



Harvard Medical School Foot Care Basics: Preventing and treating common foot conditions

Christopher P. Chiodo M.D., James P. Ioli DPM

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Got gout? Or bursitis? Do your arches ache or your heels hurt? If so, you are among the three out of four Americans who will suffer some kind of foot ailment in their lifetimes. There are at least 300 different types of foot problems. This Special Health Report covers the foot problems that affect most people and helps you prevent and treat them. It also explains how to keep your feet fit and functioning and includes advice for those with special health conditions that affect the feet such as diabetes and arthritis.

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