Dr. Antony Merendino, DPM contributed to a recent article from Growing Bolder entitled, "7 Surprising Facts About Aging Feet." The article discusses the importance of foot care (especially for older adults) and how failure to take care of our feet can lead to a host of problems and contribute to falls.
Two key highlights from Dr. Merendino include:

- Walking is great exercise for our feet and overall health.
- Visit a podiatrist to get an assessment on the condition of your feet and recommendations for footcare.

To learn more about the seven recommended steps, read the full article online: [7 Surprising Facts About Aging Feet](https://www.ortho.ufl.edu/news/2021/09/02/dr-merendino-contributes-to-seven-surprising-facts-about-aging-feet).