

A Path to Foot Health: Feed the Foot!

- | | | |
|---|---|---------------------------------------|
| ❖ Almonds (raw, dry-roasted) | ❖ Carrots (raw, lightly steam) | ❖ Oranges (fresh, raw, juice) |
| ❖ Avocado (fresh, raw, sliced) | ❖ Chicken (skinless; grill, bake, poach) | ❖ Quinoa (unprocessed, boiled) |
| ❖ Bananas (fresh, raw) | ❖ Eggs (boiled, poached) | ❖ Salmon (grill, bake, poach) |
| ❖ Beans (unprocess, boil, steam) | ❖ Greek Yogurt (Non-fat, live culture) | ❖ Spinach (fresh, raw, steam) |
| ❖ Blueberries (fresh, raw, frozen) | ❖ Kale (fresh, raw, steamed) | ❖ Sweet Potato (bake, steam) |
| ❖ Broccoli (raw, steam, min. cook) | ❖ Lentils (boiled, steamed, unprocess) | ❖ Tomatoes (raw, light cook) |
| ❖ Canned Sardines (water, oil) | ❖ Olive Oil (cold-pressed, light sauté) | |



Antioxidant Powerhouse, Bone & Tissue Support, Plant Protein Rich and Immune Boosting Fresh

Antioxidant Powerhouse



Blueberries, Broccoli, Spinach, Kale, Tomatoes

Bone & Tissue Support



Salmon, Greek yogurt, Eggs, Almonds, Sardines

Battle Foot

Cancers Naturally!

Plant Protein Rich



Beans, Lentils, Quinoa, Chickpeas, Tofu

Immune-boosting Fresh



Oranges, Sweet potatoes, Carrots, Avocado, Bananas

JUST ADD TO

- ❖ POWER-UP BITEABLES
- ❖ SUNRISE SUPERFUEL PLATES
- ❖ RADIANCE REBOOT BOWLS
- ❖ IMMUNE ARMOR SPOONFULS
- ❖ VITAL GREEN MASTERPIECES
- ❖ RESILIENCE HARVEST ENTREES

Please See Pages 3 & 4 for Meal Ideas!

**FRESH FIRST!
THEN FIGHTBACK!**



FIGHTING THE GOOD FIGHT

Nutrition Naturally!

Purposeful, **anti-inflammatory**, **nutrient-dense** and **antioxidant-rich foods** serve to complement treatments for **Skin**, **Soft Tissue** and **Bone Cancers** that can affect the Foot. While targeted foods and nutrition alone cannot cure these cancers, a healing-focused diet supports conventional therapies, helps manage side-effects, strengthens immunity, and encourages holistic foot and total body recovery.



**Months of
MAY & JULY**

Forging Functional Foods for the Foot:

Targeted nutrition and purposeful diets play a vital role in supporting *foot health*, optimizing treatment outcomes, and accelerating recovery across a wide spectrum of foot conditions - including **SKIN**, **SOFT TISSUE**, and **BONE CANCERS**, as well as common podiatric issues like heel pain, wounds, diabetic complications, toenail problems, and structural deformities.

Foot-building Healthy Foods: Nutrient-Diverse Plan

Consuming **anti-inflammatory**, **nutrient-dense** and **antioxidant-rich foods** like **leafy greens**, **berries**, **fatty fish**, **nuts**, **seeds**, **whole grains**, and **fresh fruits** helps to reduce inflammation, promote tissue repair, and boost immune defense during and after foot cancer treatments.

In addition, balanced caloric intake supports energy needs for healing wounds, combats the metabolic demands of chronic disease, and helps to maintain optimal body composition for recovery and mobility. If cancer is involved; a **Podiatrist** and **Oncologist** collaborate closely.

For conditions like heel pain and Achilles tendinitis, **eat foods that fight inflammation** - such as **omega-3-rich salmon**, **walnuts** and **turmeric**. These can lessen discomfort and encourage faster healing. In cases of mobile wound care and diabetic foot care, a diet focused on complex carbohydrates, controlled blood sugar, and high-quality proteins supports wound closure and minimizes complications. And for **fungal toenails**, **ingrown toenails**, **bunions**, and **hammertoes**, nutritional choices that boost immune responses, provide anti-microbial support, and maintain cellular health, such as **garlic**, **yogurt with probiotics**, and **vitamin C-rich foods**; these can aid ongoing podiatric management.

