

Curved nails

Nails should be trimmed regularly, with proper nail clippers, following the line of the nail but never cutting down the sides. Leave the nail slightly long with the corners free of the nail grooves. If the nails are noticeably increased in curvature (photo required) it is best that they are managed by a podiatrist, particularly if there is a history of infection and in-growing toe nails.



Infections

If the tissues at the side of the nail become red and swollen and if infection is suspected, particularly where there is lymphoedema, 10% Betadine Solution should be applied with a sterile dressing and podiatry intervention sought immediately. Do not wrap tape around the toe as this increases pressure on the nail and makes the problem worse. If infections are common, it may be wise to discuss this with your GP and obtain oral and topical antibiotics for emergency use.

Verrucae

If verrucae are suspected, have them checked by a podiatrist. If there is lymphoedema, do not use over-the-counter remedies.

Athlete's foot

Always take athlete's foot seriously as excessive scratching due to itching can lead to infections and it is possible that the toe nails may also become infected.

Summary

- Always have both feet measured for their length and width
- Don't buy footwear in shops where they refuse to measure your feet or where they don't offer to measure them at all
- Avoid slip-on shoes or sling-backs
- Heel height should be no more than 4cm with a broad base, and certainly not stiletto
- The shape of the toe box of the shoe should be the same shape as your foot
- Shoes should fit exactly around the heel without being loose or tight
- The back and sides of the heel should be firm
- Leather materials are best for the uppers
- Fashion and party shoes are OK for special occasions; wear more sensible shoe for regular, everyday wear

Prepared for the TSSS by
Gordon F Watt FCPodMed,
Lecturer in Podopaediatrics,
Glasgow Caledonian University
and Consultant Podiatrist,
The Royal Hospital for Sick
Children,
Glasgow

T +44 (0)141 952 8006
F +44 (0)141 952 8025
E Turner.syndrome@tss.org.uk

Helpline: 0870 230 7520
Registered Charity No 1080507

www.tss.org.uk

Further information about
Turner Syndrome can be
obtained from:

Arlene Smyth,
Executive Officer, Turner
Syndrome Support Society [UK]

13 Simpson Court,
11 South Ave,
Clydebank Business Park,
Clydebank
G81 2NR

This fact sheet was produced
thanks to a grant from the
Society of Endocrinology

TSSS
Turner Syndrome Support Society
13 Simpson Court, 11 South Avenue
Clydebank Business Park
Clydebank, G81 2NR
Tel: 0141 952 8006
www.tss.org.uk

Footwear and Foot Care Advice For Girls

FACTSHEET THREE

Footware and Foot care advice

Girls with Turner's syndrome often have feet that are very broad in relation to their length. Your ankles and feet may be swollen and your toe nails are increased in curvature with prominent big toes that stick up. This means that your feet may be at risk from infected, ingrowing toe nails and blisters due to chaffing from shoes that are too tight and do not fit properly. Footwear that is too large or too small or does not fit properly can cause lifelong foot problems.

It is important to recognise that problems may occur and to take simple, sensible steps to avoid them by following the advice given in this leaflet.

Important advice for buying shoes

Always have both feet measured for length and width. Your foot is not a two-dimensional object with just a length and width; it is three-dimensional with a measurement around the foot called the girth. This measurement is very important in Turner syndrome. If your feet swell due to lymphoedema, you should always make sure that the shoe fits your foot in every direction and can be adjusted to allow for swelling. Never purchase footwear in shops where they refuse to measure your feet or where it is not offered at all.

Unless absolutely necessary, it is best to avoid slip-on shoes or sling-backs. Shoes should be held on the foot with either laces, straps or Velcro. It is also best to avoid slip-on shoes held on with elastic as this can cause problems if your feet swell. The heel height should be no more than 4cm with a broad base, and certainly not stiletto.

The shape of the toe box of the shoe should be the same shape as your foot and allow the toes to move freely and not be squashed from the top or the sides. The shoes should also fit exactly around the heel, without being loose or tight. The back and sides of the heel should also be firm to support the foot and help to stop it inrolling.

Leather materials are best for the uppers. Synthetic materials e.g. nylon, plastic, rubber can cause the foot to sweat which may increase the likelihood of contracting athlete's foot or verrucae and may also make you more prone to ingrowing toenails, particularly if your nails are increased in curvature.

Fashion and party shoes are OK for special occasions but it is best to wear more sensible shoe for regular, everyday wear.

Advice for babies and very young children

It is important to remember that socks and tights, which are too small, can cause similar problems to shoes that are too small, particularly in very young children.

With babies, pay particular attention to the size of knitted booties, sleep suits and babygros and avoid pram shoes. Encourage bare foot walking and provide shoes when they are walking competently out of doors.

Remember that as children become older their foot shape changes from a foot type with a narrow heel and broad forefoot to a more rectangular shape; the type and style of shoe must address this as the child becomes older.

Caring for your feet

Generally, the care of Turner's children's feet does not differ from that of children without Turner's syndrome. Regular washing and drying, paying attention to hygiene and nail care and also to footwear is important and general information is available from The Society of Chiropodists and Podiatrists at their website

www.feetforlife.org.

However, special attention has to be given to certain features found in many Turner's feet e.g. increased nail curvature and lymphoedema.

