have underlying plantar wart



Ingrown Toenails

An ingrown toenail is a painful condition of the toe that occurs when the corner or the sides of the toenail pierces the skin at the end or side of the toe. This condition mainly affects the big toe on both sides, or nail on the lesser toes.

Medical terminology for this condition is known as onychocryptosis.

Causes

- Improperly trimming of your toenails
- Sweaty Feet
- Tight fitting footwear
- Injury to the toenail
- Side effect of certain medications
- Abnormal nail shape

Signs and Symptoms

- Stage 1
 - Side or end of toe is red with mild swelling
 - May feel warm and painful to touch
 - No pus or drainage
- Stage 2
 - Toe becomes increasingly red, swollen and painful
 - White, yellow or green pus is drainage from the area
 - Toe feels warm
- Stage 3
 - Redness, swelling and pain are increased
 - Granulation tissue form
 - Nail fold hypertrophy is developed
 - Systemic infection with fever, chills may develop

How to Manage

- Prevention is key
- Stage 1, Stage 2, Stage 3
- Seek the guidance of a podiatric provider: Podiatrist or Nurse Practitioner/Physician Assistant who specialize in podiatry

Ingrown Toenails

Not So Common Types:

Pseudo-ingrown Toenails

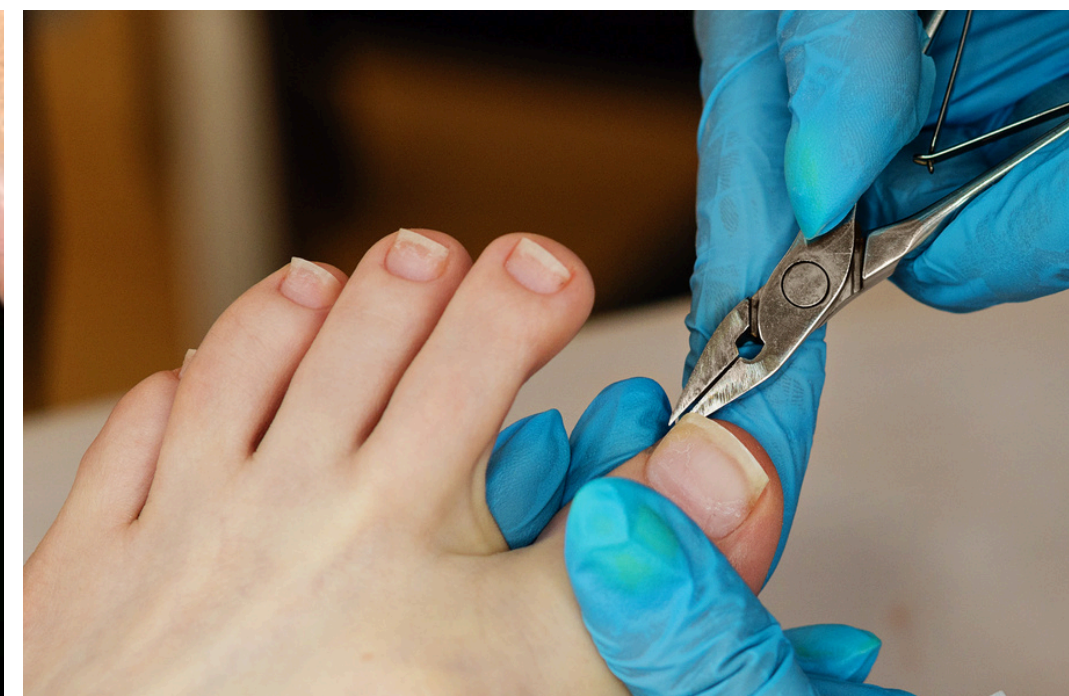
- Congenital Malalignment of the big toenail in toddlers. Treatment: None, it resolve on its own as child grows.

Retrorychia

- Develops inflammation of the nail fold around the cuticle and yellowing of the toenail. Drainage maybe present. Treatment and diagnosis occurs when entire nail plate is removed.

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Summer Precautions

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Image Source: Canva Stock photo



Summer Precautions

Keep Feet CLEAN and DRY

FLOSS THOSE TOES



Image Source: Canva Stock photo

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Summer Precautions

Sun Protection for glowing skin and to
prevent skin cancer

MOISTURE, MOISTURE, MOISTURE!!!





Summer Precautions

Break-in new shoes



Keep Feet Infection free from:

- Bacteria
- Virus
- Fungus

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Questions Session

Lets have a chat and answer some of your questions!



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