Ultimately, a **purposeful approach to food** provides the foundation for comprehensive foot care, helping individuals manage treatments, lower inflammation, strengthen tissue repair, and maximize their capacity for long-term recovery and wellbeing. **Listen to your Podiatrist!**

Nutrition is part of an intentional, integrated approach to fighting cancer!

FIGHTING THE GOOD FIGHT

Nutrition Naturally!

The following recipes maximize antioxidants, protein, minerals and healthy fats central to the healing & recovery needs of FOOT-related **Skin, Soft Tissue & Bone Cancers**.

1. POWER-UP BITEABLES: *Nutrient-dense energizing snacks created to fuel healing; support foot health.*

Skin Cancer: ***Black Sesame & Blueberry Bliss Balls***: Mix 1 cup dates, ½ cup almonds, ¼ cup black sesame seeds and ¼ cup dried blueberries in a food processor. Form balls; refrigerate to set & serve. ***Sliced Avocado, Lime & Toasted Almonds***: Slice 1 avocado, drizzle lime juice, sprinkle toasted sliced almonds. Serve fresh!

Soft Tissue Sarcoma: ***Roasted Chickpea & Carrot Snack Mix***: Toss 1 can chickpeas (*drained*), 1 cup carrot sticks, olive oil, paprika. Roast at 400°F for 25 minutes & serve. ***Dark Chocolate-Dipped Walnuts with Dried Cranberries***: Melt dark chocolate and dip walnut halves; top w/ dried cranberries. Chill, let set and serve.

Bone Cancer: ***Sardine, Cucumber & Dill Mini Bites***: Spread mashed sardines on cucumber slices, top with dill and serve. ***Greek Yogurt & Flaxseed Clusters***: Mix Greek yogurt, ground flaxseed, honey & pinch of cinnamon. Spoon onto parchment; freeze until firm and serve.

2. SUNRISE SUPERFUEL PLATES: *Wholesome breakfasts crafted to deliver energizing protein, fiber, and healthy fats that power your day and support optimal foot health.*

Skin Cancer: ***Mango, Spinach & Chia Omelet Wrap***: Whisk eggs, pour into pan. Top with spinach and diced mango, sprinkle chia seeds. Roll up and enjoy. ***Baked Sweet Potato Boat with Berries & Pumpkin Seeds***: Bake sweet potato. Split, fill with mixed berries and pumpkin seeds.

Soft Tissue Sarcoma: ***Quinoa Porridge with Almond Butter & Banana***: Cook ½ cup quinoa in almond milk. Top with banana slices, almond butter. ***Tofu Scramble with Kale, Tomatoes & Whole Grain Toast***: Crumble tofu, sauté with kale, tomatoes, turmeric. Serve with toast.

Bone Cancer: ***Scrambled Eggs with Sardine & Kale***: Scramble eggs, add chopped kale, flaked sardines during last minute of cooking. ***Overnight Oats with Greek Yogurt, Figs & Walnuts***: Combine oats, Greek yogurt, fig slices, and walnuts. Chill overnight.

3. RADIANCE REBOOT BOWLS: *Vibrant, antioxidant-rich, detoxifying smoothies & fruit bowls designed to refresh, nourish, and support healing for foot health.*

Skin Cancer: ***Antioxidant Rush Smoothie***: Blend blueberries, spinach, kiwi, green tea, chia seeds. Serve cold. ***Citrus Glow Fruit Salad***: Toss orange, grapefruit, pomegranate seeds, fresh mint.

Soft Tissue Sarcoma: ***Sweet Greens Smoothie***: Blend kale, pear, ginger, flaxseed. Add ice, serve cold. ***Tropical Immunity Bowl***: Mix papaya, mango, pineapple, pumpkin seeds in a bowl.

