

**Immediate Release**

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**Christiana Care Health System Partners with the Sunday Breakfast Mission to Help Homeless get back on their Feet**

(WILMINGTON, Del. – Nov. 27) [Christiana Care Health System](#)'s Department of Orthopaedic Surgery is providing new shoes, socks and foot exams for free to nearly 120 people — many of them homeless — on Monday, Dec. 2, at the Sunday Breakfast Mission, a homeless shelter in Wilmington. The event is part of a campaign by a national organization known as Our Hearts to Your Soles, whose mission is to provide indigent people with shoes and free foot examinations. Red Wing Shoes is donating 95 pairs of new shoes through the organization, and Independence Prosthetics-Orthotics is donating 20 pairs of specialty shoes for people with advanced diabetic foot needs.

Paul Kupcha, M.D., section chief of Foot and Ankle Surgery at Christiana Care and an orthopaedic surgeon, is the local coordinator for the event. Dr. Kupcha said that foot health provides a clue to a person's overall health. Joint stiffness, for example, can indicate arthritis; tingling and numbness can be connected to diabetes; swelling can indicate high blood pressure or diseases of the heart and kidneys.

“By providing our neighbors who are homeless with shoes, they are able to get more physical activity and are protected from frostbite,” said Dr. Kupcha, who has volunteered with Our Hearts to Your Soles for six years. “We also examine individuals' feet and treat them if they are suffering from chronic foot-related problems.”

Hypertension, respiratory illness and foot problems are the three most common health issues that the homeless face, says Rev. Tom Laymon, executive director of the Sunday Breakfast Mission.

“The fact that the homeless walk everywhere they go means that their feet are taking a greater beating than the rest of us,” Laymon said. “So the ability for them to get shoes that fit and see a doctor means that you're helping them out. Like putting new tires on a car, you're retreading them in a lot of ways by giving them shoes and foot care.”

**About Christiana Care Health System**

Christiana Care Health System is one of the country's largest health care providers, ranking as the 21st leading hospital in the nation and 11th on the East Coast in terms of admissions. A not-for-profit teaching hospital affiliated with Thomas Jefferson Medical College, Christiana Care is

recognized as a regional center for excellence in cardiology, cancer and women's health services, as well as for its Level-I trauma care and Level-3 neonatal intensive care (both highest capability). Christiana Care includes two hospitals with 1,100 patient beds, a home health care service, preventive medicine, rehabilitation services, a network of primary care physicians and an extensive range of outpatient services.

For more information about Christiana Care, visit [www.christianacare.org/howeare](http://www.christianacare.org/howeare).

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