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April 2022 Good Health on Solid Footing!

April is National Minority and Foot Health Awareness Month!

I am sure that you have heard this saying, "Your feet are the foundation to your soul". So, let's keep our health on solid footing by taking steps to stay healthy! We can also mark National Minority Health Month by raising awareness about the health disparities that continue to affect racial and ethnic minorities. African Americans are at a higher risk than White Americans for obesity, high blood pressure, stroke, cancer, heart disease and infant mortality. While African American life expectancy has increased, and heart attack rates are lower, progress in closing the economic gap that impacts health disparity remains an issue. By becoming active and informed participants in our health care decisions, we can achieve improved health outcomes. We deserve a chance for longer productive life. We all need comprehensive healthcare!

Pro-Action to Eliminate Racial Health Disparities!

Here are some actions that can be taken to eliminate Racial Health Disparities and improve the health of our African American population to achieve Health Equity.

- acknowledge, address and raise awareness of this critical issue
- explore and participate in programs, include all races, sexual identity, abled and disabled in activities to reduce health inequalities
- maintain a regular and accessible primary care provider
- adopt a healthy lifestyle toward prevention of stress and disease
- advocate and demand quality healthcare while taking charge of your health
- maintain an adequate personal support system for your mind, body and soul
- ask your health care system to track and report racial disparities and actions to correct them,
- fund community-based organization working for health equity
- assist in alleviating inadequate determinants of health such as: poor jobs, lack of food, and homelessness
- manage your own health, focusing on healthful recommendations for foot care, diet and exercise (or nutrition and physical activity)

Steps for Staying Healthy.

Taking care of your whole body means that you are to care for your feet, too. You can do that by taking proper steps for foot health, sticking to a healthy meal plan, checking your blood sugar, limiting alcohol, and not smoking. Getting 30 minutes of physical activity most days will not only help to reduce excess weight, but it can also reduce triglyceride levels, blood sugar, blood pressure, and cholesterol levels.

Proper Steps for Foot Health!

Taking care of your feet should be a part of your daily routine. These simple steps will take just minutes:

1. Inspect your feet daily.

Check them for cuts, cracks, calluses, sores, bunions, blisters, ingrown toenails, or redness. Check between toes. Use a mirror to see the bottom of your feet. Wipe between your toes to dry them thoroughly.

2. Protect your feet from injury.

To keep feet in good condition, wash them daily with mild soap and warm water and then dry them carefully — between the toes as well. Apply lotion on tops and bottoms to keep skin moist and prevent the cracks that can invite infection.

3. Wear shoes that fit well.

4. Avoid walking barefoot.

5. If you have diabetes, keep your blood sugar under control.

High blood sugar that remains unchecked raises your risk of poor blood flow and nerve damage to your feet, which can make you prone to foot numbness, sores, and lingering infections. If not caught in time, foot ulcers and infections can turn serious, leading to amputation of a toe, foot, or leg.

6. Get help when you have problems or questions.

Regular checkups are a big part of foot care when you've got diabetes and/or poor circulation. To prevent problems before they start, see your doctor for a full foot exam at least once a year. If your feet are numb or tingling or have slow-healing sores or other problems, call your doctor right away do not try to treat yourself.

When practicing Podiatry, I would always tell my patients "Taking care of your body means taking care of your feet! Don't leave them out"! **Ruth Gilliam Phillips, DPM**

Let us know how we are doing to keep you informed! Please complete the short survey at the link below [COMMUNITYHEALTHCOALITIONHEALTHTIPSURVEY](https://www.communityhealthcoalition.org/healthtipsurvey)

Please Consider Giving

Community Health Coalition provides FREE health tips, blood pressure checks, glucose screenings, community health education workshops, and a library of brochures and pamphlets about chronic diseases.

You may give to Community Health Coalition, Inc. through SECC or PayPal.

If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us or click on [DONATE](#) to make an online donation. Thank You!

For more information

Please visit [communityhealthcoalition.com](https://www.communityhealthcoalition.com), call (919)470-8680, and/or email contact@communityhealthcoalition.com