Bone Cancer: ***Bone Builder Smoothie***: Blend almond milk, banana, spinach, Greek yogurt. Pour and enjoy. ***Berry-Citrus Power Bowl***: Mix berries, orange segments, sliced almonds.

Each dish is constructed to supply key nutrients and compounds proven to **support healing**, **reduce inflammation**, and **bolster the immune system** relevant to each specific foot cancer type. Each food's related nutrition naturally nourishes the Foot, complementing treatments.

Nutrition is part of an intentional, integrated approach to fighting cancer!

FIGHTING THE GOOD FIGHT

Nutrition Naturally!

These categories provide a diverse array of foods that supply antioxidants, protein, bone-supporting minerals, healthy fats, fiber, and immune-boosting phytonutrients; created carefully to be beneficial across FOOT-related **Skin, Soft Tissue & Bone Cancers**.

4. IMMUNE ARMOR SPOONFULS: *Hearty, nourishing soups and stews packed with immune-boosting ingredients to strengthen the body and aid recovery for all types of foot conditions.*

Skin Cancer: *Carrot, Lentil & Ginger Soup:* Sauté chopped carrots, onion, garlic, and ginger. Add lentils, vegetable broth. Simmer 25 minutes & serve. *Broccoli & Tomato Stew with Garlic:* Cook broccoli, tomatoes, garlic in olive oil. Add vegetable broth. Simmer until tender and enjoy.

Soft Tissue Sarcoma: *White Bean & Kale Soup with Quinoa:* Sauté onion, garlic, add white beans, kale, cooked quinoa, broth. Simmer 15 minutes & enjoy. *Miso Mushroom Stew with Tofu & Spinach:* Sauté mushrooms, add tofu, spinach, miso broth, simmer gently and serve.

Bone Cancer: *Salmon & Sweet Potato Chowder:* Simmer diced sweet potatoes in vegetable broth. Add cooked salmon chunks, parsley, simmer 5 minutes. *Bone Broth with Barley, Carrots & Spinach:* Simmer bone broth, add barley, chopped carrots, spinach. Cook until barley is tender and serve.

5. VITAL GREEN MASTERPIECES: *Vibrant, vegetable-forward dishes and bowls packed with nutrient-dense greens, root vegetables, beans, and wholesome grains to fuel healing and fortify foot health..*

Skin Cancer: *Grilled Rainbow Veggie Platter:* Slice broccoli, tomatoes, peppers, and carrots. Lightly oil, grill until charred. *Spinach-Avocado Salad with Orange Vinaigrette:* Toss spinach, avocado, orange sections. Whisk orange juice, olive oil, drizzle, serve.

Soft Tissue Sarcoma: *Kale, Bean & Quinoa Bowl with Turmeric Dressing:* Mix cooked quinoa, beans, sautéed kale. Top with turmeric-olive oil dressing. *Sautéed Brussels Sprouts, Garlic & Chickpeas:* Sauté sprouts and garlic in olive oil, add chickpeas, cook until golden.

Bone Cancer: *Roasted Sweet Potatoes, Dill & Sardines:* Roast sweet potato chunks. Serve with sardines, fresh dill sprigs. *Steamed Broccoli & Almonds over Brown Rice:* Steam broccoli, toss with toasted almonds, serve atop cooked brown rice.

6. RESILIENCE HARVEST ENTREES: *Vibrant vegetable-forward dishes & bowls packed w/ nutrient-dense greens, root vegetables, beans, wholesome grains and nourishing fats to fuel healing and fortify foot health.*

Skin Cancer: *Baked Salmon Fillet with Roasted Tomatoes & Quinoa:* Bake salmon and cherry tomatoes. Serve with cooked quinoa. *Chickpea & Sweet Potato Vegan Curry:* Sauté onion, chickpeas, sweet potato, curry spices, coconut milk. Simmer until tender.

Soft Tissue Sarcoma: *Chicken-Lentil Stir Fry with Mixed Vegetables:* Sauté chicken, add cooked lentils, mixed vegetables. Season to taste. *Tofu & Vegetable Green Curry on Brown Rice:* Stir fry tofu, veggies in green curry paste, coconut milk. Serve over brown rice.

