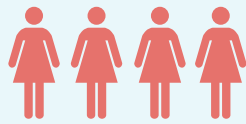


Are flip-flops  
bad for your  
**feet?**



Did you know?



Podiatrists see **4 times**  
as many women as  
men for foot-related  
problems.

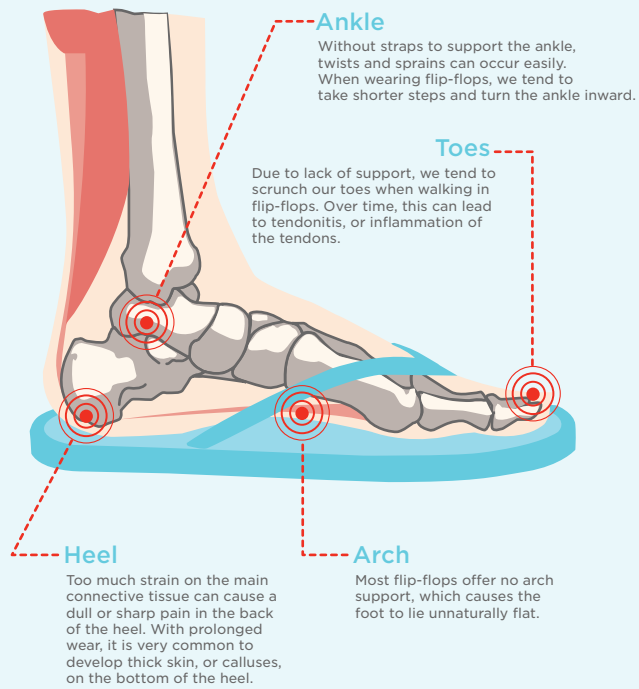


of Americans will experience  
foot pain during their lives.

**More than 2 million**  
Americans seek treatment  
for heel pain each year.



## The hidden dangers of wearing flip-flops



## Pick a better pair

Choose footwear with a sturdy sole and built-in arch support.



The shoe shouldn't easily bend in the middle.



A thicker sole offers better arch support.



Straps across the back add necessary support for your feet.

“There are many options available for supportive summer footwear. Choose a comfortable shoe that offers both arch and heel support.”



— Dr. Ernesto Hernandez, podiatrist at Sharp Rees-Stealy Medical Group