

Don't wear the same pair of shoes each day



Whiffy Feet?

A study has shown that the smell most likely to get us down is whiffy feet. Mike O'Neill, spokesperson for The Society of Chiropodists and Podiatrists says “wearing the same shoes each day transfers decomposing bacteria on to your feet, so don't wear the same pair of shoes each day”.

### Top tips

- The best type of shoe to combat foot odour is one that will help keep the foot well ventilated
- If your feet smell, wash them using an antibacterial soap
- If this doesn't work - see a chiropodist/podiatrist for advice
- If you have a problem with your feet, seek advice from an HPC registered podiatrist/chiropodist. To find one, contact your GP for an NHS referral or visit [www.feetforlife.org](http://www.feetforlife.org) for a list of private practitioners.

Pavers *Shoes* have teamed up with the Society of Chiropodists and Podiatrists to promote good foot health. For more information on how to take care of your feet, please see [www.feetforlife.org](http://www.feetforlife.org)



The Society of  
Chiropodists and  
Podiatrists

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