Bone Cancer: *Almond-Crusted Baked Sardines with Spinach-Rice Pilaf:* Coat sardines with crushed almonds, bake. Serve with spinach rice pilaf. *Herbed Chicken Thighs with Baked Sweet Potatoes & Steamed Kale:* Bake chicken thighs with herbs, roast sweet potatoes, steam kale. Plate together.

Nutrition is part of an intentional, integrated approach to fighting cancer!

FIGHTING THE GOOD FIGHT

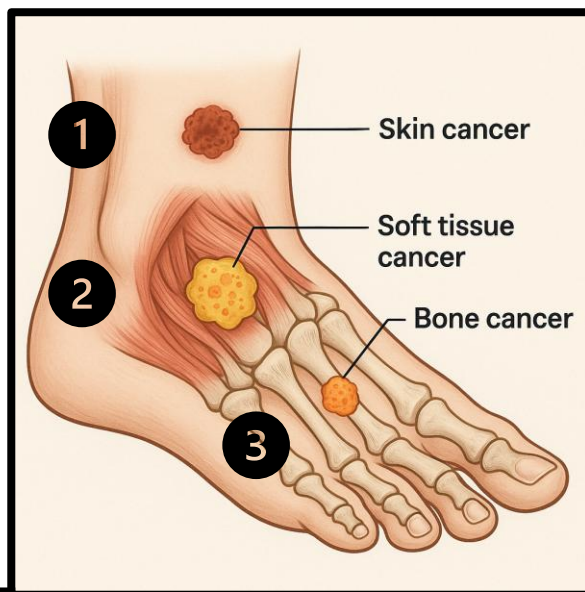
Nutrition Naturally!

Awareness of cancers that can impact the foot - including **Skin**, **Soft Tissue**, and **Bone Cancers** - is crucial for early detection, prevention, and effective treatment. These cancers may present with a variety of symptoms and can affect people of all ages. Education, regular self-examination, Podiatrist evaluation & attention to unusual changes in the feet play key roles in recognizing these conditions early.

If you notice any of these symptoms on your feet, a prompt evaluation by a specialist is essential for early diagnosis & effective treatment.

1 Skin Cancer of the Foot: (**Melanoma, Basal Cell, Squamous Cell**): **Please also See #9 on Page #7**

- ❖ May appear as a **new or changing mole, dark spot, persistent sore**, or **unusual growth on the skin** of the foot.
- ❖ Can present with **color changes, irregular borders**, or **bleeding**.
- ❖ Unexplained **persistent ulcer, lump**, or **wart-like lesion** that doesn't heal should be evaluated.



2 Soft Tissue Cancer (**Sarcoma**): **Please also See #10 on Page #8**

- ❖ Usually presents as a **painless lump** or **swelling** in the soft tissue of the foot.
- ❖ The area may later develop **pain, tenderness**, or restrict movement if the tumor grows.
- ❖ May cause **skin stretching** or **distortion above the mass**.

3 Bone Cancer (**Osteosarcoma, Chondrosarcoma, Ewing's**): **Please also See #2 on Page #6**

- ❖ Persistent **bone pain** or **tenderness** in the foot (**especially at night**) that does not improve with rest.
- ❖ **Swelling**, sometimes with **visible deformity** or **reduced range of motion**.
- ❖ **Pathological fractures** or **sudden pain** after minor injury may occur.

If you notice any unusual changes or persistent symptoms in your feet, it is **essential to see a podiatrist for a thorough assessment**, and don't hesitate to **request a second opinion from an oncologist** to ensure a collaborative and comprehensive treatment plan.

Nutrition is part of an intentional, integrated approach to fighting cancer!

FIGHTING THE GOOD FIGHT

Nutrition Naturally!

