

Immediate Release

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(WILMINGTON, Del. – Nov. 25) [Christiana Care Health System](#)'s Department of Orthopaedic Surgery is providing new shoes, socks and foot exams for free to nearly 150 people — many of them homeless — on Tuesday, Dec. 2nd, 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.

Paul Kupcha, M.D., section chief of Foot and Ankle Surgery at Christiana Care and an orthopaedic surgeon with Delaware Orthopaedic Specialists, 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 most needy neighbors 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 seven years. “We also examine individuals' feet and treat them if they are suffering from chronic foot-related problems. I am grateful for the partnerships that we have formed in our community that enable us to provide expert care and high-quality footwear to our neighbors.”

Red Wing Shoes is donating 100 pairs of new shoes for the local event, which is part of a national campaign to provide several thousand pairs of shoes to those in need during the holiday season. Since 2007, more than 24,000 people who have struggled with poverty have received shoes through Our Hearts to Your Soles.

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.

“Homeless men and women are in such great need of care for their feet and good shoes,” Laymon said. “It is truly a blessing to be provided with these special gifts, particularly going into the winter period.”

About Christiana Care Health System

Christiana Care Health System is one of the country's largest health care providers, ranking as the 22nd leading hospital in the nation and 12th on the East Coast in terms of admissions. A not-for-profit teaching hospital affiliated with Sidney Kimmel Medical College at Thomas Jefferson University, Christiana Care is recognized as a regional center for excellence in cardiology, cancer and women's health services. Christiana Care is home to Delaware's only Level I trauma center, the highest capability center and the only one of its kind between Philadelphia and Baltimore. Christiana Care also features a Level III neonatal intensive care unit, the only delivering hospital in Delaware that offers the highest level of non-surgical care to the most critically ill newborns. 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.

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