

# Holiday Hints

## A Happier Holiday For Your Feet

(NAPSA)—Getting ready for the holidays usually involves lots of running around, baking, shopping and tidying, and all those extra steps can be tough on tender feet.

One gift you can give yourself during this hectic season is to properly care for your feet. Here are a few tips from the American Podiatric Medical Association (APMA) to help:

- **Point your toes**—Avoid toe cramping by raising, pointing and curling your toes for five seconds and repeat 10 times.

- **Massage your feet**—Get out the lotion and rub those toes. It'll release tension, increase circulation and rejuvenate the skin after a long day.

- **Elevate your legs**—Reduce swelling by lying down and lifting your legs above your heart.

- **Wear smart shoes**—If you know you'll be shopping and on your feet all day, wear comfortable shoes with arch support and a padded sole.

- **Change your shoes, socks and hosiery daily**—Fungal infections can be more prevalent during cold weather because heavier socks promote moisture. If moisture gets trapped under the nail, it can become stagnant and unhealthy—an ideal place for fungus to thrive. Toenail fungus is a very common foot ailment, one that often requires treatment by a podiatrist.

- **Not taking a holiday from your exercise routine?**—When possible, wear shower shoes in public showers. Also, when playing sports, wear socks made from



**Taking care of your feet can help get you through the holiday season more comfortably.**

synthetic fibers as they tend to wick away moisture faster.

- **When dressing up**—If you choose sassy party slingbacks, try using moleskin to protect against blisters.

- **Use a quality foot powder**—Talcum, not starch, will help deter infections.

- **Time for a pedicure?**—Avoid ingrown toenails by trimming them properly. "It is important to remember to cut all toenails straight across when trimming so that they grow straight and not into the skin around the toes," said Dr. Kathleen Stone, president of the APMA.

Don't let problems get worse. If you have foot pain or other problems affecting your feet, consult a podiatrist. These specialists are uniquely qualified to treat conditions of the foot and ankle.

For more information on foot care, visit the APMA website at [www.apma.org](http://www.apma.org).