A holistic approach to foot health: Whether addressing complex cancers like **Skin, Soft Tissue & Bone Malignancies**, or common podiatric issues such as heel pain, wounds, deformities, and infections - relies on pairing cutting-edge medical treatments with purposeful and intentional nutrition. **Consult a Podiatrist first!**

11 Major Foot & Ankle issues: Cancers, common conditions, dietary drivers: 1- 4 of 11

1. Achilles Tendinitis

- ❖ **General Treatments:** Rest, ice therapy, stretching, strengthening exercises, physical therapy, NSAIDs, orthotics, eccentric heel drops.
- ❖ **Dietary Drivers:** Omega-3 rich foods (*salmon, flaxseed*), anti-inflammatory foods (*spinach, kale*), berries, nuts, olive oil.

2. Bone Cancer (of the Foot); Please see #3 on Page 3

- ❖ **General Treatments:** Surgery, chemotherapy, radiation therapy, bone strengthening medications, pain management.
- ❖ **Dietary Drivers:** Calcium-rich food (*dairy, sardines, leafy greens*), vitamin D (*eggs, salmon, fortified plant milks*), magnesium (*nuts, legumes*), lean protein, antioxidant-rich veggies.

3. Bunions

- ❖ **General Treatments:** Padding, shoe modification, orthotics, anti-inflammatory medications, physical therapy, surgery (*severe cases*).
- ❖ **Dietary Drivers:** Anti-inflammatory foods (*berries, turmeric, leafy greens*), vitamin C and E (*citrus fruits, almonds*), magnesium (*whole grains, spinach*).

4. Diabetic Foot Care

- ❖ **General Treatments:** Blood sugar control, daily foot checks, wound care, moisture management, footwear modifications, regular podiatrist visits, debridement, advanced dressings, off-loading devices.
- ❖ **Dietary Drivers:** Low-glycemic foods (*whole grains, berries*), high-fiber vegetables, lean protein (*chicken, beans, fish*), VIT C & E - wound healing, *omega-3 fatty acids* – circulation.

This comprehensive approach brings together medical treatments and purpose-driven diet-based strategies to optimize healthy foot outcomes and to support healing for each foot-related issue, providing benefits both during and beyond standard care. **FEED THE FIGHT!**

Nutrition is part of an intentional, integrated approach to fighting cancer!

FIGHTING THE GOOD FIGHT

Nutrition Naturally!

11 *Major Foot & Ankle issues: Cancers, common conditions, dietary drivers: 5 - 9 of 11*

5. Hammertoes

- ❖ **General Treatments:** Footwear changes, padding, orthotic devices, toe exercises, anti-inflammatory drugs, surgery (*severe cases*).
- ❖ **Dietary Drivers:** Magnesium-rich foods (*nuts, beans*), anti-inflammatory options (*leafy greens, olive oil*), lean protein.

6. Heel Pain

- ❖ **General Treatments:** Rest, stretching, ice therapy, physical therapy, orthotics, NSAIDs, night splints, corticosteroid injections, shockwave therapy, PRP injections, surgery (*rare*).
- ❖ **Dietary Drivers:** Berries, leafy greens, healthy fats (*olive oil, avocado*), fatty fish, nuts (*almonds, walnuts*), whole grains, anti-inflammatory foods.

7. Ingrown Toenails

- ❖ **General Treatments:** Soaking, proper nail trimming, topical antibiotics, oral antibiotics, surgical nail removal (*if needed*).
- ❖ **Dietary Drivers:** Immune-supporting foods (*yogurt with probiotics, garlic, vitamin C-rich fruits*), anti-inflammatory vegetable.

8. Mobile Wound Care

- ❖ **General Treatments:** Debridement, advanced wound dressings, infection management, pain control, pressure off-loading, grafting, surgical intervention, home wound care visits.
- ❖ **Dietary Drivers:** Protein-rich foods (*chicken, fish, beans, eggs*), vitamin C (*broccoli, peppers*), zinc (*meat, nuts, seeds*), omega-3 fatty acids (*salmon, walnuts*), antioxidants (*berries, leafy greens*).

9. Skin Cancer (of the Foot); Please see #1 on Page 3

- ❖ **General Treatments:** Surgical removal, Mohs surgery, radiation therapy, immunotherapy, topical medications.
- ❖ **Dietary Drivers:** Colorful fruits/vegetables (*carrots, berries, spinach*), antioxidant-rich food (*tomatoes, green tea*), selenium (*seafood, Brazil nuts*), omega-3 (*fatty fish, flaxseed*).

