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New Survey Finds Nearly Half of Americans Suffer From Foot Problems

Foot Pain is Not Normal and People Shouldn't Have to Live with it, According to the American Podiatric Medical Association

Seattle, WA. December 2005 – If you think you're the only one that has to cover up ugly yellow toe nail fungus or skip a day at the gym because of pain in your feet, think again. Nearly half (47 percent) of Americans will experience a foot ailment at some point in their lives, according to a recent survey conducted by the American Podiatric Medical Association (APMA).

"The number of people experiencing foot problems is not surprising," said Seattle podiatrist Dr. Douglas Hale. "People spend so much of their lives on their feet, yet rarely take the time to properly care for them. The important thing to remember is foot pain is not normal and anyone experiencing foot pain should visit a podiatrist immediately."

The survey, comprised of close to 1,700 men and women ages 18-60, revealed that nearly 12 percent of those with a foot ailment did nothing about their foot problem and simply lived with the pain. Sixteen percent of those surveyed treated their foot ailments with over-the-counter products, but only seven percent visited a podiatrist for diagnosis and treatment to ease pain.

Foot pain should never prevent one from performing daily activities. According to the survey, a whopping 19 percent of respondents admitted that foot pain had, in fact, prevented or inhibited them from their daily routines. That number jumped to 29 percent among people ages 51-60.

The most common foot conditions included:

- *Sweaty feet/foot odor (25 percent)*
- *Nail problems (19 percent)*
- *Pain in the ball of the foot (15 percent)*
- *Heel pain/plantar fasciitis (14 percent)*
- *Pain from shoes (12 percent)*

The survey found that men experienced slightly more cases of tendonitis, skin cancer and nail problems, while women suffered from more general types of foot pain, such as pain in the balls of the feet, heel pain and pain from shoes.

Americans were also surveyed about their tendencies when shopping for shoes. Thirty-five percent said they placed more importance on comfort than on style or fashion when purchasing new shoes.