



Central Coast  
Local Health District

## Healthy Bites Episode 11 – What happens to my feet as I get older?

Hi, I'm Ellie Kelly, a podiatrist from Riverside Podiatry on the Central Coast.

As you age, you'll begin to notice changes in your feet.

Like the skin on your face, the skin on your feet also loses elasticity, making it thin and vulnerable. You can also lose cushioning and soft tissue fat in the pads of your heels and balls of your feet, up near your toes.

Bone deformities – such as bunions or arthritis – means your feet are less mobile, can be painful and may also lose strength.

Nails also become more brittle, thicker and harder, making them difficult to trim and more prone to ingrown toenails and fungal infections. These changes can all contribute to increase the risk of falls.

But visiting a podiatrist can help you manage the changes to your feet that occur as you grow older, reducing discomfort, preventing infection and improving your strength and mobility.