When treating feet affected by cancer, podiatrists and oncologists collaborate to offer you comprehensive care, addressing both the cancer and specialized needs of the foot & ankle.

Nutrition is part of an intentional, integrated approach to fighting cancer!

FIGHTING THE GOOD FIGHT

Nutrition Naturally!

11 Major Foot & Ankle issues: Cancers, common conditions, dietary drivers 10 - 11 of 11

10. Soft Tissue Cancer (*Sarcoma of the Foot*); Please see #2 on Page 3

- ❖ **General Treatments:** Surgery, radiation therapy, chemotherapy, targeted therapy.
- ❖ **Dietary Drivers:** High-protein foods (*lean meats, beans, eggs, tofu*), whole grains, berries, cruciferous vegetables, nuts and seeds, antioxidant and anti-inflammatory foods.

11. Toenail Fungus

- ❖ **General Treatments:** Topical antifungal medications, oral antifungals, laser therapy, proper nail hygiene.
- ❖ **Dietary Drivers:** Probiotic-rich foods (*Greek yogurt, kefir*), garlic, coconut oil, antioxidant-rich vegetables to support immune function.

6 KEY ELEMENTS of COLLABORATION: **ONCOLOGISTS** and **PODIATRISTS** 1 – 3 of 5

1. Diagnosis and Monitoring

- ❖ **Oncologist** identifies the cancer type, stage, and devises the main treatment plan *such as surgery, chemotherapy, or radiation*.
- ❖ **Podiatrist** assesses impact of both cancer & therapy on the foot, monitoring for side-effects; *neuropathy, skin breakdown, infections & impaired function*.

2. Treatment Planning and Delivery

- ❖ **Oncologist** provides systemic therapy, manages tumor response, and monitors for complications, keeping the broader health picture in focus.
- ❖ **Podiatrist:** Targeted care; preserves mobility & quality of life; Includes nail & skin care, wound management, infection prevention, offloading pressure specialized footwear.

3. Managing Side-effects and Complications

- ❖ **Oncologist** adjusts cancer therapy as needed to minimize severe foot-related side effects while ensuring effective cancer control.
- ❖ **Podiatrist** addresses many cancer and treatment related issues with topical treatments, orthotics, footwear modifications and rehabilitation, as chemotherapy and other cancer treatments often cause neuropathy, skin and nail changes, foot pain, or ulcerations.

4. Rehabilitation and Recovery

- ❖ **Oncologist and Podiatrist;** Both specialists work together post-treatment to maximize healing. The podiatrist focuses on restoring function, balance, and gait, while the oncologist monitors for cancer recurrence or metastasis.

Nutrition is part of an intentional, integrated approach to fighting cancer!

FIGHTING THE GOOD FIGHT

Nutrition Naturally!

6

KEY ELEMENTS of COLLABORATION: **ONCOLOGISTS and PODIATRISTS** 4 - 5 of 5

4. Rehabilitation and Recovery

- ❖ **Oncologist and Podiatrist;** Both specialists work together post-treatment to maximize healing. The podiatrist focuses on restoring function, balance, and gait, while the oncologist monitors for cancer recurrence or metastasis.

5. Patient Education and Support

- ❖ **Oncologist** explains the relationship between systemic treatment and local (*foot*) side-effects, ensuring holistic care.
- ❖ **Podiatrist** educates patients about foot care, warning signs of complications, and daily habits for maintaining foot health.

A cross-disciplinary approach ensures cancer patients receive specialized foot care tailored to unique needs, reduces complications, and improves quality of life throughout and after cancer treatments. Collaboration is especially important when cancer treatments affect foot structures or when side-effects of oncologic therapy pose risks to mobility and skin integrity.

Foot Cancer and its treatments, especially chemotherapy & targeted therapies, can cause various side-effects in the feet and podiatric health.

