

Caring for your feet

As with the general population, Turner's women may be prone to particular medical conditions including diabetes, osteoporosis, osteoarthritis, reduced circulation and sensation to the feet. All these conditions may have an effect on your feet. If you think that you have any of these problems, it is important that you seek medical advice as early as possible. Your podiatrist can also advise and treat you if you have concerns regarding the effects on your feet.



Many of the problems that arise in the feet are associated with dry skin. If your skin is dry you should apply a good quality emollient (foot/hand cream) daily in order to keep your skin supple. Be particularly aware of fissures occurring (cracks in the skin) around your heels as they can be very painful and become infected.

If you have nail problems, corns or callous do not be tempted to treat it yourself, it is best to consult your local podiatrist.

Summary

- Always have both feet measured for their length and width
- Avoid slip-on shoes or sling-backs
- Shoes should be held on the foot with laces, straps or Velcro
- 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 and should be soft without irritating seams and stitching
- Fashion shoes are OK for special occasions; wear a well-fitted, good quality trainer for regular, everyday wear
- Take your insoles with you when you buy new shoes
- Spend money on good quality, well-fitting footwear fitted by experts

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Footwear and Foot Care Advice For Women

FACTSHEET FOUR

Footware and Foot care advice

General advice on feet and foot care holds good for all women with Turner's syndrome, but there are some particular issues that have to be addressed. In particular this relates to short stature and feet that are relatively long in relation to height and very broad in relation to length.

This leaflet provides advice on your footwear and purchasing shoes. It also covers general and specific foot care, including foot care if you have specific medical conditions.

Advice for purchasing footwear

As you become older your feet can increase in length because the structures that hold the bones together become more lax and the feet also tend to in-roll and elongate. So, it is important to have both feet measured for length and width. There is also a third measure called the girth that measures the volume of the foot. If your feet swell it is important to make sure that your shoes will allow for this. If this is a problem it is possible to purchase elastic laces.

Avoid slip-on shoes or sling-backs. Shoes should be held on the foot with either laces, straps or Velcro, however, this may be a problem if you cannot reach your feet. It is also best to avoid slip-on shoes held on with elastic as this can cause problems if your feet swell.

Heel height should be no more than 4cm with a broad base, and certainly not stiletto. Many Turner's women wear very high heels to compensate for their short stature and also wear footwear that is too long to compensate for their very broad feet. This will make you prone to falls and break your ankles, particularly if you have osteoporosis.

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. This is particularly important if you have problems with your circulation or loss of sensation. The shoes should 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 particularly if the arch is becoming flattened.

Leather materials are best for the uppers and should be soft without irritating seams and stitching that may cause corns and callous or sores that may become infected.

Consider a well-fitted, good quality trainer for general wear during the day. If you wear foot orthoses or insoles that have been prescribed by your podiatrist, make sure you take them with you when you purchase new footwear.

Also be aware of seams in socks and tights that may cause sores that can become infected.

Overall, spend money on good quality, well-fitting footwear fitted by experts; it is well worth the money.

