

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.



The Society of
Chiropodists and
Podiatrists