

Seeding Health and Hope

A Monthly Health Ministry Resource
For Congregations
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Put a Spring in Your Step

April is Foot Health Awareness Month. Are you remembering to take care of your feet? The American Podiatric Medical Association (APMA) offers ten great foot health tips.

1. For persistent foot pain, see a podiatric physician.
2. Notice any change in color or temperature of your feet? Are your toenails thick or discolored? Are there cracks or cuts in the skin? These issues may need some attention.
3. Wash your feet regularly. Get in between your toes and dry them well.
4. Cut toenails straight across—cutting the corners and sides can lead to ingrown nails.
5. Make sure you replace worn out shoes promptly. Purchase shoes that fit well and try them on at a later time in the day to account for foot swelling.
6. Wear the appropriate type of shoe for your activity.
7. Don't wear the same pair of shoes each day.
8. Protect your feet. Going barefoot can expose your feet to injury and infection. Make sure to put sunscreen on your feet when wearing sandals.
9. Be careful that you don't turn minor problems into major ones when treating foot ailments at home.
10. Diabetics should see a podiatric physician annually.

Adapted from "General Foot Health: Top Ten Foot Health Tips." American Podiatric Medical Association. Available at http://www.apma.org/s_apma/doc.asp?CID=371&DID=9406; Internet; Accessed 08 Mar 2007.

Wheat Ridge to Launch New Website

In March, Wheat Ridge Ministries will launch its redesigned website located at www.wheatridge.org. The site will feature a revamped look and feel and will be easier to navigate. The colorful front page invites the user to explore further through a variety of interactive tools. New to the site are several features, including a discussion forum, online prayer requests, weekly devotionals and volunteer opportunities.

Take a look!

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