

Find the Right Fit for Summer Foot Health – SOUNDBITE TRANSCRIPTS

SOT

Dr. Marc Leonard, OSF HealthCare Podiatrist

“As summer months come about, certainly weather changes make people want to throw inexpensive flip flops on and things like that. That can be very dangerous to your feet.”

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Dr. Marc Leonard, OSF HealthCare Podiatrist

“I think sandals and flip flops are fine for some people. If you have no foot problems, you’re not diabetic, you have good sensation, probably a well-made supportive sandal with arch support would be just fine. However if you do have those problems, and you are diabetic or you are neuropathic, then those are things have to be cautiously worn.”

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Dr. Marc Leonard, OSF HealthCare Podiatrist

“Pain is not normal. So if there is pain, if there’s discomfort, if there’s changes in your feet, collapsing to the feet, those are good times to see a podiatrist.”

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Dr. Marc Leonard, OSF HealthCare Podiatrist

“Be cautious, try them on in the store, get a good, supportive, well-made shoe, and I think that’s the best way to go about it.”