Here are the most common issues:

Hand-Foot Syndrome: (*Palmar-Plantar Erythrodysesthesia*)

- ❖ **Description:** Side-effect primarily caused by certain chemotherapy drugs, where medication leaks out of small blood vessels into the tissues of the palms and soles. It leads to redness, swelling, pain, and sometimes skin cracking, peeling, or blistering. Walking can become painful or difficult.
- ❖ **Symptoms:** Redness, swelling, tenderness (like a sunburn); Tingling, burning, numbness; Rash; Peeling or cracking skin; Blisters or ulcers; Difficulty walking.

Chemotherapy-Induced Peripheral Neuropathy: (*CIPN*)

- ❖ **Description:** Damage to peripheral nerves, often from platinum or taxane chemotherapy, resulting in nerve pain, tingling, numbness, and loss of sensation in the feet. This can interfere with walking and increase the risk of falls.
- ❖ **Symptoms:** Numbness, tingling, altered sensation, burning; Loss of muscle strength, altered balance; An increased risk of foot injury and infection.

Other Changes & Challenges:

- ❖ **Nail Changes:** Toenails (*discoloration, brittleness, thickening, loosening*); **Skin Changes:** Dryness, cracking, increased risk of infection; **Edema Swelling:** Fluid accumulation in the feet, ankles, and legs; **Pain & Neuropathy:** painful walking; **Paronychia:** Infection around toenails;

Nutrition is part of an intentional, integrated approach to fighting cancer!

FIGHTING THE GOOD FIGHT

Nutrition Naturally!

Key lifestyle “**7 Do’s**” and “**7 Don’ts**” may help to reduce risks and complement treatments for **Skin**, **Soft Tissue** and **Bone Cancers** that can affect the Foot.

FOOT CANCER LIFESTYLE: RECOMMENDATIONS

FOOT CANCER: 7 DO’s



EAT ORGANIC WHEN POSSIBLE!

1. **Schedule routine check-ups with a podiatrist:** Monitor high-risk areas, wound care, and foot health pre, during and post any cancer treatment.
2. **Embrace coordinated care between oncologists & podiatrists:** Integrated treatment plan and limb preservation focus when necessary; leverage proactive diet to optimize treatment results.
3. **Perform regular feet & skin self-exams:** Look for lesions, discolorations, non-healing wounds.
4. **Eat a diet rich in vegetables, fruits, whole grains & nuts/seeds:** Focus on high-fiber foods and cruciferous vegetables like broccoli and cabbage that have potential anti-cancer properties.
5. **Engage in regular physical activity:** Maintain a healthy weight, aiming for at least 150 minutes of moderate aerobic exercise per week.
6. **Stay emotionally & mentally engaged:** Seek support as needed, as emotional health can impact overall well-being during a cancer or other diagnosis and treatment.
7. **Use daily sunscreen on feet & any exposed skin:** Protect against UV damage on cloudy days too.

FOOT CANCER: 7 DON'T's

AVOID SIMPLE FATS & ADDED SUGARS!

1. **Don't ignore warning signs on your feet:** Sores, lumps, or changes in skin color; Any delay in diagnosis can worsen health outcomes.
2. **Don't neglect communication with healthcare specialists:** Lack of coordination can result in preventable complications or missed opportunities for limb-sparing treatments.
3. **Don't use tanning beds or expose feet to artificial UV sources:** This increases skin cancer risks.
4. **Don't eat diets high in processed foods, red meats, or added sugars:** This can lead to increased inflammation and potential cancer risks.
5. **Don't smoke or use tobacco:** This can increase cancer risks, and it will impair wound healing.
6. **Don't skip sun protection measures:** Consider using shoes & hats to provide coverage, and wear sunglasses during cooler or cloudy days too; UV rays still pose a danger especially to tops of feet.
7. **Don't lead a sedentary lifestyle:** Avoid long periods of inactivity to support bone health & overall cancer risk reduction.

Leverage available preventive podiatry & oncology partnerships, which are most critical for early detection, wound care, and adaptation of therapies to individual patient needs. Effective strategies integrate the best of preventive podiatry, coordinated oncology, nutrition science, risk reduction and comprehensive care.

Nutrition is part of an intentional, integrated approach to fighting cancer!