

## True and False Quiz on General Foot Health

**1. People with diabetes should inspect their feet daily. (True)**

People with diabetes can develop numbness in their feet that they are unaware of. When the feet are numb, the patient can have injuries that go undetected with could develop into serious problems unless daily foot inspections are performed. Early diagnosis greatly improves the chances of successful treatment.

**2. If your toes always burn or are numb your shoes are just too tight. (False)**

Burning pain or numbness in the toes or the ball of the foot could indicate a nerve inflammation such as a neuroma and should be evaluated by a podiatrist.

**3. Bunions may be inherited. (True)**

A bunion is a bone deformity of the foot that is genetically related. High-heeled, pointy-toed shoes tend to aggravate the area and encourage bunions to form sooner. Some forms of trauma may also cause bunions. If a bunion is painful or is growing larger you should consult a podiatrist.

**4. A bunion is a dislocation of the big toe joint. (True)**

A bunion is an enlargement at the base of the big toes caused by a misalignment of the joint that may become swollen, tender, and painful when wearing shoes. The big toe bends toward the other toes and may become stiff and sore, making wearing shoes difficult or impossible.

**5. Swelling, redness, and pain around a toenail are signs of an ingrown nail. (True)**

Toenails should not be painful. Pain or redness surrounding the nail is frequently a sign of infection caused by an ingrown toenail and should be inspected by a podiatrist.

**6. Toenails should be rounded when cut to avoid snagging socks and stockings. (False)**

The corners of toenails should be visible after cutting or trimming. Improper nail trimming causes most ingrown toenails.

**7. If you have pain and swelling in your feet it may indicate a stress fracture and should be treated medically. (True)**

Stress fractures can occur without any specific injury being identified as the cause. Pain can arrive suddenly or slowly develop over time. Pain and swelling should be evaluated by a podiatrist.

**8. Experiencing heel pain first thing in the morning is normal. (False)**

Heel pain when first arising in the morning is not a sign of old age that should be accepted as being normal. Evaluate your shoes for proper support and reduce activity for at least a week. If pain persists, you should be evaluated by a podiatrist.

**9. Ankle sprains should heal within one week. (False)**

Ankle sprains can result from ligament damage, which if ignored, can cause chronic pain or arthritis. Proper evaluation by a podiatrist should be done to rule out fractures and avoid permanent injury.

**10. Women suffer four times as much foot trouble as do men. (True)**

Studies show that women suffer more frequently from foot trouble because of improper shoe selection and heredity. Women should receive annual foot exams from a podiatrist in an effort to avoid injury.

**11. Shoes must be broken in to be comfortable. (False)**

A shoe that is properly constructed and fitted correctly should be comfortable when it is first worn. A shoe that causes discomfort or pain when first purchased is most likely to remain painful and could cause damage to your feet.

**12. Foot pain is natural, and everyone should expect to experience it as one time or other in his or her life. (False)**

Foot pain is not normal and should be evaluated whenever it is severe or persistent. If the source of the pain is not easily identified or resolved, it should be treated by a podiatrist before permanent damage occurs.

Information extracted from:

*“A Resourced Guide to Assist Member Associations to Launch World Foot Health Awareness Month -  
www.fipnet.org”*