



# Foot Health



Around 50% of people aged  
>60 have 3 or more  
problems with their feet!

Reduced toe strength, and foot  
pain are associated with falling

1 in 3 older people cannot cut  
their own toe nails

Self care Tips:

- Wash and dry daily
- Change socks / stockings daily
- Moisturise daily
- Review footwear

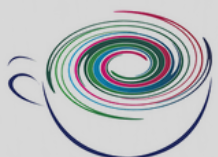
Shoes - To reduce falls - aim  
for a: LOW heel, HARD and  
THIN sole with a TREAD

The MDTea podcast provides Education on Ageing for all  
healthcare professionals working with older adults

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