



HEALTH AWARENESS

Five Foot Problems Men Should Never Ignore

(NAPSA)—Feet are the Rodney Dangerfield of body parts; they don't get no respect.

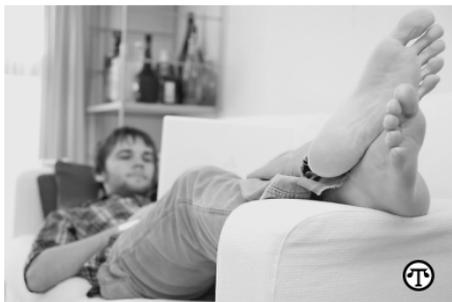
That's especially true for men's feet. Men often resist going to the doctor when they're sick or in pain. But most foot conditions are treatable, and easier to treat when diagnosed early.

The American College of Foot and Ankle Surgeons (ACFAS) wants men to know about five foot problems they should never ignore:

1. Heel pain is often caused by tissue inflammation, but can also result from a broken bone, a tight Achilles tendon, a pinched nerve or other problem. A qualified physician will know how to diagnose and treat the true cause of heel pain.

2. Ankle sprains always, always require a prompt visit to the doctor. Men who skip out on medical care are more likely to suffer repeated ankle sprains and then develop chronic ankle instability.

3. Big-toe stiffness and pain develop slowly over time, as cartilage in the big-toe joint wears down. This eventually leads to arthritis. The sooner a man has this diagnosed, the easier it is to treat.



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Give your feet a hand. Most foot conditions are treatable, and easier to treat when diagnosed early.

4. Achilles tendonitis usually develops from a sudden increase in physical activity, such as when men play weekend sports. Chances of an Achilles tendon rupture can be reduced by treatment of the symptoms of Achilles tendonitis: pain and tenderness on the back of the foot or heel.

5. Ingrown toenails can pierce the skin, open the door for bacteria to enter the body, and convince some men to perform dangerous "bathroom surgery." Few men know that a doctor can perform a quick procedure that will end the pain and permanently cure an ingrown toenail.

For a list of five additional foot problems men should never ignore, visit the ACFAS Web site, FootPhysicians.com.