

# Do you have Flat Feet and Consistently Experience Foot Pain?



by Eunice Ramsey-Parker, DPM, MPH Clinic Administrator, Foot Center of New York

flat feet (also called fallen arches).

In a normal foot, several tendons anchored in the foot and the lower leg pull in combination to form the arch. But about a quarter of all adults have little or no arch. Though children are born with flat feet, or flexible flat feet as they are known, usually an arch forms between the ages of three and five. The lack of an arch can also be caused by some health conditions (rheumatoid arthritis, obesity, diabetes, and pregnan-

cy), broken bones, or damage to the tendons in your foot, causing a collapsed arch.

It's a fairly common problem. But, if you have flat feet and consistently experience foot pain, if your feet or ankles are tired or achy, or if you often feel chronic discomfort in your hips, legs, lower back or knees, you should have your feet evaluated by a podiatrist. Why? Because your feet support your entire body, and flat feet can throw your skeleton out of its prop-

er alignment and cause joint problems as well. The strain on your skeleton and joints caused by flat feet can cause the above symptoms, as well as bunions, hammertoes, plantar fasciitis (heel pain) and other foot issues.

Flat feet will not go away on their own. A podiatrist can analyze your foot structure and your gait (how you walk), and can recommend corrective and therapeutic measures, from custom insoles (orthotics) that will help align and sup-

port your foot, to medications to reduce inflammation, to exercises to strengthen the tendons in your feet, including the Achilles tendon. Surgical solutions are only recommended for severe cases.

Dr. Eunice V. Ramsey-Parker, DPM, MPH, is Clinic Administrator of the Foot Center of New York at 55 East 124th Street between Park and Madison Avenues. Learn more about the Foot Center at [www.footcenterofnewyork.org](http://www.footcenterofnewyork.org).

**H**ave you ever seen your footprints in the sand or on a wet surface, and noticed that your feet are flat – that you can see a complete impression of the bottoms of your feet with no arch in the middle of the inside of the foot? You probably have

DON'T MISS ANOTHER ISSUE  
SUBSCRIBE TODAY!  
GO TO PAGE 31  
Visit our website to learn more:

WWW.

[harlemnewsgroup.com](http://harlemnewsgroup.com)



## RALPH LAUREN CENTER FOR CANCER CARE

IN PARTNERSHIP WITH MEMORIAL SLOAN KETTERING

Headquartered in Harlem, the Ralph Lauren Center for Cancer Care is here to provide individuals and families with access to the highest quality cancer screening and care.

**Come see us for lung cancer screening and in-person smoking cessation groups.**

### WHO IS AT HIGH RISK FOR DEVELOPING LUNG CANCER?

Individuals between 55-74 years old, who currently smoke or quit within the last 15 years

### WE ALSO OFFER:

- Screening for colon, prostate, cervical cancers & individual cancer risk assessment
- Breast cancer screening, evaluation, diagnosis & treatment
- Diagnoses & treatment for all adult cancers
- Diagnoses & treatment for all benign & malignant blood disorders
- Support services

1919 Madison Avenue, New York, NY 10035  
P: (212) 987-1777  
[www.ralphlaurencenter.org](http://www.ralphlaurencenter.org) | [f](https://www.facebook.com/RALCCCP) [@RALCCCP](https://www.instagram.com/RALCCCP)

**HOURS**  
Mon - Fri: 8:00am - 5:00pm  
Saturday: 8:00am - 3:00pm

## Foot Pain? Diabetes? FOOT CENTER of NEW YORK

55 East 124th St.  
(between Madison & Park Aves.)

**New Hours Added!**  
**Open Saturdays 8 am-12 noon**  
**Starts April 16th**

Medicare, most Medicaid HMOs, and other insurances accepted

### Diabetic Wound Care

Expert staff diagnose and treat foot ailments including:  
Sports Injuries • Foot Pain • In-toeing • Out-toeing  
Flat Feet • Ingrown Toenails • Walking Problems  
Heel Spurs • Bunions • Hammertoes

### Treating Adults & Children

55 East 124th St. btwn. Park and Madison Avenues, NYC  
**Call 212-410-8158 for an appointment**  
[www.footcenterofny.org](http://www.footcenterofny.org)