

# What does the foot reveal about your health?

Cold feet, spoon-shaped toenails, hairless feet ... are signs of the foot that we are experiencing a serious health problem.

Cold feet, spoon-shaped toenails, hairless feet . are signs of the foot that we are experiencing a serious health problem.

1. Why do tattoos exist permanently on the body?
2. The unexpected truth about the forefinger was longer than the big toe

Did you know, each of our feet has 33 joints, 100 tendons, muscles, ligaments, countless nerves and blood vessels linked to the heart, spine and brain. The whole weight of the body when standing and walking is on the foot. Therefore, if the foot has any "malfunction" that will certainly affect our entire body.

Here are 10 signs that the foot may reveal the condition in the rest of your body.

## 1. Leg cramps and spasms in the feet



1. Muscle contraction may be a sign that your body is dehydrated. This leads to muscles not getting enough oxygen, missing or unbalanced electrolytes or nutrients, especially sodium, calcium, potassium, or magnesium. The cause may be due to diuretic side effects, to reduce excess fluid in the body.

2. If you have muscle cramps when walking, it may be a sign of circulatory problems.
3. When exercising or overworking, muscle spasms can also occur.
4. Shoes can contribute to problems. For example, change from flat shoes to high heels.

## 2. The toes are swollen



If your toes are swollen, red, hot and sore, this is probably a sign of gout - gout.

This is arthritis that occurs when too much uric acid or mononium urate accumulates in the body's tissues and fluids. Gout occurs most commonly in men and where symptoms first appear on the thumb.

## 3. Cold feet



Cold feet may signal a variety of health problems such as poor blood circulation, diabetes, hypothyroidism, and anemia.

If the foot is numb or loses feeling, there are red rashes on the foot, it may be a sign of diabetes.

Cold feet with signs of color change, from red to white to blue can be a sign of Raynaud's disease, a type of vascular disease.

## **4. Swelling of the feet**



Swollen feet can be a sign of a series of dangerous diseases such as kidney failure or liver failure, poor blood circulation and heart failure, deep vein thrombosis (DVT) or thrombosis, cellulitis or lymphatic stasis , along with many other pathologies.

1. Swollen feet come with redness, heat, and inflammation, which can be an infection.
2. Swollen feet and bruises appear, which may be caused by sprains or fractures.
3. Swelling is not painful in the foot, most likely the fluid is stagnant in the body, and gravity pulls down the foot.

## **5. Shape of toenails**



The toenails have a middle part of the concave, the surrounding swell that looks like a spoon can be a sign of nutrient deficiency, especially iron. Spoon-shaped toenails can also be a sign of genetic disorders, problems of blood circulation, autoimmune disease, and musculoskeletal disease.

## 6. The color of the toenails



Thick toenail, yellowing is a sign of fungal infection. People with diabetes, immunodeficiency or blood circulation problems are more likely to get fungal infections in their toenails.

In addition, yellow toenail can be a sign of thyroid disease, tuberculosis, jaundice due to liver disease, psoriasis, sinusitis, even blood stasis in the lungs, leading to difficulty breathing.

Abnormal color and texture in nails can be a sign of many diseases. Therefore, if your toenails have discoloration or deformity unrelated to the use of cosmetics, you should see your doctor for early diagnosis.

## 7. Numbness



Loss of feeling or a stinging sensation in the foot may be a sign of a warning that the peripheral nervous system is damaged or that the circulatory system is disturbed.

## **8. Pain in the toe joint**



Pain that occurs suddenly with swelling and stiffness at the same time in two big toes may be a sign of rheumatoid arthritis, a disease that affects the bones in the joint. This is a form of osteoarthritis.

## **9. Lean feet**

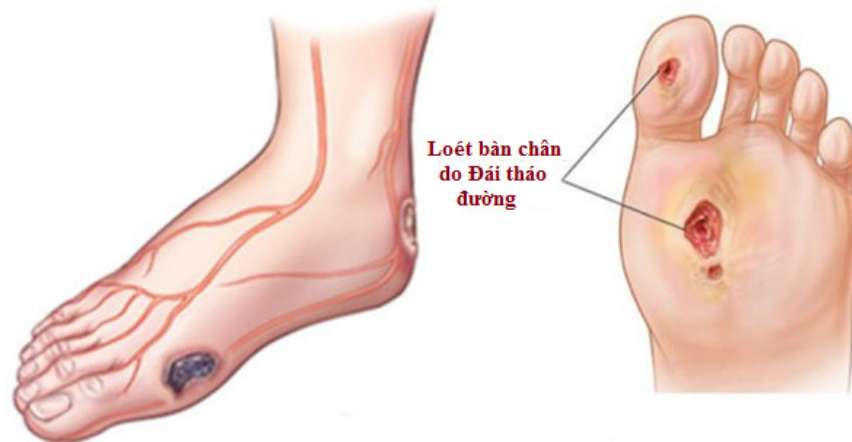


It is impossible to lift the front of the foot so that the toes dragging on the ground when walking is a symptom of foot drop, also known as "limp feet".

Causes of foot drop:

1. Because the nervous system in the leg is injured by trauma or injury in hip surgery.
2. Due to muscular or nervous system disorders associated with neuropathy such as polio, brain or spinal cord disorders.

## 10. Healed long ulcer in the foot



This may be a symptom of diabetes. The nervous system in the foot is damaged by high blood sugar causing small scratches, cuts, skin irritation by friction. If left untreated, these wounds may become infected, causing danger.

## 11. Falling hair or feathers from your toes



This may be a sign of poor blood circulation, and often occurs in men. The toes do not get enough blood, causing the feet to be abnormally colored, making their skin thin, smooth, bright, thick toenails, and the surrounding hair falling off.

**Summary :** Keeping your feet in good condition is very important for our strength. When you see any signs or problems even small with your feet, you should also be aware. It may be a warning sign of a problem with your health.

You finished reading the article "**What does the foot reveal about your health?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.